

THE JOURNEY OF LIBERATION



Liberation, the Remedy is an **energetic** medicine, designed to clear **personal history** so we are no longer bound by it. As we unbind from our personal **stories** and move through our processes, we are more able to make conscious choices that resonate with **the core** of who we are.

What follows is a **compendium of research** and personal accounts from people who have taken Liberation. This has been compiled to help other participants **understand how Liberation works**, and to get more clarity in their own **personal journey**.



The Journal

There is no real way to thank Adam for the offering of this technology, medicine – or perhaps potion; for contained within each alchemical dose is a drop of potential offered to unbind one's attachments; paving the way for our truest unlocking of who we really are. It needs only our commitment to the path.

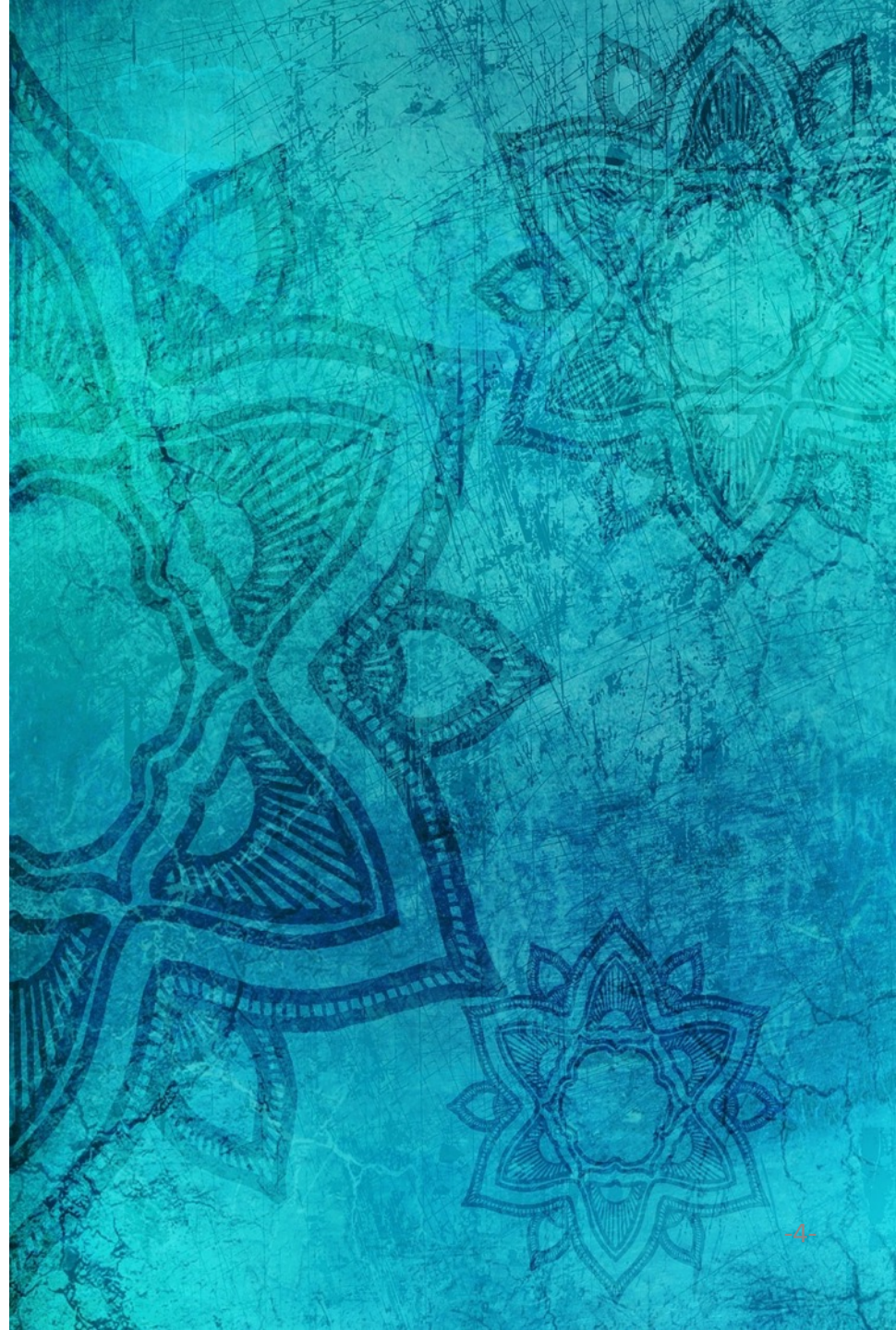
The following index is a reference for those embarking on the journey of Liberation. This document contains experiential accounts of those who have walked the path, and continue to do so. In laying out and describing other people's experiences it serves to help you anchor your own experience and understand what you may come to face through a summary of human experience, divided into categories in the index below. It is interesting to note how Liberation weaves circumstances within one's experience that brings things into clear view, resolution and thus alignment.

Above all, we hope you may find the crystal-clear purity possible within this personal and collective recalibration. ~ Holly



Index

❖ Ingredients	5
❖ Introduction.....	6
❖ Dosage	15
❖ Inspirational experiences.....	26
❖ Relationships.....	36
❖ Friendships.....	40
❖ Family.....	43
❖ Work issues and identities.....	49
❖ Trauma healing.....	52
❖ Dream resolutions.....	56
❖ Identity and self-discovery.....	65
❖ Making ourselves whole.....	67



Liberation, the Remedy

an ancient remedy for the modern age of awakened living

INGREDIENTS

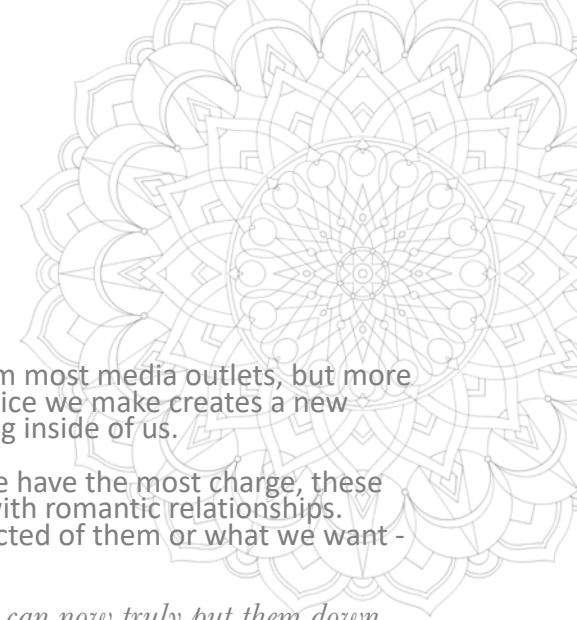
Liberation comes in tincture form and is taken under the tongue, seven drops daily. It contains an assemblage of ingredients including gem stone and flower essences, minerals, mantras and mushrooms all prepared under homeopathic principles and is a full spectrum natural alchemical formula. It's designed to clear memories and beliefs from the past that keep us in patterns that don't serve us.

Here's a summary of the formula:

- ❖ NAVARATNA is an ancient alchemical formulation made from 9 gems each of which has been burned 100 times to unleash their deepest regenerative and karmic cleansing capacity. It goes into the future and the past when doing its work.
- ❖ PANCHAGNI is a type of ash collected and potentised from 4 fires that have been burning continuously for the past 50 years. Also included is the sun as the fifth fire. Altogether the ash represents the distilled focus of fifty years of transformation and cleansing, burning up detrimental feelings like jealousy and anger.
- ❖ THE PROTEA PLANT has been included to generate the almost childlike abandon of simple enjoyment of the little things, like the feeling of a child watching a butterfly for the first time.
- ❖ SHUNGITE is a mineral that cleans water and acts as an electromagnetic shield. Since blood is mostly water this has a deep and powerful effect on the blood, which carries our mind. It grabs the impurities and purifies them.
- ❖ KUNJIK MANTRA includes a Durga vibrational sound mantra for transformation and change allowing the passage of events to unfold more smoothly as things clear.
- ❖ REISHI MUSHROOM is an adaptogenic mushroom, which helps tie all the ingredients together bringing them into synthesis and balance.

Introduction

by Adamas



Liberation is all about the self. Not in the superficial play of self-absorption that screams from most media outlets, but more the subtle intoxication with the richness of the weave that is rolling out before us. Every choice we make creates a new realm of possibility brought into form by the gamut of emotions and creative whims bubbling inside of us.

The journey of liberation is the journey back through memory starting at the point where we have the most charge, these charged spaces are frequently from unresolved relationships in our history. It often begins with romantic relationships. These contain a large part of our unresolved story since other people rarely do what is expected of them or what we want - so we set ourselves up for a wide range of disappointments and unresolved storylines.


The purpose with Liberation is to bring these stories to completion. Having a sense that we can now truly put them down without regret, a feeling we have really made peace with them in order for us to create new space in our life.

How can we have a new relationship if we are hanging on to the unresolved shards of the past waiting for the other person to say or do something so we can finally allow an end on an emotional or physical body level?

Often these resolutions play out in dreams where we finish the story and then wake up realizing that all we needed to do was to see what would have happened, or say certain words in order for us to truly lay it to rest. As we work through the most pressing unresolved relationships it allows space for us to begin to process other unresolved relationships, like family or old friendships that went bad and were just left hanging.

“Regret and unfinished business are like hangnails that get caught on things and cause the whole machinery of our existence to stick like a rusty chain on a bike. Once we smooth these over everything becomes much more seamless. We generate less chaos on the side, less hangnails hooking on socks and furniture as we walk around.”

The journey of **liberation** is very much the **journey back** to our self.

A dried, brown leaf hangs from a tree branch on the right side of the image. The background is a soft-focus scene of green trees and foliage, with a bright, circular light source (the sun) visible in the center. The text is overlaid on the left side of the image, arranged in ten horizontal segments.

*“We set sail from port
and we systematically
sail back through all the
ports we have visited and
throw the skeletons we
find there overboard
while retaining the
gems that were lying
hidden beneath them.”*

We go back through our memories often just to review events so we can take them back as our own creation. That's all that is required for healing to occur. At every juncture with Liberation we are presented with three options; to bring people closer, to move away, or to create a new paradigm from a combination of these two which truly works for us.

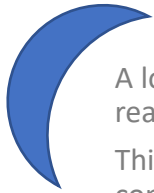
A lot of this journal is the documentation of my process, essentially the unravelling of the tangled ball of yarn. In the beginning I had no idea what this would entail and no idea of where the process would potentially go but I became aware after a while that it was a systematic trawling through my entire memory from childhood in no particular order but definitely from most important or most emotionally charged to least emotionally charged.

So, for example, recent traumatic relationships would be dealt with first and casual acquaintance interactions would be last. Sometimes it would bring up recent events and sometimes more ancient events but the only link I found was that if it was pulling a thread in one part of my memory other associated threads would light up with it as I focused more on that area or the people associated with that memory or time.

It also brought up a lot of the questions around why we get into relationships and friendships and what we are looking or not looking for which brings up our core patterning.

People do what they feel they need to in order to survive, and liberation is not so much about this but more with making peace with the unfinished stories of the past to clear space for new things to arise in their place. New stories, better stories paved with the knowledge of what didn't work before and what truly makes us happy. In this way liberation is very much a remedy of progress, of making sense of the past, so we are not doomed to repeat it, to have a different outcome without going through the whole story again and again.

“Liberation also gives us that moment even if it is just a second or two before we go into habitual action, a pause where we can choose to do something different and in this capacity it is invaluable in the breaking of habitual patterns. The bell rings, the rat hears it, decides he isn't hungry and goes off to play with his friends instead.”



A lot of the work of Liberation takes place in dreams where we can play our real simulations of events and it feels real to the body so we can finish a relationship or say what we always wanted to say and have the person hear it.

This is very useful, as often the people from our past are gone and we can no longer phone them up and have the conversation. Often it is just about us saying what we wanted to say, being heard and then letting it all go. The body often does not differentiate a real event from a dream and often dreams seem even more real than real events. So a dream resolution is as good as a real one to the body, and this is where the healing happens.

We all strive for conclusions to things; an ending that allows for the space for a new beginning. This is the gift of liberation, to truly have a new beginning, a chance at a storyline we are actually happy with and not just something we feel was forced upon us.


By seeing one person's experience we are able to shed light on the human condition of coming into form and making a life for ourselves. Often this is in rather hostile situations, but every gem of understanding we can get allows us to become the creator or progenitor of our world, and not its observer or its victim.

The journey of liberation covers all our memories and is a systematic but non-linear review of our entire unfinished memory and even sometimes the finished memory. To review finished memories often gives us a new perspective on things and the journey we have come on given that a lot of memory is often just forgotten.

Taking liberation in a place you grew up is a very total experience as a lot of memories are located in spaces, streets, schools, shopping centres; it is all a massive seeding ground for the totality of what makes up a person.

Likewise taking a few doses on your birthday, festivities, New Year or anniversaries is a good way to get to the core of these times to truly see ourselves without the masks so we can more authentically be ourselves as these times are fraught with projections.

What comes up ultimately with this kind of inquiry is the actual function of memory and how it is both a blessing and a curse. Remembering too much often leaves us paralyzed by indecision. Remembering too little stops us from learning from the past. But a careful and concerted review of the past allows us to more accurately frame our experiences in a timeline which allows us the twin joys of authenticity and wisdom which is ultimately what we are all striving for.

A photograph of a forest path. The path is covered in brown leaves and dirt, winding through a dense forest. The ground is heavily covered in green moss, especially on the right side where there's a large, rounded mound. Tall, thin trees with dark trunks line the path, their branches reaching upwards. The lighting is soft, suggesting a quiet, possibly overcast day. The overall mood is serene and contemplative.

*“It is a little bit like gazing
into a crystal ball and seeing
the events of the past but
realizing that the responses we
had to these events are not set
in stone but are more
indicators of possibility.
What we choose to do about
them can be rewritten and we
can choose one path or
another.”*

The journey of Liberation is ultimately to be free of the past by totally engaging it. This is in order to realize its deeper wisdoms and the ultimate freedom of limitless possibilities. We only learn the stove is a danger when we burn ourselves but this does not stop us cooking food on it, it just makes us aware of all the potential good and bad inherent in any experience.

This is wisdom as a lot of what we have taken on as truth is not our own experience but the experience of others whether this be religion, society, culture or even family. It is all a story we have been fed but is it truly a reflection of our story or is it just someone else's take on the world based largely on survival and fear?

This clearing of the lens with Liberation is a by-product of an extensive review and no one can question the truth of your experience as you are originator of it all. It is up to all of us at this point to take up the sovereign creatorship which is our birth right by a thorough review of our story up to this point.

Stepping back from it all by viewing our own story from the perspective of the observer is extremely valuable as we are then not so caught up in the experience which stops us from being able to make the right decisions based on an obscured view.

The image here is of the eagle rising up off the earth in order to really see what is down below. This heightened perspective allows us to see what we need to in order to navigate, hunt or simply to rise above obstacles.

How many bottles does this process take? Well there really is no limit to the review of things although after 12 bottles it shifts into viewing thoughts in present time arising quickly in front of us and then finding a new way through things. The bulk of the review will depend a lot on one's age, but generally after 9 bottles most of our binding memory has surfaced for review and integration.

The other aspect of all of this is that once we clear out or make peace with an old, finished. or unfinished memory. it creates new space for memories to arise and it allows the energy that was trapped in that space to be freed up for use elsewhere.

“Think of a tangled ball of yarn, once we untangle it we can use it to make anything we like but while we are sitting with it in a tangle it can really not be used for much of anything. At the point when we have untangled the ball of yarn which we will call old relationships, friendships, family, work, happiness we are then free to reweave any pattern we choose.”



Like any journey the liberation journey will be totally personal.

In fact, the most personal thing we could ever imagine as it is all about us and our path through life.

It is also a new beginning, a chance to make sense of it all. To step out of the timeline we were living in to become something new; a form we only dreamed of before.



To revisit the past is no small thing but to do it with the support of 20/20 retro vision makes it something that is no longer an ordeal but a vista of pure potential; the potential to re-spin our personal tapestry into something new and become what we were truly meant to be.

Originally when I designed Liberation I saw it as an aid to people who were ending life and wanting to make peace with the past. The truth of it though, is that once we go through this process while still young, it allows us to rekindle ourselves with all the old wood that made up our lives and from the ashes of it all grow something new.

The image of Liberation is not *a* not *b*, but something else which incorporates both *a* and *b* yet represents a new set of possibilities; a new field to plant what we like.

Where we go with this is less important than the fact that once we have ditched a lot of the unfinished business of the past by making sense of it all, we have choice, a choice for something new, something that was not there before.

“We cannot fill a cup if it is full, but once we empty it we can choose to fill it with a new drink which we can imbibe daily. We are of course not limited to any one drink and we can choose to drink something new every day if we like, but now we have the choice where before we were just filling the cup up with more of the same and it was spilling down the sides.”

Why any of this is the way it is, is another story and one we could talk about for a lifetime. But with the perspective of the empty cup and the eagle rising above we are able to see where it is we always wanted to go and find a path through the mountains to the other side.

What is equally interesting is that we are not bound to behave in any particular way. Even if this is what we have always done, the future is truly wide open and we create it every day with every choice we choose and this creates new stories and it is in the telling of the stories that we see what it is we are doing.

It is of course not all roses. There are times when we truly descend into our own pits of despair or anger and rage against the unfairness of the world. But when we see the truth of it all, that it is almost entirely self-generated, we can choose a movie we really want to play rather than some role handed to us by our genetics, our culture, our parents or even our nationality as in truth we are far more than all of these. These are just stories we have bought into, in order to give ourselves meaning.

“What I have seen with this is that we often have to swim the rivers of grief, the oceans of despair and languish in the pit of futility for a while. But there is always the other side and the more we truly descend into them and allow them to wash over us and through us the faster we get to the other side.”

Nothing lasts forever and each time we conquer one of these obstacles the stronger we become and the more resilient we are when the next one comes along. It also shows us in real time that nothing is insurmountable and once we climb out of these pits the more we see what is truly possible.

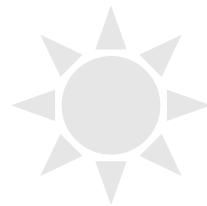
“What is different now is that there are many others that have walked this path back through the maze of their own experience. People who can provide insight and support and show that we are truly not alone as we are all weaving this tapestry of human experience together and this somehow makes it all alright. This is the intention of this journal; to document the experiences and insights of those who have walked the path of Liberation.”

The more we see this the more we see ourselves united in a common quest for understanding and each one of us brings a colour to weave into the tapestry which is telling the tale of the human experience which makes sense of it all. It is in this collaborative action we truly find support as a unique part of a whole as every action we have ever taken then makes sense as part of a grand communal song of reality.

Along the path there will be highs and lows, flashes of almost divine insight and moments of despair. But this is as it should be, as a journey without danger or challenge is no real journey, and it is in overcoming these challenges that we really find ourselves and see our true capabilities.

One man’s journey is everyone’s yet everyone has such a different platter of experience and it is in the telling of our tales that we make sense of it for ourselves. Yet hearing the tales of others often makes sense of our own experiences and this is the value of the shared experience.

“Liberation is simultaneously a map, a stick, a shoulder to lean on, a trusted friend, and a path, yet it is us that need to walk the path back through our lives to reclaim the mystery and gifts inherent in all of our stories.”



This journey contains entries from a variety of subjects. These are arranged under topics like ‘relationships’ so people looking for clarity around relationship issues can go straight to the stories of people's insights into how Liberation helps resolve relationship issues. This allows insight into how we can see these issues in our own lives and allow all sorts of doorways to open for resolution to occur.

DOSAGE & TIMING

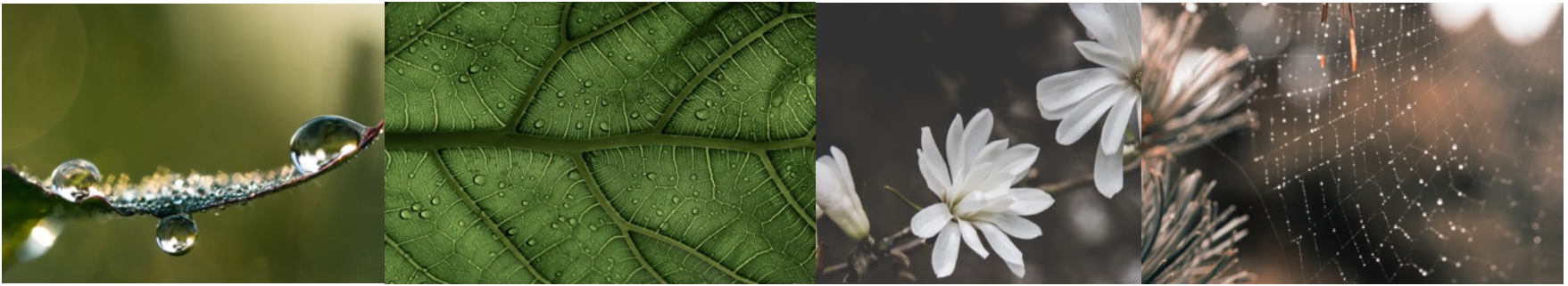
I will now briefly discuss using Liberation in the day, and using it at night, as these both represent areas of healing although allowing something to play out in dreams (when processing is done at night), is quite different to actually running into old friends at a supermarket and having a new interaction. Neither of these is preferential. Both are essential, but some people choose to play out the story from a daytime perspective which is more active and deliberate. Some prefer the slightly more passive yet equally challenging realm of dreams to advance their self-knowledge.

This is a bit like exercise; some like kickboxing and some like swimming, both will increase fitness but certain styles appeal to certain personalities more than others. There are of course, people who just do not remember their dreams. For them, taking it in the day makes the most sense. I take it in the day and it often spills over into dreams. And then there are those that only take it at night.

“Day or night is largely a question of preference and it is up to everyone to experiment with both to figure out what they like the most. Both will spill over into the other so ultimately it doesn’t matter.”

Likewise with dosing there are those that prefer to run the process at speed, taking it twice or even three times a day and those that prefer to do it more slowly, like every second day. The norm is once a day, either day or night, but once again, lines we draw in water we draw only for fun. It is your own journey, and like any journey we undertake it in the way we are most comfortable with. This can often only be learned by experience. It is definitely best to start slow and build it up as you come to understand Liberation better.

“The analogy here is of when we learn to drive a car. We learn through experience what we are capable of, and then we take terrain and speed into consideration based on our familiarity with driving”.



There are those that take more when times are hard and those that take less. Once again this is personal, but if we exceed our capacity to process the information, all we have to do is slow down and wait till we return to a space where we are once again comfortable.

Right and wrong with Liberation are meaningless concepts, and certain things may be right for some and wrong for others, as it is in life. The trail runner looks down on the normal hiker and the normal hiker looks on the trail runner with disbelief, but for each of them their path is proceeding at exactly the right speed for them and this is as it should be.

Also the idea that we need to run through this process quickly defeats the purpose of savouring the experience, which is part of the learning and the pleasure with liberation, but people will do what they feel is best for them and who is anyone to comment on another's journey. Liberation is the gift you give yourself, of your own experience to savour as you see fit. Some prefer to wolf down the meal, but in truth the journey is endless. The more control we get through understanding what is happening to us, the more pleasure we derive from the fine nuances inherent in the process.

The beginning will be more intense, the middle will often be more fun, and the later bottles are more like sipping on a fine wine savouring the subtlety of the flavours. The journey never ends and there are always new experiences arising to bring under the banner of ease and understanding so that life becomes a pleasure and not something we rush through and feel pushed around by. This is the gift of liberation we give to ourselves. We return to the beginning of our story and then start afresh each day without the weight of the unresolved past being brought into every situation. After this the experience of life is joy which is as it should be and probably would have been if we had received adequate learning in managing situations and emotions as children.

“The journal also covers the emotions and how liberation brings up our dealings with the emotions as issues and allows us a red thread to navigate through these powerful forces that can sweep us away or dominate our lives if we let them.”

The purpose of liberation is to bring these up in a controlled environment, in a situation we are able to deal with, and then have a different, more sane response to these emotions.

*It is in our victory in
overcoming
things that dominate us
that we begin to sense
the mastery
that is everyone's
birth right on this planet,
literally the ability to not
suffer at our own hands,
and this is a jewel
without price.*



I remember at one point feeling like I was thrown into a lake of sadness and that I had to swim to the other side but there was also a subtle feeling that the lake was not endless and I would eventually get to the other side.

“At that point after a few days in this lake of grief which was obviously my reservoir of unexpressed sadness I felt like I got to the other side of the lake and the grief ended, it felt like I walked back onto land dripping the last of the grief from my body, never to be bound by grief again.”

Of course there have been subsequent episodes of grief but I felt like I had embraced the mother of all grief, and no simple human grief could really compare to the original immersion.

In this way we become immune to the extreme forms of these emotions and come to understand them as forces at play in us but forces that ultimately are us, not forces which control us.

This realization is hugely empowering as we are then able to rise above these emotions or ride them like waves in the sea until they drop back into the ocean.

Familiarity with things, coupled with a bit of distance definitely takes the sting from them and their ability to control our lives and it is in this empowerment that we find peace in ourselves, the calm of not being ruled by our emotions.

Another example of how Liberation works with the emotions from my own personal experience is when it brought up a lot of suppressed anger, so I ran it and ran it until I grew tired of my ranting, I grew bored with being angry, and I just dropped it along with every storyline I used to justify its existence.

Righteous anger is a very intoxicating drug with all the right storylines but ultimately it is we that are holding the burning coal in our hand, regardless of how good the cause is, and it is us that are getting burnt so we choose in that moment to cease being angry and get productive.

“I am not saying that anger is not useful in fact I am saying the opposite. It is very useful but it needs to be wielded like a sword to bring something into being instead of being a wild chainsaw we are just swinging around the house cutting everything in its path.”

Sometimes we need to be in it to allow it its full play but we also need to learn that we do not leave the chainsaw on when we are tucking our children into bed or playing with the cat, we turn it on and we can put it down when it has fulfilled its function.



What I am proposing here is not the cessation of these emotions but more the full immersion in them which is what liberation brings up so that we can have a different more empowered relationship with them so that they work for us.

To take another example: greed, we all know what it feels like to eat a nice meal but we also know what it feels like when we have eaten too much we just wanted more and it is in this overstuffed space that we learn that desiring more than we require is not the key to happiness and it is often the reverse as what we were desiring turns into something unpleasant. Think of eating a whole cheesecake and then being presented with another one.

What liberation allows us is the perspective of distance to view these situations with some objectivity and some time to really explore them so that we no longer become their victims but rather they work for us.

The purpose of hunger is to keep us alive, the purpose of the acquisition of food is to keep us from starving but eating too much turns into all sorts of diseases. It is in the realization that satisfaction is not based on quantity but more on the true relishing of the experience and the satisfaction inherent in it. It is in that moment that we free ourselves from greed and then we are able to share what we have in the spirit of abundance rather than clinging to it.

Some of the stories in the journal will be **about anger, greed, sadness, despair, loss, fear, anxiety, desire, hatred, self-love and self-hatred**, and some of these stories will of course crossover with other stories about relationships and family.

The key point is that we are exploring the terrain of human experience as we go back through our history as there are very few people who can claim not to have felt loss, exclusion, isolation, rejection and hatred. The list goes on as do the chapters in the book of liberation but this is the story of the human condition and the potential way out of a lot of its traps of despair, hopelessness and meaninglessness.

Now someone who has really touched on meaninglessness will be super happy to find meaning and will then strive to live every day with it as it is true that we really appreciate something once we have lost it unfortunately this is the human condition and the way we learn what is really of value.

*The king cannot truly appreciate the palace until he has been cast naked and starving into the wilderness
but when he returns he returns with the compassion of knowing what it feels like to lose everything
and then without hope to gain it again.*

Two stories really help us to understand the unusual action of Liberation:

Firstly a Canadian woman who was taking Liberation and also selling it, happened to deliver a bottle to a person who happened to live in the house where she had grown up. It was in this house she had been abused. She had the interesting experience of revisiting an old wound except in the role of the 'bringer of gifts' which allowed her to dig up some of the buried memories associated with the space and her trauma. But, in a new light as the bringer of Liberation to help people free themselves from the chains of their own memories.

The irony of this was not lost on her or me but what it essentially did, was allow her to give the gift of help to someone and, in so doing, give the gift of help to herself that she never received. In this, immense healing occurred. Now how Liberation engineers such events is the wrong way to look at it, what we need to focus on is that Liberation is helping us find a way through our own maze in a way that is both personal and appealing, a personal story which will allow us to drop the load of bricks with a smile as we stand in awe of what has just occurred.

This is the way I designed Liberation to give us an aid in removing and making sense of memory so we no longer feel bound by it or bound to play out the same patterns due to habitual actions; all this while feeling good about ourselves.

The other story is equally strange. A woman in England who had been taking liberation for a month was driving through her birth town on the way to the town where she now lives when her car broke down.





Now she had been silently feuding with her parents for 10 years over something and they literally had not spoken once.

So her car breaks down a few hundred metres from her parents' house and she is forced to knock on their door to get some help. Her father opens the door and she bursts into tears at which point he bursts into tears and they spend the next hour crying holding each other while the mother looks on also with tears running down her face.

In that hour and a few litres of tears, 10 years of animosity were eradicated and a new beginning was created and in that a new start was created for both of them. To what extent Liberation did this, well I would argue it moved the situation into a state where resolution was possible and she subconsciously engineered the rest.

Another woman on taking liberation had a vision of looking at herself in the mirror and peeling away the thick webs of self-judgement she had placed on herself, like spider webs peeling away to reveal the original beauty underneath.

My version of this was that I became aware that my family interaction had become somewhat flawed due to them seeing me in a certain light based on experiences in the past so I set about correcting them by showing them the me that was sitting in front of them now a me that quite simply would not allow an imbalanced power dynamic or a state of falsehood to exist. After some shouting and phone putting down a much more sane and real paradigm was established one where they were forced to stop projecting an image of me onto me in place of dealing with the real me sitting in front of them.

If one was to imagine a plate as the example of a pre liberation state versus a plate of a post liberation state you would basically be looking at a plate piled high with old food some of it even from childhood and then trying to squeeze something new on top of it hoping it wouldn't all fall off.

A post liberation plate would be one in which at least six bottles had been consumed and would look like a normal almost empty plate of food with lots of space for new things to be placed and a commitment to emptying old food as regularly as possible. Of course apart from the mental hygiene aspect of dealing with a plate full of old food, we have the practicality of not having the space to bring something new onto the plate.

This metaphor is sound but the way I experienced the journey through the bottles was as a ship. Now when I began the process my boat/self was wallowing deep in the water the waves were crashing over the side and I was doing my level best to just stay afloat while the seas got worse.

The situations that were causing me this weight were childcare, patients, obligations, money, bills, lack of time; the usual suspects that exhaust us.

As I worked through all the states of oppression like old relationships, views on work, poor family interactions it felt like I was throwing bags of concrete over the sides of the boat and I was getting lighter and lighter in the water until I reached a point where I was sailing high in the high in the water with the ability to see where I wanted to go and the ability to get there.

Then it felt like the journey began in earnest with a sound and empowered vessel, the perspective to see what I really wanted to do and the internal freedom to grapple with whatever came my way as an adventure not some problem which was going to cast me down into the depths, the straw that finally breaks the overloaded camel's back.

What I also noticed was that everything improved, my focus, my concentration, my energy my enthusiasm, my childcare, my family interactions, my memory, my self-healing ability, all of it improved as I quite simply cleared out all the unresolved memory and allowed my body the space to truly do what it needed to do, something it could then do with ease.

This in a nutshell is the action of liberation and the gift of liberation that we give to ourselves so that we actually have the resources to go out and live the lives we have always wanted to live, lives that are not determined for us but the lives we actually want to live, lives that fulfil our creative expression on this planet and give us a sense of true purpose and this is why we take liberation.

What is important to remember about liberation is that it will use the imagery that we are most familiar with as it is using our own hardware to fix itself so we reach out for symbolic imagery to allow us to play out scenarios we could not normally play out especially in dreams and in so doing we allow ourselves the gift of resolution which opens us up to new possibilities.

An example of this was a dream I had of being lost in an underground parking lot and looking for my father's car that I had borrowed but not even sure I could recognize. At a certain point I gave up this pointless quest of searching for some unrecognizable thing and just climbed up a ladder which took me to the surface and then I just walked away. Now we can analyse the subconscious imagery of this till the cows come home but what the take home message is, is the empowerment in finding my own way out and making my own way out the maze of the subconscious by simply climbing the ladder and escaping the bewildered space.

The symbolism of this is huge and the implications for every difficult situation are also huge in the sense that there is always a way out of a situation and one just needs to put the problem down, break the sword hanging over your head and find a novel and simple way out of the dilemma.

Once we have faced these things properly we also lay the pathway for ourselves to do them in the future secure in the knowledge that there is always a way out of a tricky situation even if it means we just walk out by refusing to play with it.

These are just some of the arenas that liberation works in, given that it is explaining the fabric of the psyche back to itself through the medium of dream, story and events. We do this so we may empower ourselves on this journey secure in the knowledge that we are the orchestrators of the story and as we found a way in, we can also find a way out.



*Also to know that
there are many
endings
according to what kind
of storyline we are
playing and we
are not bound
to play out any
storyline except
the one we choose
for ourselves.*

Our parents, our society, our friends are the witnesses of it all but they are not the architects and so their input is just that input which we choose to pick or put down according to our moods. Much like ordering from a menu, there are many options but we choose what we like to eat in that moment. And this is the way we should execute our life, as no one can tell us what we feel like eating in that moment, and the fact that Auntie Mabel is eating a steak with a Martini has no bearing whatsoever on the fact that we feel like a seaweed soup and a beer.

Part of the learning of liberation is that no one likes to be hurt and we avoid this if possible but sometimes it is just unavoidable as separations occur, and knowing this we try to minimize the damage of our actions with people, but as things were created and preserved, they are also destroyed and things last as long as they need to last and this is fine too.

Where the journey of liberation takes us is inconceivable but it will be all about the unresolved events of the past for us to make peace with and not hold on to so that we are not bound to repeat the same mistakes again in this life or the next.

Liberation is ultimately about space and clearing out enough of it inside oneself to be able to see clearly and make the right choices. We can only really create from a space of emptiness which we then fill with form and idea to try and write something over other stuff just makes a mess.

A lot of people taking liberation found that difficult situations became easy, relationships ended without much trauma, things they used to stress about dealing with they just got on and dealt with in the mode of accomplishment and achievement.

Times of change are often times of stress but liberation moves with this to usher in a smoother passage of events without the pain often associated with the clinging to the past and in this suffering is reduced.

~ Adam

Inspirational Experiences

To introduce this section of the document, it felt important to begin with the inspired and gratuitous energy that shines through so much of the collective experience; it's as though with Liberation, we are granted new lenses with which to perceive the sweet fruits of this existence; and we can shift our perspective to hold our visions for the future.

"Took off immediately like a rocket with a slow burn but reached full throttle within an hour. Like an arrow pointed at its target, I immediately wanted something particular to focus on (Artemis archetypal energy). Having to carry on with my daily 'to do list' I found myself wanting the rest of the world to hurry up and catch-up, Adam did warn me about this! There was so much energy moving through my body within a few hours, tangible and somewhat extreme; the feeling I got was that my system was also playing catch-up with the remedy, as I assimilated all the sensations.

As this settled, many thoughts and memories surfaced, with their feelings nicely connected, gently allowing myself to meet them and cry spontaneously, but accompanied with a nice dose of GRACE, which I am fond of and have been experiencing anyways these past few months.

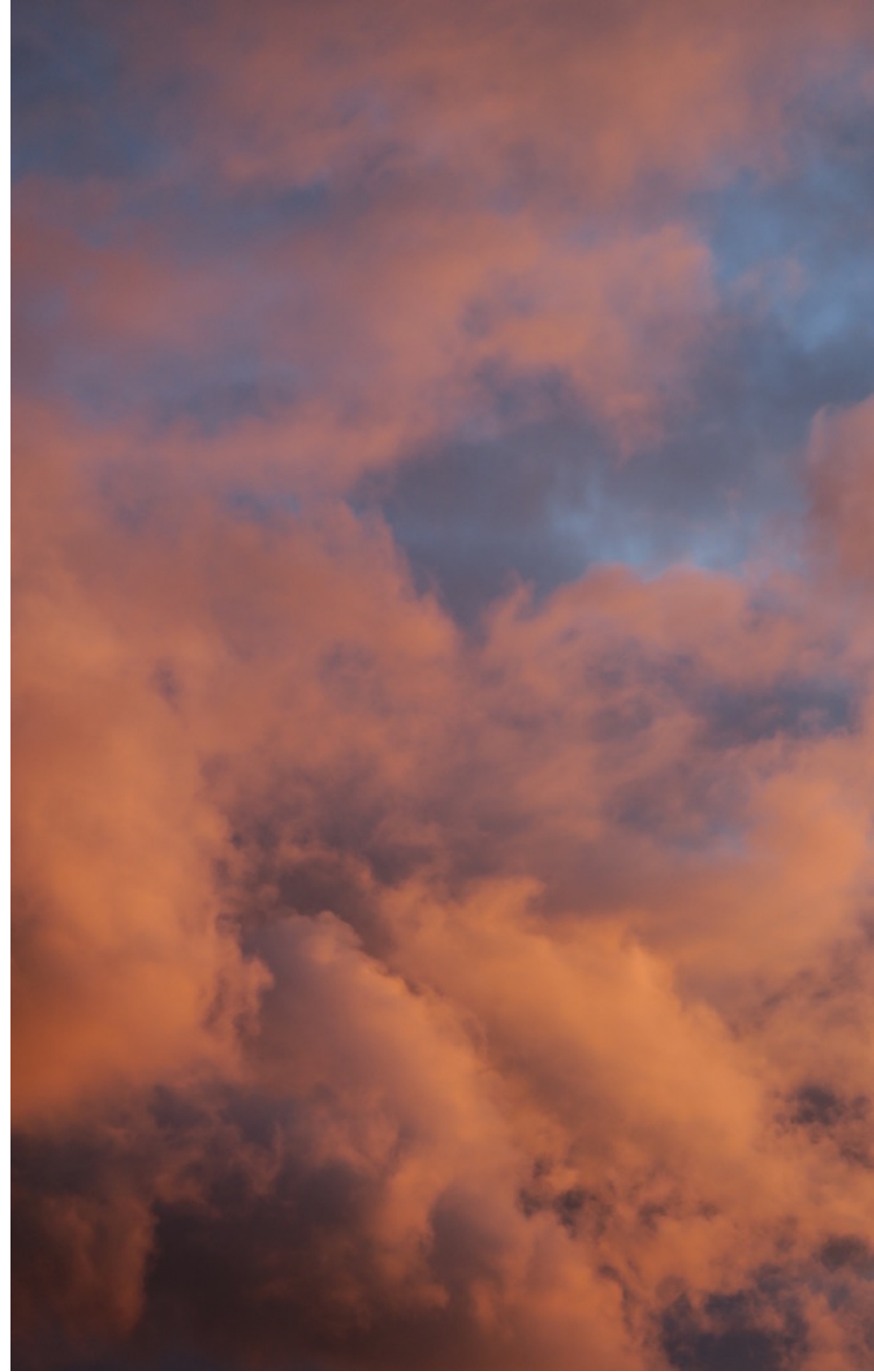
In short, the remedy has given me energy, a strange excitement, free flowing tears and the giggles; at the absurdity of it all, the deep tragedy that accompanies life and my own potency and imagination. As memories come, so too comes some understanding and perspective; thoroughly enjoying seeing more clearly.

I've known Adam since our youthful days at Rhodes University 25 odd years ago, he literally used to dress like a Wizard. Now, in plain clothes, I know him as Alchemist/Medicine Man, the embodied version of what was already brewing inside him.

Adam helped us cure our daughter's eczema (without suppressing it, which is a mean feat) 13 years ago and I have been an avid believer and willing guinea pig ever since, even though sometimes the medicines have thrown me into a deep process. Every time though, they've been worth the effort and agony, and I'm a lighter being generally for the journey. Thank you for changing me Adam, thank you for your alchemy, it sure is LIBERATION time.....watch this space, our space (as the illusion of separation fades), so far so good.

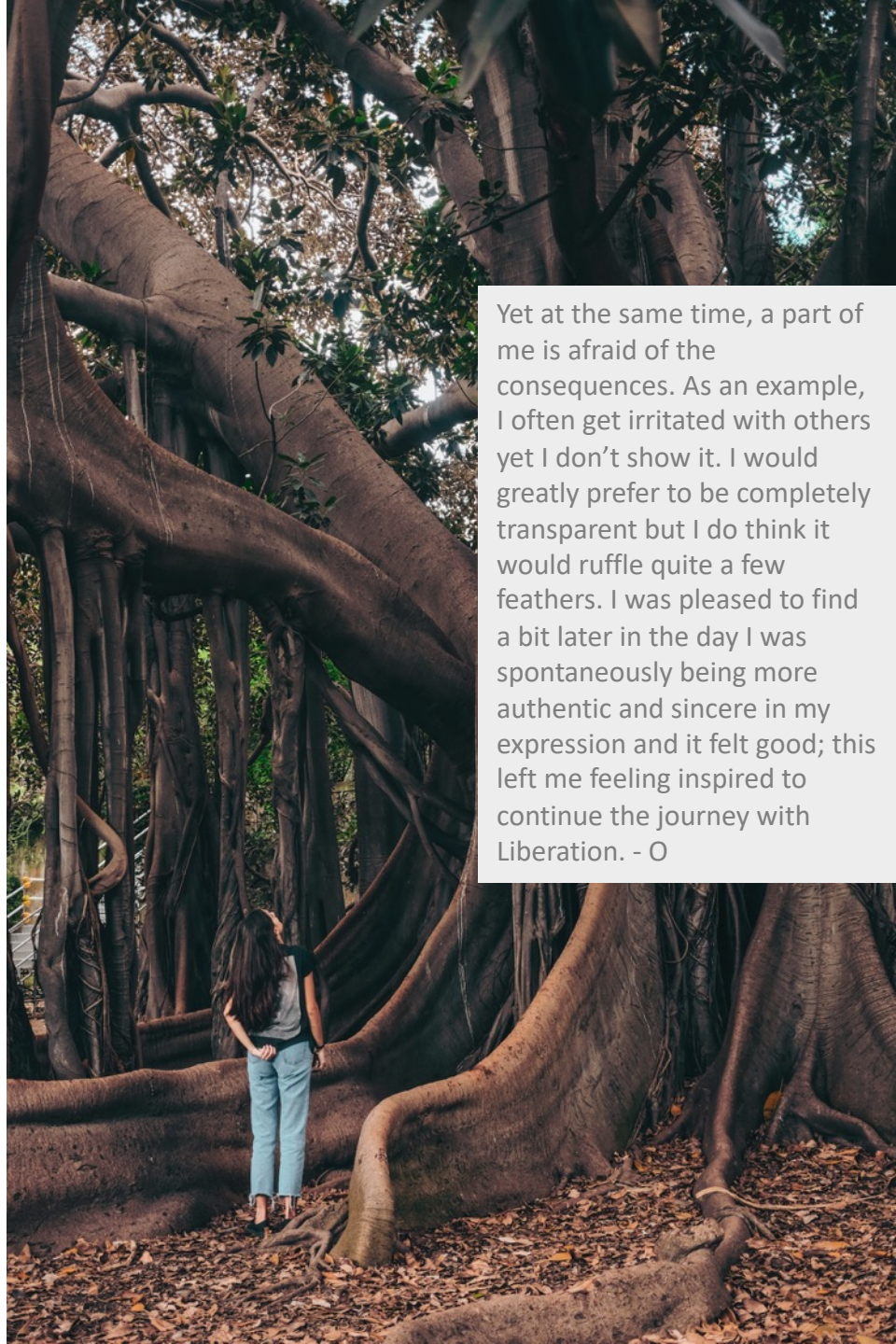
I HIGHLY RECOMMEND this remedy: it sure is an easier ride than some of its predecessors, very user friendly.....I'm deeply touched in this moment by life and how we share so much, and to feel our community around the world and our shared responsibility for us to do THIS, NOW! I am probably in the most challenging place of my life in this moment, if I look at the 'reality' of things, but somehow I'm finding the surrendered acceptance of everything AS IT IS, I feel myself peeling away from the resistance and struggle that attempts to control what is infinitely more powerful than I am, and then paradoxically, feeling my own power through that process- the irony of this life - I want to laugh and cry and scream Hallelujah from the rooftops. – O

Liberation medicine is pure magic of the best kind. I would not be exaggerating when saying that it is exactly what we have been waiting for in so many ways. On a personal journey level - I am absolutely floored with its arrival's timing, effect it is already having, circumstances that brought it to me and pretty much everything that is flowing from it. On the collective level, as the planet and humanity are transitioning from 3D to 5D consciousness, the Great Unknown has given us, through Adamas and his dedication to the alchemical evolutionary craft - the very support we have been craving for. Last three months have felt like a survival course - and they have been indeed - and I am blessed to have been given the medicine to aid the transformation. Deep bow of gratitude to the creator and everyone who supported the emergence of this incredible medicine. I cannot recommend it enough to anyone - not just active seekers of unity with all, but to every single living being. Let the Liberation continue its vital journey through us all. - M



After taking Liberation for some time, I started to tap into something we can all already feel coming in. It's like a luminous lightning bolt. I keep getting visions of a big tree which flashes light in the dark that looks like luminous lightning. The visions indicate that all the trees are part of one family and there is a mother tree also. I sensed that the shift will involve awakening and balancing the masculine and feminine within. Then my dear and closest friend Martin sent me something he wrote about the dance of the masculine and feminine and it was also about the true soul mate being birthed spiritually in one's being and also physically as a child. Aah the synchronicity. But then as the day wore on, just when I felt nothing was happening (isn't it strange) a great thing did happen because I started becoming aware of a huge blind spot in my psyche.

Basically I noticed that many of my clients get the impression that we are gelling and working well together but that secretly I am not gelling with them at all and actually not enjoying being with them. I became more and more aware of this great disconnect between some of my client's perceptions of me and how I was feeling inside. I started to wonder, 'am I presenting a mask to these people?' 'Am I being insincere and inauthentic?' Relationships started to flash before my vision and I basically had a realization that it is not only with my clients that there is this great disconnect. It is very often that I feel I am not being completely sincere and genuine with others especially friends and I realize it is because I am often afraid to hurt my friend's feelings and I also don't want to negatively affect the friendships which I hold dear. This left me in a quandary. There is a part of me that wants to just throw down the gauntlet and say exactly what I feel without any sort of distortion or alteration whatsoever.



Yet at the same time, a part of me is afraid of the consequences. As an example, I often get irritated with others yet I don't show it. I would greatly prefer to be completely transparent but I do think it would ruffle quite a few feathers. I was pleased to find a bit later in the day I was spontaneously being more authentic and sincere in my expression and it felt good; this left me feeling inspired to continue the journey with Liberation. - O

Levels of sadness and loss coming up today, some of them mine triggered by events of late, but more importantly the memories of the past, the things I never had, the things I wanted but never got, the ideas I built that came crashing down.

It doesn't feel overwhelming though just like I am wading through the waves waist deep through my memories from childhood letting all the sensations wash over me and not attach some story line to it. All the memories and stories come up to be seen, all the loss arises to be felt. It feels like it is truly on its way out as I refuse to allow it to attach to anything in the present.

Just to feel these feelings one more time, to not engage with them to not allow sadness and loss to turn into self-criticism or disappointment and anger is the way to truly break the back of this particular demon.

It is thick in me today, it is in my cells, in my heart, behind my eyes every memory of rejection coming flooding up to be seen, felt without reacting and then to be let go of.

We carry so much memory in our cells of all our pain from the past that we could not put to rest and this is why we need liberation to get to this so we can truly see and feel it and then finally lay it to rest.

The actual story of what happened is unimportant; it is the story of humanity and its rejection from the other, from groups, from the party, from the family, all of it, it all sits like a giant octopus enshrouding our heart and clouding our view.

Once again we need to expel this to allow it to pour out of our hearts by being seen and then wash down to the sea to be truly let go of. The therapeutic value of writing this in the group cannot be understated, as just from writing this piece above I feel my whole mood lifting, the ink of grief flowing down to the sea to be absorbed by the great mother. - M





After taking a drop of Liberation just before sunset, as I sat in the garden, I became completely overwhelmed by my emotions.

I just sat there for a good hour crying my heart out. After that, the strangest thing happened; all of a sudden, birds were everywhere! I'm not even kidding when I say there must have been at least 100 of them. They were everywhere!!! Huge flocks were flying above me, there were at least 30 in the giant tree I was sitting under and some were scattered across the lawn. The cacophony was almost deafening!

As this happened, the most wonderful sense of calm washed over me. I don't remember ever feeling that before. Perhaps when my son was born...

I'm not sure what the birds represent, but I'm guessing it's to do with freedom? - S

Bottle 6/7; have been experiencing a huge creativity ignition where I feel really inspired and focused in the same kind of way I felt whilst living in Hawaii.. yet with a sense of deeper grounding and calm. What I noticed specifically today was that my tendency to be in non-stop speeded up hummingbird like mode, which would leave me feeling quite frazzled, has softened down to a nice steady simmer so that I am able to be much more present in my productivity. There is a sense of allowing life to be and for the natural flow of creation to move through me. Hooray! - O



*The more we open the more we can take in and
the more we bring to the world effortlessly in
our exquisite dance of perfection along the
diamond path strewn with rose petals next to
the river of cacao. -*

Liberation keeps expanding in all directions, touching many lives in many countries as people engage it for the first time or continue the process of the journey back to the self by revisiting their memories.

Lots of new collaborative activities and exciting new products are in the pipeline and coming into form at a startling rate. I can just sit back and wonder at how this whole thing has assumed a life of its own, the baby that was Liberation is now beginning to find its feet and take steps on its own.

This was expected but to see it brought into many peoples practices, workshops and retreats as a trusted adjunct and helper for their own processes is something else entirely.

As it keeps expanding my continued taking of Liberation helps me to open more and more to the experience that is unfolding and flows with it seamlessly.

It also increases my focus and capacity to deal with a whole range of things without exhaustion. 5am to 10pm full work days with full time childcare for my daughter now seem not only doable but enjoyable, something I would have run a mile from a year ago or would have left me a wreck.

This is the real gift of Liberation to step into ourselves fully and bring what we love into form while still being there completely for those that need us, nothing needs to be sacrificed, as long as one remains completely mutable and able to change direction at a moment's notice.

This level of mutability and adaptability is a direct result of the clearing that Liberation brings and is truly everyone's birth-right. I encourage everyone to stick with it through the bottles as in truth it just gets better and better and continues to get better and better if that is even possible, yet it is, since it is my direct experience.

I have found on the second bottle that Liberation calls me to dose during the day - I do not have a set time frame for dosage, sometimes taking it as my day begins, most often a while after I wake up and well into my day. It knows at which point in waking life it needs to interject to bring me the full experience and release which is needed from a day-to-day basis. Less methodical and more intuitive. Or a magical combination of the two. It's 1am here, and about three hours ago after a long, lovely day catching up with a person from my past here in Saigon, exploring and learning, I had a few drops.

After running out of tobacco, I decided to walk to the store. On my way, without the usual chaos of Saigon's hustle and bustle, my eyes became fixated on the myriad of plastic, trash and mess lying around after most have gone home. Vietnam is one of the leading countries regarding plastic use, and one almost has to fight with a cashier to refuse a plastic bag or even a plastic holder for individual fruit...Yes, Styrofoam holders are often allocated to fruits/singular items. This can be greatly difficult to navigate in terms of disrespecting a modern cultural manifestation versus standing one's ground for Earth.

On my way back I felt a rush of walking along a very set path in which the debris I left behind could be minimal, and came to realise in a very experiential way that if every being walked ahead on their journey leaving as little trace behind, it would allow more room for growth in all its aspect - from biological, to emotional/spiritual etc.

Animals do this naturally as their relationship to life is intrinsically organic. We have lost this greatly and while many eco movements are taking place, there is a sense of doom as with every person taking an environmental stand, more plastic is being regurgitated into the world.

As I arrived home I was overcome with anger which flooded my body, I felt stuck and uncomfortable and lost sight of my plan to continue a podcast I had been listening to. It was a heat rising in me and I was craving some kind of destructive outlet, which in my past has occurred through many means.

Going up to the roof top of our apartment, the moon full and bright, albeit a single star as the pollution is so heavy that the skies are always clouded, I burst into tears and almost automatically began to go through all the debris I felt was in my heart. Out loud, in floods of tears, I gave honour to all the parts of myself, the people I know and don't know, the spirits and beings I feel and am guided by, all the animals, plants, and mycelium that I felt I had in any way forsaken or not acknowledged. I know you all can understand that it's very hard to articulate what this experience truly felt like while it took place.

I sit here now typing this with a feeling of **purification**, but also knowing that there is still a lot that lies ahead for me to clear, and that there is no rush with Liberation. Once it is embedded within us and we trust it, it will guide us to release and re-pattern so much mess that has either been unfathomable, or so subconscious that our reality has **manifested** in a way we couldn't always understand.

Seeing as this is bottle 2 - I am beyond **honoured** to be able to find out what will occur with what lies ahead. - S



The daily shifts that Liberation is bringing up for me are just so **magical** it's almost too surreal to put into words...it's something you really can feel; suddenly things that were 'cloudy' are so much clearer and lighter ..there is so much **bliss arising** it almost feels like I could explode with joy some days, and all those past self-sabotaging beliefs have dissipated and I realise how tough I was on myself ..there is such a heart-warming comfort and nurturing for myself now that at times I've shed tears at how there were times I would not acknowledge my own special unique beauty ...which we all have ...It's time for us all to shed those self-critical behaviours and **shine**...we are all beautiful creatures, and enough as we are...Liberation has shed all those dark cloaks. – A

In the highest Buddhist teachings you get to a stage in the practise called Zerbu which means nailing it down. Now the main practice of nailing it down is to engage the things you like the things you don't like and the things you are indifferent to and bring them under the banner of ease.


So you get to a point where things that used to disturb you or agitate you no longer seem a problem, this could be as mundane as washing the dishes or as major as moving to another country.

Now this is what liberation helps us with. It makes this engaging of the stuff we have been avoiding or that we don't like much easier. Often it brings it up gently for us to see, we engage it in a more positive light and we just let it go. Now technically all of the issues of life fall under this banner and the more we allow them to surface and liberate in a mood of effortlessness the more easy and pleasant our experience of life becomes.

I have watched as through the different bottles liberation has brought up almost all of my core wounding and things I have avoided dealing with and has helped with a non-confrontational or pleasant solution by allowing me to see them, feel them and then let them go.

Sometimes the answer has been a confrontational solution but even there I have felt supported in this and I have not gone into some extreme response, something I might have done in the past.

This is the power of liberation to gently filter our memories and return us to a state of wholeness where all aspects of our nature are integrated and working in harmony. – R



*Once one has gotten to this point of ease
with everything in one's reality but
especially the stuff you are averse to, you
cannot be disturbed by much of anything.
At this point life becomes quite effortless
and a lot of stuff we used to trip up on
ceases to be a problem.*

Liberation is aptly named. Freedom. Release from all that shackles you. Translated as 'Moksha' in Sanskrit it is the pinnacle of human consciousness and the goal of all spiritual practices, no matter what you call it. Liberation in the bottle is a shortcut and some high octane fuel to get you to that goal.

Liberation will change the way you define yourself in your work. It makes you very clear as to what your purpose actually is and soon you won't be able to do anything unless it is on purpose. This tends to streamline your existence. Within 6 months of the time I first started taking Liberation I had a better living situation (no longer anything to complain about viz a viz my daily routine) and a better car. I can't tell you why I didn't have a better car before.

Everybody has undergone trauma of one kind or another in their lives. The memory or imprint of this trauma is stored by the body-mind mechanism on every level of experience both physical and mental. It is stored in the cells, the tissues, the muscles, the nerves, and the various types of thoughts and emotions.

Liberation releases these memories from all those areas. Opening the doors and then sweeping out the dead weight of what is over, or what could have been, or should have been, or hoped to have been.

You will find that there is a lot of that stuff and Liberation tackles the situation methodically from the very first dose. If you want it to work faster, take more. You can't overdose but you can take too much. I'm not sure how other people react when they take too much but for me, too many situations present themselves to me too quickly, and I get overwhelmed. I have to shut myself away for a good long nap and not even look at the bottle for a while. Sometimes I get overly self-critical, sometimes too introspective. - V



Relationships

Relationship dynamics hold some of our most pertinent and entrenched attachments; leading us to develop ingrained beliefs and perceptions about our lives and our position with it, and how we are viewed in the world. The following musings are drawn from the Facebook group started in 2018; which serves to store the living and direct statements from those working with Liberation.

I dreamt I was back with an old girlfriend, a relationship that had ended quite badly and abruptly and in the dream she was about to give birth and we were happy.

I woke with a start but since this never happened I was able to let go of the 'what if' scenario I had been harbouring in my memory and leave it behind once and for all.

Now this was from years ago and I had not thought of her in 10 years, yet somewhere in my cells there was the unfinished thought which could not reach completion until I had seen and felt the outcome, even though the outcome never came to be. Once I saw and felt the outcome in the dream I was able to leave it behind forever - my body could relax and let it go.

Now this is of course a huge part of karma, the things that could have been but never were. Now once something is frozen like this in suspended animation the body goes into a pause space until we finish the story.

The finishing of the story for better or for worse is the letting go and is often best accomplished in a dream which is actually the easiest and most realistic place to let play out.

The implications for karmic cleansing of the songs unsung, the words left unspoken or the actions untaken are huge and often why we are bound to repeat things. But once we play it out, feel what it would have felt like even for a moment, the body is able to move beyond the space of not knowing and truly make peace with it by letting go.

Liberation represents the possibility of clearing a lot of this memory forever, things that are frozen in time in the body waiting for completion. - A

I had just left a very toxic relationship once I had begun working with Liberation. Although the relationship served to teach me a lot – as all scenarios do – I was left feeling as though much of my time had been wasted and that I had not sought to stand my ground or set the correct boundaries.

Liberation offered me the courage to head to Vietnam, totally alone – where I was able to dive deep into the mysteries I had yearned for so many years, without succumbing to the subservience I had fallen under in the previous months with said partner. This was the ultimate gift of freedom.

Without Liberation, I would have remained attached to the idea of romantic fulfilment; instead of allowing myself to let go of this programmed notion that with a husband or partner; I will be complete.

I was able to honour my needs and desires for spiritual growth, and to go through what I needed to at the speed at which I felt comfortable doing so, without expectation or judgement from another.

I continue to take Liberation and find that my communication style has shifted and matured; expressing my needs, while also offering authentic space for another to be who they truly are – with the understanding that a relationship is a platform for growth through challenges – and I endeavour to ensure mine continue to arise as lovingly as possible. - R

Last week whilst taking Liberation during the day, I had a 36 hour period in which I was shown every memory of all the times I had been offered intimate romantic love, and although I deeply wanted it, I was unable to receive it.

It was so clear and not at all painful, rather it was beautiful to see how much love had been wanting to flow to me over my lifetime.

I was amazed at how thorough the memory journey was, including people I thought I had long forgotten, memory after memory came in succession.

Then yesterday, after my first day back at work, I stood doing the washing up, talking with my beautiful partner in the kitchen, I began to have an overwhelming influx of love.

I truly felt how much love was pouring into me from so many corners of my life, I felt the wonder and joy of my life here on Earth, tears flowed from my eyes, openly rolling down into the soapy water below, my heart and chest, gently shuddered, opening, opening to the love in my life.

– B



*My very first dose of Liberation I felt a wave of liquid light pour into my body entering into the crown, moving downwards.
No dreams that I was aware of but sure did have the most luxuriously deep sleep.*

From then onwards after dosing in the evenings I would wake up in a bad mood with what felt like a million thoughts running through my mind unable to grasp what they were about or the meaning of any of it. Towards the end of the bottle I experienced a few profound dreams.

One was; I was at home when I received a call from my then boyfriend, he had asked me to meet him at the bottom of my hometown at the traffic lights as there was something important he needed to ask. I had made my way down earlier than expected to where I was met with a friend of his who said that my boyfriend intended to propose to me.

(a bit of a back story, when I was 22yrs old this boyfriend proposed... our relationship was falling apart and this was his way of getting me to re commit. I initially said yes out of fear and a week later went back to correct it to a No)

Back to my dream. I called him up and said to not bother coming as my final answer was No. I walked back home skipping feeling free and content with my choice.

Also noteworthy: the route I took to our meeting spot was a semi-circle down, and I walked back up the other direction completing it into a full circle. - U



I had a dream where I reconnected with an old girlfriend. In life we had split up and she had gone off with my best friend so I had not spoken to either of them in years. What I felt I had lost was our friendship which just ended due to the nature of the complicated relationship.

In my dream I was showing her around my house, the house we had lived in together I was showing her my cats and all the other things we had shared together. The whole thing felt very tender, healing and nourishing a new paradigm and in a way that probably would not have been possible in real life as she had moved away. Ironically this dream came up when I was thinking about getting hold of my best friend to procure a sample of something important so the doorway had opened in my head and then allowed this healing to occur. - D

"I have experienced a huge shift in my sexual interactions with my partner. Being able to really see and trust him now as I work through past sexual trauma. Working with Obsidian and Liberation are aiding this process beautifully. It is painful at times but I feel able to hold myself through all that comes up, I am experiencing a sort of spiritual strength, an ability to stay grounded, witness, and allow whatever that is wishing to move, to move. It is such a relief to be able to enjoy making love."

"I shared with my partner a really difficult observation about where I felt I may be holding him back, the information was easy to deliver and well received. What seemed like a huge 'thing' became doable because the moment was pressing for the truth to be revealed. As awareness brings these things to the light, so the light burns them away. Effortless feeling into what's here right now and the ability to be with it all. There is so much to be with, isn't there? and something that can hold us, while we do the real work of meeting life as sensation in the body is supremely important in our world right now."

- F



Friendships

Platonic relationships serve as the field upon which we can learn, discover and share interests; bonding through the exploration of our intellectual and emotional evolution. These dynamics can be some of the most significant aspects of our interpersonal connections; and the loss or destruction of them can cause great suffering and discomfort within us. Through Liberation, one is able to review and recognize this aspect of experience; letting it go, or perhaps honouring it evermore.

Whenever I am with this beloved friend there is a very big, gigantic elephant in the room. We have tried to address what it is but we always go into endless rabbit holes which lead to the elephant becoming bigger each time. This week we met and decided that even if we could not figure out a resolution we would drop into the depth of the vulnerability of the heart and the exquisite pain of being alive. We would meet in a space with both of our truths, where we could feel each other. We prepared a Ceremony, where we took a dose of Liberation each and went into deep meditation. The meeting started, we tried the old rabbit holes again.... boredom and frustration kicked in... 'not again' we could see the maze coming... but then something amazing happened. We both went into a deep needed silence and this silence birthed a totally new experience. It was like the many veils that created some sort of spider web between us made by stories and fear shifted into a clear diamond light tapestry.

Suddenly there was so much space for grace, we could see each other's eyes as if it was the first time. Everything was soft and tender and if there is a God, we both felt it was filling the room with Her presence. We dropped into each other's presence and were able to feel the magnificent experience of true human connection.

So amazing to have Liberation and Blue Lotus to facilitate this mysterious journey into the Heart. - D

As previously mentioned, Liberation took me to Vietnam – and while settling in Saigon, I reconnected with an old friend from high school. We had been acquaintances in the same circle, and had always had a good connection – but through the pace and movements of that age in life, it remained largely superficial. That is, until I reached Vietnam. Through my own inclinations, and his inquiry of embarking on some deeper questions regarding the Universe; we were able to forge an incredibly deep bond which still stands today. We realised we felt and thought in similar ways; relieving us both of the sense of loneliness that can come with travel adventures on one's own.

I was able to share some of my most personal moments with him about what Liberation brought up, while using a 'spiritual' language that was largely unfamiliar to him; and he has shown each time the deepest expression of non-judgement, acceptance; and better yet, we are able to hold space for each other while I am now back in South Africa – as he is going through a heartbreak, and we have been able to work out the tough semantics of this ordeal together.

With Liberation I was able to let go and allow myself to trust the importance of vocalizing my experiences, with the knowledge that I had been guided to a safe space and the gaining of a best friend; and vice versa. This is one example of how Liberation highlights the importance of support and connection within a community. - H



I had a very good friend who betrayed me and in the dream I had let go of the anger of the betrayal and was accepting a gift from him. The dream was really about not shutting the door on what had been good in the friendship in spite of the bad, this felt very healing and empowering as it allowed me to do this in the rest of my life rather than just shut the door to the bad and the good. I did not reconnect with him after this but it felt like when I thought about him there was more tenderness and less hate. - A

I had a friend who I had helped a lot in his life and had brought to live with me but he had brought chaos with him and lots of crazy drunkenness and some generally nasty behaviour. Then I had kicked him out and he had gone off to India where he was struck by lightning while meditating in a cave. Now whenever my other friends mentioned his name, they mentioned it with fondness, but I would have 10 or 20 seconds of anger holding on to his bad behaviour in my mind. What liberation allowed me to do was to step back from this response and insert a really happy memory in its place, a memory when we were both rolling around laughing. Now whenever I think of him, or he comes up in conversation I have this memory. I smile and things continue as normal, no more irritation. In this way Liberation can allow us to step out of the timeline, change a memory and then step back in, and we have a new outcome. This capacity of re patterning by changing a memory or memories can be used by anyone, Liberation just gives us the distance from the memory so we can step back, cut something out and paste something back in. - D

A funny thing happened after I started taking Liberation again; I bumped into a friend I'd lost touch with. I'd lent this friend a considerable amount of money in the past, which was never repaid. She'd been avoiding me for years, obviously feeling guilt and shame over the unpaid debt. I thought the timing of this run in was pretty cool as I know Liberation to be so good at resolving all the unresolved bits of life, and I do feel that resolve was delivered in this situation.

Solutions to every problem in every aspect of life seem to be manifesting rapidly, effortlessly, with no work on my part. – A

Family

The family constellation into which we are born offers the genetic encoding of our intended human experience. Every family has entrenched patterns of dysfunction; and our ingrained responses to these often serve to hinder us, by holding us as emotional hostages – or totally disconnecting us and rendering us begrudging of whom we share our lineage with. Crucial to the path of Liberation is creating the boundaries necessary to allow us to charge forth toward freedom, while healing our wounds of experience; and this is precisely what Liberation has shown to do within the context of family.

Last night I had a dream which really played out my core wound of rejection in a beautiful counterpoint. In the dream I was with my father and my cousin who is a plastic surgeon. My father was praising my cousin's intelligence and saying how great a surgeon he had now become. This was all said for my benefit, to point to how little I had achieved in his world, having chosen the realm of the mind and the spirit over material and intellectual achievement in the world.

I had to listen to all of this and feel less than, as usual, and herein lay the seed of initial rejection from parental approval. Then the dream moved on to the next phase where my cousin and I went off to find somewhere to shoot arrows as a kind of neutral challenge of our skill sets as individuals and then I woke up. Now this was liberation's way of pointing out the core wound from childhood: the child that does not get love unless it performs in a certain way, and then if it chooses its own truth it gets spurned, disrespected and often even humiliated.

Now out of this came many things, but for me primarily rage. I went through the sea of rage a week ago but this uncovered the core wounding of isolation and rejection which was triggered two days ago.

As this all empties, I am left with the feeling of what to do with the memories of the unloved, rejected and humiliated child which has manifested in many forms throughout my life. The answer that comes to mind is just to feel them, to allow them to wash over one, not to react or to have them bind one into a reactive pattern.

Once we do this and refuse to be the victim of circumstances, all this feeling is allowed to swirl around inside of us and find a new channel of expression. The concept of black sheep rising or dark horse rising has come up very strongly of late and this is really what Liberation is about on many levels.



*To cast off the bindings from
childhood and truly rise up
into something fantastic,
to gather the army of black
sheep and dark horses together
and rise as one to remake the
world in a more just image.
One where we are not bound to
react through being unloved as
a child; the world where every
child is loved and cherished as
the gift they are. - K*

Family secrets are an important theme that has been arising among the group. What I have seen both in my own process and in others is that one will just not let the murky stuff of life perpetuate. Secrets need to see the light of day, even just once to be spoken or revealed in front of someone so that their tendrils of secrecy can no longer bind us to a hidden and often twisted storyline.

I heard a line from a series recently which went, the only thing worse than everyone knowing a secret is no one knowing about a secret. And this really is the essence of it, the hidden layers of shame and guilt along with it, the unspoken words which need to be said to allow the poison a vent to discharge in a healthy manner.

Somehow Liberation allows us this vent in the most gentle way possible so we can express the secret without it destroying us or having the pain overwhelm us. - K

I lost the two most important male figures in my life during my childhood; my father and maternal grandfather. In my Viking nature and hard headed way (really just an armour for super sensitivity) I have never acknowledged the immense ways these two events have shaped me, both positively but also very destructively.

Since arriving in Vietnam, Liberation has brought this all to the surface in a way that I was not expecting. Having been in floods of tears all day, I am now ready to invite their spirits to be alongside me - which I know they always were - but what is different is that now I am able to begin making peace with their passing and let go of the expectation that somehow they will return to me in the form that I knew them. My brothers and I have not yet spread our dad's ashes, and I think the release is critically needed on both ends. My father travelled to Asia at around my age so I think the timing is truly perfect.

Once again I am in awe of how embedded this immense pain has been within me, and how just by the magic of Liberation I am releasing something I have spent years creating layers and obstructions in order to avoid confronting the true heartache of love, death and physical incarnation. I also now see that many of the men who have been put on my path, from friends to lovers etc, all in some way embody that unconditional protection that my father and grandfather represent to me. This is a true gift and offering of strength that lies within me too.

Also I now stand in true and deep gratitude for the parents I have had in this lifetime, flaws and all. My mother, without whom I doubt I would still be here, and her love is immeasurable. - I

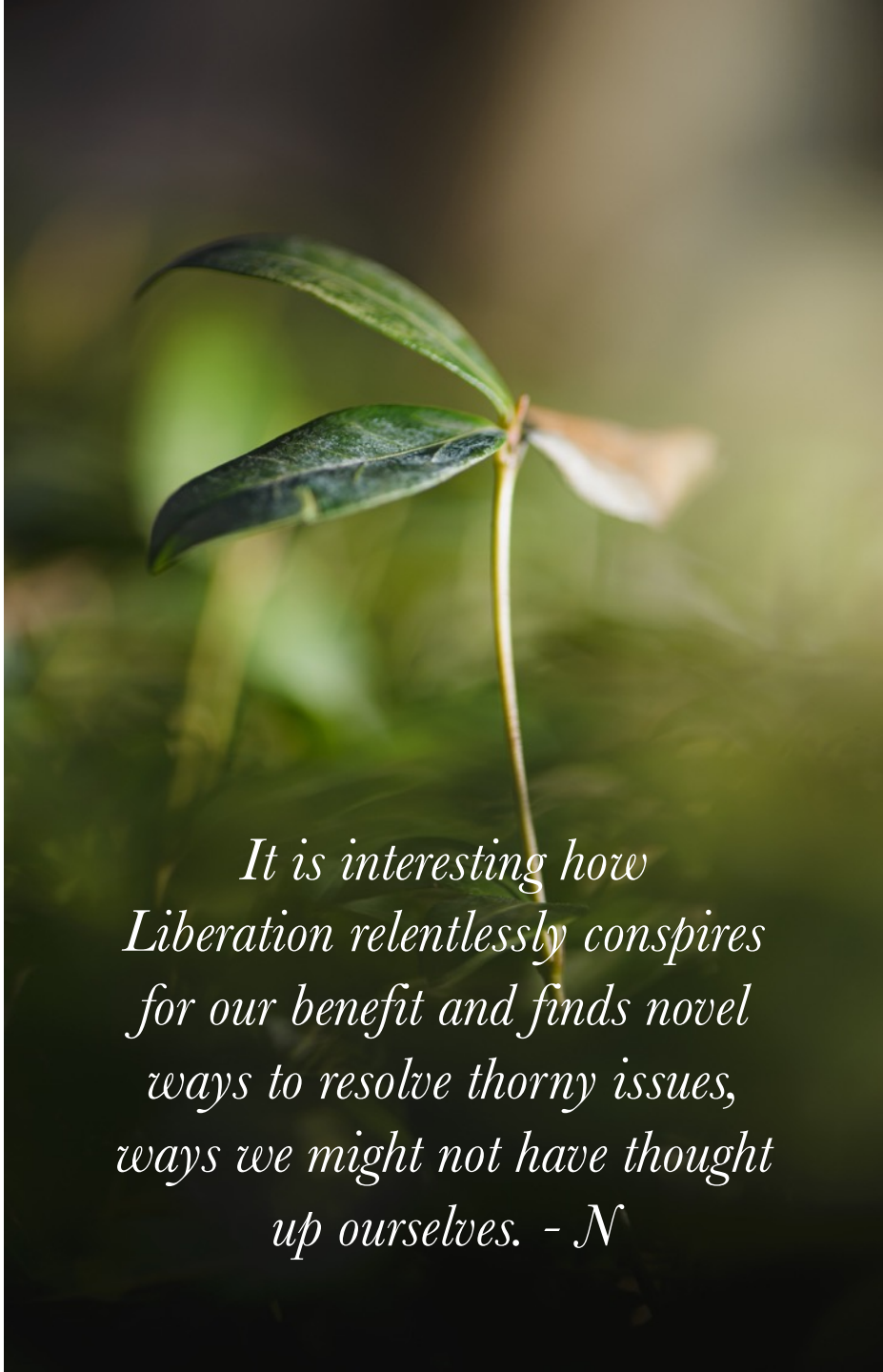
Liberation takes an interesting turn in terms of resolution. I'm in the middle of an ongoing fight with my father about not vaccinating my child, and he keeps sending me pro vax stuff. I informed him politely I was not interested in debating this, but he persists, which of course generates a fair chunk of anger in me.

Then last night I dreamt that his cancer had returned in full force and in that moment all the anger towards him just disappeared. All the years of poor parenting just faded into the distance and I wonder was this dream a vision of the future or just a way for my psyche to offload some of the anger and turn it into something more productive.

Either way I feel much lighter and less burdened, less obliged to continue a fight which, if it was not, this would be something else, as to fight is his nature but sometimes the correct action is just to walk out of the ring and refuse to play.

What Liberation has given me, can only be described as priceless. Life, in my opinion, was always a challenge. I allowed myself to dwell and suffer in silence for many years - reason being, I didn't know what was happening inside myself - or worse, how to control these happenings.

I was just fourteen when the roughest times began unfolding. In November of 2012, my father was hijacked and abducted, abused brutally and survived an attempted murder in Claremont, Cape Town. For hours - he had to endure this. Things began changing around here for me, a lot felt lost - most importantly, the beautiful relationship my father and I had built up.



*It is interesting how
Liberation relentlessly conspires
for our benefit and finds novel
ways to resolve thorny issues,
ways we might not have thought
up ourselves. - N*

Frightened and scared of the world he was - suffered severely from post-traumatic stress.

In December 2012, he was in such a bad state - the only choice he had was to take his own life. I fell into a deep silence. Feelings and emotions locked away so deeply. I felt stuck in silence. No amount of therapy could take the pain of losing my father away from me. Until a few months ago - I was still suffering.

There was a deep willingness to try and change where my life was headed - I was tired of wanting to end my life too. When I reached out for help, it showed itself to me - in the most beautiful ways.

I had to give up a few things in my recent life in order to transition into who I am today - including a controlling, toxic relationship I felt happiest in. Liberation helped me dearly. It has uncovered the root of all suffering I endured. Feeling this again, brought me back to that quiet 14 year old - with the ability to properly handle and work through all of these scenarios.

I have finally found the beauty behind pain. There is a balance to all of this. – Y

So the healing continues on a very deep level. I woke from a long dream of a talk with my father without the usual emotional volatility we both bring to the interaction. In the dream I was able to express everything I needed to say to him about myself including my genuine sadness about the state of his health and my wish for his last years to be as beautiful and as pain free as possible.

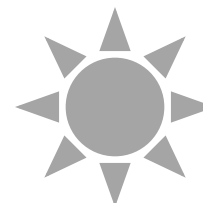
Now this was only possible once I had cleared out the sea of hate I held towards him from years of poor parenting and undermining behaviour on his part.

I expelled all of this in a symbolic vomiting of hate onto the kitchen floor until I was empty of it. It took me about two weeks to fill the space left from the hate with all the beautiful things of life, the richness of nature and people and the bounty of the earth.

Once this was done and this hole was filled with something healthy and life affirming new seeds of healing could be placed on top and watered and this dream was really the flowering of those seeds.

Now whether he got the benefit of it directly or not, or if he truly heard these words in a dream or as a change in mood is up for discussion but what has changed is my attitude towards him from one of wounded hostility to a much calmer and clearer and supportive attitude so the entire field between the two of us changes and so too does any further interaction.

Now whether this turns into a better real time interaction remains to be seen, but once it has been felt in a dream it is done on some level and that level will spill out into other areas of both our lives in some form or another. – B



My relationship with my mother and all the core wounding around that and the rage I have towards her for years of emotional abuse have risen spectacularly to the forefront. I've realised this is the wound which presides over all my other ones, like a ruling planet which simply needs to find a new orbit.

She is finding my rage towards her very 'shocking' and I'm finding it deeply empowering and liberating. It's been a long time coming and I want her to feel the power of it. The power of me reclaiming my power. She has agreed to start family constellations therapy together and for her 80th birthday, I have bought her 3 bottles of Liberation which I will give to her on Saturday.

I have cried more intensely than I have ever cried before for all the pain she caused me. I cried so hard and in waves one evening a few weeks ago, that it felt like I was actually giving birth. I gave myself full space to clear this. And afterwards I was exhausted but fine. I'd let it go.

I dared to say to her in one argument that one option is for us not to have an active relationship. This felt incredibly liberating. From the place of having the courage to walk away entirely, there seems to be a new opportunity to walk towards. But in a different way to before. — E



Work Issues and Identities

The way in which we create sustenance for ourselves and bring our ideas into form can be the expression of our passions, but can tend to become strained by administrative and challenging dynamics; losing focus, inconsistency, and the survival based need for manifesting an income can often lead to a performative identity that we create to cope around this aspect of the human experience. With Liberation, we find that ‘getting the job done’ in all its iterations is accessed through creating space for this a part of life to simply flow; leading us closer to balance, freedom and success.

A year ago, I made a huge decision to leave my job that I really loved, and open my own Montessori school. I had been playing with the idea in my head for a few years and trying to work towards it, but just never had the means. We sold my car, and invested the money, and then started building a very small environment on my parent’s property, as this was the only way that would be possible for us at that moment to get things started.

For months, 7 to be exact, I struggled with my fears, and my feelings of not being good enough, or being prepared enough, or not having enough to do this, although, I had created the most incredibly beautiful and magical space with only what I had available at that time, I was stuck in the idea of still needing to do all sorts of things or have all sorts of things in order to be successful.

I think it was a week or maybe 2 after starting Liberation, that I suddenly got my first enrolment and the next day I had another. Since then, I have been able to get massive interest in my school, and I am already working on expanding my dream into its entirety.

Liberation has helped me so much to be ok with my fears, to feel it, and then to be able to say, "it's ok to feel afraid, but I don't need to stay there, I only feel the fear because this means so much to me, and I want to do my absolute best. What if I am as great as I believe? What if I already have the means to create anything I wish?"

What if the next step is the only thing I have to focus on right now at this moment? What if I create the most incredible Montessori school South Africa has ever seen? I am in the vortex, I am literally living in my dream, in the vortex, I can physically feel the excitement and the intensity of what I am busy creating, and I was completely blocked from experiencing this before I started Liberation. – N

I had a 'take your kid to work day' today as it is school holidays. This consisted of me picking up some flyers, dropping off some flyers, visiting the post office to post something. This resulted in buying some coloured pencils and then going to drop off some more flyers which included a drawing on the floor of the health shop.

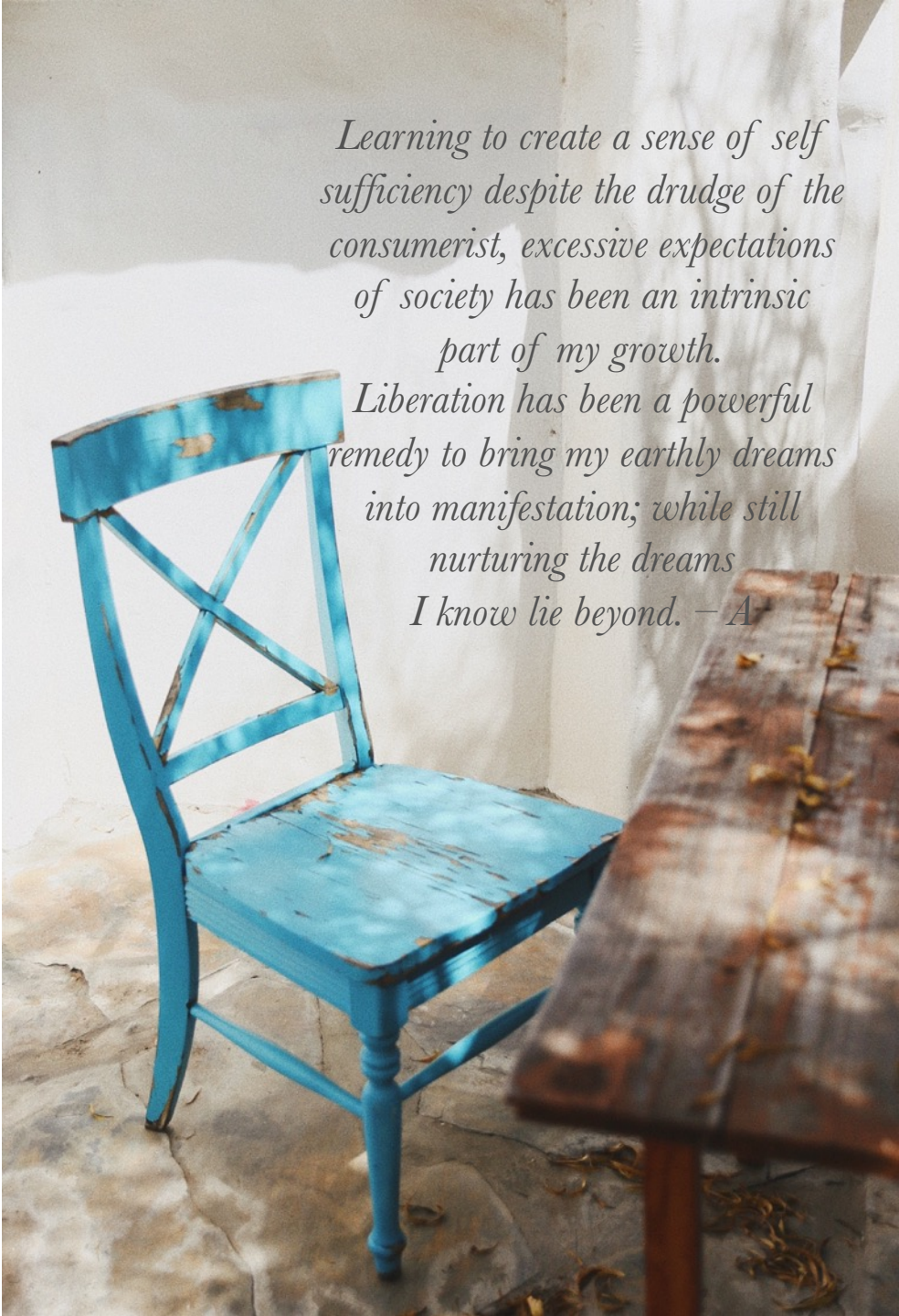
I feel so blessed by Liberation that I can integrate all the aspects of my life into one fairly seamless whole and the distinction between work and fun is a line I draw in the air for my own amusement.

I feel so much space has been created inside me from taking Liberation so that all the pieces of my life can move around each other and form into something new that works for me and my daughter - a play of interaction governed by enjoyment, in spite of all the chaos that surrounds me.

It is such a total pleasure to watch the day roll out and when someone asks how I am, I can truthfully reply, fantastic even in the midst of the exhaustion of the week, integrating my daughter's holidays and all my work commitments. — Z

Dosing Liberation sparked the beginning of my journey into a fully-fledged 'adult' career; something I had struggled to conceive of before, while grappling with my angst against a world governed by polarizing economic ideologies.

I was able to unlock my potential of writing and expression, and tie into it my love for design — and further weave it into the foundation of sustainable design expressed through reverence for Nature; I have been able to carve a mindful, conscious and intentional career in which I am part of a network of brilliant people committed to creating a better industry.



*Learning to create a sense of self
sufficiency despite the drudge of the
consumerist, excessive expectations
of society has been an intrinsic
part of my growth.
Liberation has been a powerful
remedy to bring my earthly dreams
into manifestation; while still
nurturing the dreams
I know lie beyond. — A*



I noticed that during the day I felt a lot more calm and focused on work, more productive, yet very calm; which is something I've been needing as I tend to over work and stress quite a lot as a normal state of function.



I am on my third bottle and have been having very enjoyable dreams, living out career fantasies I've had in the past... I feel unburdened by my imagined unfulfilled potential.”



As a counsellor, taking liberation has helped me immensely in terms of my work. It has helped me to grow on a personal level which means that I have experience to guide my clients. It also has assisted me emotionally to deal with work stress and mentally to keep my mind focused and clear.”



Trauma Healing

Our most traumatic experiences instil the deepest agony and fear within us; and embedded emotions elicited from trauma can hold us back immeasurably from moving fluidly through the world, even shaping the person we are under a painful illusion; we can become inclined to live in perpetual survival mode, overwhelming the body and mind with distractions and addictions to unburden us from the most painful past experiences. Trauma healing is a fundamental part of the innate freedom and return to true self that Liberation leads us towards; freeing us of the weight brought on by holding onto suffering.

After a rather intense family holiday, I got back to Cape Town and basically collapsed, my body just wanted to sleep and recover and I realized that what I was experiencing was the body's need to heal from my 5 years of living with the mother of my daughter which could only be described as massively traumatizing to my nervous system.

I would have never seen myself in a PTSD light but this is exactly what I went through and I am only now able to discharge the effects of it from my emotional space, my nervous system and body.

What Liberation has done has basically forced me to take some down time, some time out to get extra therapeutic assistance. The truth be told redemption will shine a light wherever it is needed and bring us to the space where we take the time to focus on what needs to be focused on, in order to return to our fullest self.

There is so much healing to be done, but healing in the sense of becoming whole by acknowledging the past struggle and letting the body know that it is now safe to come out and play after the weight of the damage has been thrown overboard; even if this means lying on our backs for a month.

What this looks like to everyone will be different and is often inconceivable but giving yourself the time to do some repair work so that the body can unwind from its trauma is often essential for true healing to occur. - W

I went through a very traumatic experience with someone I thought to be a spiritual mentor when I was 19 years old; it triggered a state of deep psychosis in which I was left believing the most diabolical things about myself, due to her psycho-spiritual misconduct during a ceremony.

It was only until I began using Liberation that I stepped fully into taking back my power from this experience; I had a myriad of beautiful experiences with Liberation in which I was shown my innate Self and purpose, freeing me of the heart ache of the previous state; and I realised through Liberation that this person was inclined to hurt others because of her own distorted pain, and that projecting it onto others was a coping mechanism.

While I did not excuse her behaviour, I was able to make peace with the lessons received; and honour myself and her, and forgive her for her actions. I saw that we are all of Original Innocence, and to that we will return; and that forgiving each other while acknowledging unconscious behaviour is fundamental to overcoming the obstacles set out in our incarnations.

For the first time in a while I truly feel like I'm reintegrating parts of myself I've lost to trauma/hurt/guilt. Some parts I had blocked from my memory but still sat like open wounds. I'm able to see a reality in which I can refine my being to its crystalline nature while still being in this body, and not be so weighed down by distractions/the past which has bound a lot of my mind. I am able to look back at all the things that used to debilitate me and see some of its purpose, as well as be at peace with where I am now and where I can go forward from here with a dedicated intention. - A



I gave Liberation to my dog Casimir, who came from the streets of Romania and I have had him for 1,5 years. He was very shy, had many fears, and was not cuddly. He could not be alone or else he cries. He didn't know how to play and was distant when he came to live with me. All is better already but still many fears, insecurities and not being able to be alone, what makes my life not easier.

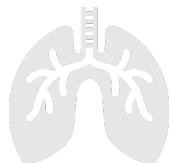
I have been taking Liberation since 2,5 weeks and had the feeling I could give it to him as well.

So I started 3 days ago and chatted with Adamas, I made a glass with 100ml water with ONE drop Liberation and from there I gave him 2ml.

Today I saw a BIG Change in him. When we took a walk he was so happy and played joyfully; running with 2 other dogs! He had never done that before. He also made a lot of contact with other people, and they could touch him. He was full of pure joy, free, enjoying friendship with the dogs and humans around him. This opened my heart so much. I thank Liberation for calming my dog, so he can live happily and carefree – as dogs should. - R

At some point in my early stages of development I began suppressing trauma as an act of self-defence. Anything deeply traumatic was internalized, buried, and forgotten... literally forgotten. I would bury trauma so effectively and deeply that all memory of an incident would fade almost instantly. For a time this worked, and kept me safe from pain, guilt, and shame as a child. However, I'm sure one can see how very problematic this method of dealing with trauma can become.

Over time, choosing to feel the 'good' and pleasurable while banishing the 'bad' and uncomfortable creates great imbalance at the very core of one's being. So, it is my thought that in these forgotten dream experiences of the first days of Liberation; perhaps I was revisiting buried traumas of the past while my brain was still hanging on to the last shreds of this self-defence mode before Liberation gained enough momentum in me to unlock those old cages I created and flood me with everything I had been suppressing. - N



Through my process with Liberation, I have seen that life is truly a mind-blowing mystery. There is an eternal dialogue between the living and the dead. Consciousness is eternal. It can bring everything back to infinity in one instant. Grief is a special kind of love that struggles to express. Mind control has been tearing humanity apart in all kinds of inverted directions.

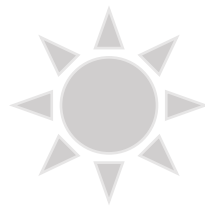
This is a brutal process for all, deeply traumatic, yet deeply rewarding in terms of spiritual understanding. We shall be reminded not to lose ourselves in the scripts for they are a scam. Some forces do try to steal our will, our confidence, our motivation. Stealing our hope. Feeding from our sorrow.

Yet we are so much more than any story a mind can come up with. The light and courage inside of us can only be lit by ourselves, no matter how much others shine upon our lives and are providing eternal rays of sunshine.

The gap inside our hearts can only be filled by our quest, our understanding and our spiritual evolution. Where is the first exit door? How to understand that there is a key to get out of the victimhood state, out of the loop of repetitive abuse? One has to keep looking; I am doing so with Liberation. - A

I took liberation the first week in the early evening and I found it had a deeply tranquilizing effect for the first few doses.

The first few bottles of liberation involved the surfacing of much suppressed anger to release. This would come up daily and continued to increase until eventually it became rage. Eventually the rage got to 100% and then started to diminish. This was around bottle 4 of Liberation. I was very happy with the results and I can happily say that I feel much lighter since all that anger has been released. Now I rarely get angry like before, I still get some irritation and frustration but I don't think I could experience rage for no legitimate reason. When the anger was releasing I found it very helpful to do deep breathing and vocalizing while walking daily to facilitate the process. For the rage, I found it very helpful to pound on the couch till I was tired. I found that pounding on the couch was not only good for rage but it was also good for general stress and tension too. - N



Dream Resolutions

A common effect of Liberation is to resolve memories and their outcomes through the dream space. Our subconscious reality offers a rich landscape to truly review the past, and see what could have been; without forging our attachment to these scenarios. The following dream events show how Liberation allows us to confront both fears and hopes in dreams; resolving the weight of cellular memory embedded within us.

So just when I think I am styling having touched the bottom of the barrel up comes something new. Two dreams last night: the first one where I am being hunted through the country by my ex business partner for some infraction and the other one about facing young bullies and overcoming my fears of them by disciplining them.

After this in the dream the bigger bullies appear and grab me and I tell them in an icy voice that I am willing to escalate to the point of ultra-violence and I see the uncertainty in their faces. At that moment I knew I had won, then I woke up.

Now fear comes in many forms as does the overcoming of fear and the standing up to the bully is certainly the best way to overcome fear as then they stop coming as in truth they are just appearing to allow us to stand up to them at which point they cease to appear.

This all felt like childhood and even teenager schoolyard stuff from the past, but the moment I took control of the fear of being beaten up in the dream, the fear related to these memories fell away. Now fear of violence being perpetuated on one, especially by bigger numbers of older people, is certainly at the core of a lot of our fears as it is real to some degree. We have this fear to protect us; to either fight or flee, but if we cave in to it, it haunts us in the shadows for life and it will always manifest at some point to push us to the point where we stand up to the bully and cause them to back down.

I have no doubt that some of this fear came out of the feeling of rejection by the father, and hence the uncertainty about my own ability to defend myself, as backup would not be forthcoming. No support was felt from the father who should instill that sense of intrinsic strength in the child.

No fingers to be pointed here, but also no excuses either to myself or for myself as we are warriors and we stand in the fire and burn ourselves clean so we may arise a fearless light into the world.

It is fascinating to me how liberation keeps digging until all the stones from the past have been unearthed, examined, cleaned and then used to build a new house on the foundations of the ashes of the old.


When does this process end? Or does it end, or does it just become more fascinating? I have been on this planet for 50 years so I have a lot of history but this really feels like the core issues I could face and overcome.

Each time I slay one of these demons: rage, rejection, fear, loneliness; I grow stronger as there is less that can stop me from fulfilling my destiny on this planet.

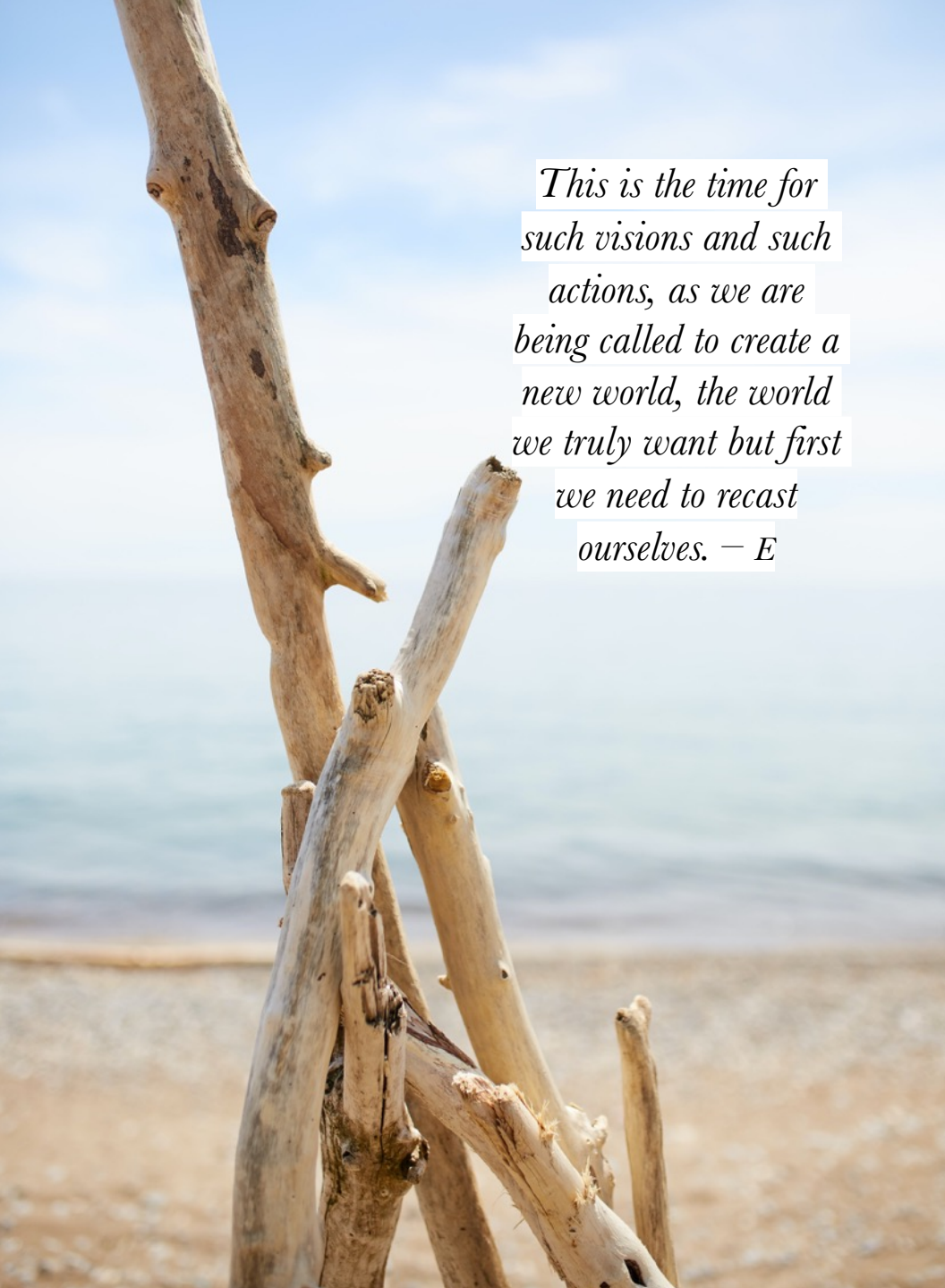
This is everyone's inheritance in truth, and Liberation just allows us to access the memories so we can truly rebuild ourselves in the shape we have always wanted. - I

The second dream that Liberation brought me and then laid to rest was one of my greatest fears. In the dream, which was totally real, I watched the mother of my child who was driving the car ignore my warning and crash into the sea. I jumped out to save my daughter who was in the back and tried to get back to the car which was sinking. I could not get her out so I swam to shore for help which I failed to get from friends. I then had to sit with the knowledge she had died. I had always said that if she died, I would leave too. But this time I just tasted and sat in the pain and knew that I could survive it.

I woke up in total terror to find my daughter sleeping happily next to me. The interesting part of it was that when I looked into the part of my mind where the fear of her dying was, it was gone. The experience had removed the fear of it and this was the gift Liberation had brought me. —
Y



No fingers to be pointed here, but also no excuses either to myself or for myself as we are warriors and we stand in the fire and burn ourselves clean so we may arise a fearless light into the world.



*This is the time for
such visions and such
actions, as we are
being called to create a
new world, the world
we truly want but first
we need to recast
ourselves. — E*

The first night on Liberation I had one of the most vivid and significant dreams I have ever had. I was moving out of a very high building, something that felt like a tor.

I was carrying a big load of long sticks in my arms. When I was about to go down the very deep stairs someone got in my way and all the sticks fell from my arms. One of them fell to the side of the stairs into the abyss. There was a bird feeder that looked like a glass capsule attached to the side of the stairs. I was so worried the stick would hit it and the broken glass would hurt people in the courtyard. The stick did hit the capsule which in turn hit the ground making the same impact as an atomic bomb would. Everything went in very slow motion and I could see the crystal glass spreading around like a cloud. Deep sense of silence and timelessness followed.

After that, a series of events happened in my 3D life which manifested in a thick skin of crystallised beliefs being shredded. — B

I have a recurring dream of different houses sometimes in different areas, sometimes scary, sometimes I am redecorating and sometimes I am even renting rooms. But last night I had a dream that I was demolishing this house and that I was moving somewhere nicer and the whole mood of the dream was about the fun to be had breaking it down.

Now this is massive, as if the house is the self, I am breaking it down in order to create something better. No old crumbling walls or dirty windows, just a clean slate to carve anew. A carving governed by the wisdom of memory and the vision of something better, something untarnished, a vision of a pure land. - E

On bottle 5 I have just had a two week break to re-establish and refine my relationship with Liberation. After this break I had a dose in the morning and then before bed. The clarity and intensity of the dream I had was profound. I really understood the repatterning that is required for me to shift certain aspects of my health.

I love my work and have very thin boundaries when it comes to creating space for myself and those I love. The dream showed me how I come from very committed hard working ancestors who forgot to have fun and rest. This is totally true but I never saw it before with such clarity. I could see in the most exquisite and sophisticated way the loop I fall into over and over and how this is weaved in my cellular memory. Now, with my clear intentions of setting myself free and taking Liberation I'm given the opportunity of repatterning.

After years of working with different medicines, therapies and navigating my psyche; my direct experience with Liberation is outstanding and this is why I am so devoted to bringing this high tech quantum medicine to every corner of the world, because if we really want to make core shifts, Liberation assists the internal process, giving us the opportunity to access true wellbeing and peace. - N

Last night's dream started out at a very strange party. The building I was in was half dance party space, half thrift store. So guests were intended to go into the thrift store, assemble a masquerade-like costume, and then join in the dancing and fun. At this party was an old love I still struggle to let go of. He was there with another girl. Usually dreams of this nature involving this old lover pain my heart. But the feeling this time was so different... I felt so good about myself. So content with the situation, full of acceptance and love.

My sister and I left the party and walked home. On our journey we encountered some stray talking baby horses. The horses told us they were cold and scared. I pointed them towards a barn that's just beyond my house in waking reality, and told them it would be safe and warm there. The gratitude I felt from those horses.... ah so palpable. I just felt so blessed to be able to help. We reached our house after that encounter and went to bed. When I woke up in the morning (still in dream state) I was in a slight panic. I couldn't remember what had happened after we had left the party, and there was this distinct feeling I had lost something important. I got up and started searching frantically for 'something'... what it was I didn't even know. I reached into my jacket pocket, and pulled out a bottle of Liberation! The relief I felt! I had found it! - Z

A dream I had the night I took my first Liberation dose; I dreamt I was on a green double decker bus going through my childhood home area. I went up to the top deck to find my ex-husband reclining confidently on a swivel chair with his sister and brother in law. There were 2 babies there (one was a mixture of both our 2 sons, the other a girl called Maryann) and I went downstairs to help get the babies off the bus. The bus took off without me and I climbed onto the outside of the bus to stay with it. The driver was grinning at me as he tried to make me fall off by driving wildly, I wondered why I wasn't scared but I wasn't. There was a notice saying 'do not alight through this door' next to me, and the bus did not stop until some other people wanted to get on at a stop some distance away.

I got on the bus by joining the queue at the stop and through the other door and went to climb the stairs which no longer had treads but had to be negotiated by using hand holds.

When I got to the second deck my ex-husband smiled confidently at me and said, "When we are married again..."

I was bemused by my determination to get back on the bus, and also that I didn't see his comment coming. I felt exasperated with myself and a bit hopeless. The feelings were disconnection, bemusement, not wanting to be left behind. - A


The other night I dreamt of a spiritual teacher/guru that I know. I've held her up on a rather high pedestal since I've met her. She is not a person that is soft and nurturing. More like 'get your shit together and do the work' kind of person.

Now this person triggers this inadequacy inside of me. This neediness. This need for validation. To tell me I'm doing a good job – it's how I feel every time I'm in her space.

So the other night, I dreamt that she died! Whoa harsh! But she did. All the people that are in the group that we work with were all traumatized and saying oh no, what do we do now? How will we do the work?? In the dream I was so calm as I looked on. I said hey, it's time you stood in your own power and followed yourself. Not someone else. You know exactly what to do.

I had this detached awareness and calmness inside of me cause inside I truly knew my power. And didn't need a 'guru' to validate that.

On waking I was rather stunned as it was so very vivid. - B

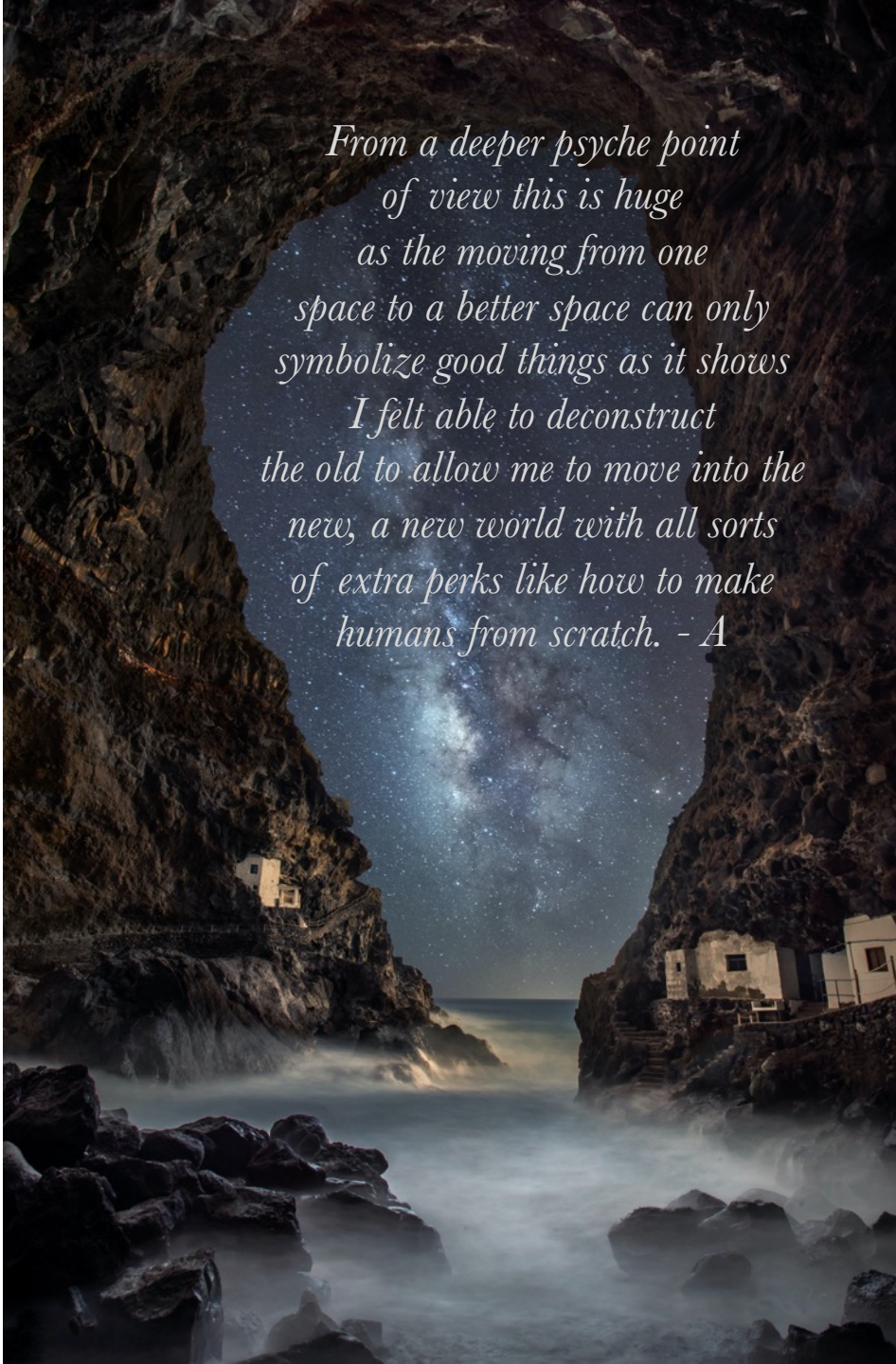


*I had this
detached
awareness and
calmness
inside me
cause inside I
truly knew my
power. And
didn't need a
'guru' to
validate that.*

I had quite a magical dream last night that felt like a transmission about how humanity came into form. It was a detailed teaching on how we are formed from minerals over which is laid the liquids over which is laid the emotional body. It felt a bit like instructions on how to make people, strange as that sounds, but I got woken up by my daughter so did not continue it, it felt a bit like the secrets of the universe being conveyed, but by whom and for what remained unclear but no one says no to the secrets of the universe so I was happy to have them. Technically, if all is self, it was me giving the secrets back to me for future use.

Then in another dream the same night, I had moved into a new house which was the extended family's vacation house but bigger, much bigger. There was a giant walk-in safe, as big as a room in one of the rooms, with a whole lot of broadcasting equipment. The message was clearly there that I had discovered a new vehicle and was taking up residence in it. There was lots of light and sea and a secret room I could use to store stuff, and the contents were mine to use.

From a deeper psyche point of view this is huge as the moving from one space to a better space can only symbolize good things as it shows I felt able to deconstruct the old to allow me to move into the new, a new world with all sorts of extra perks like how to make humans from scratch. - A



*From a deeper psyche point
of view this is huge
as the moving from one
space to a better space can only
symbolize good things as it shows
I felt able to deconstruct
the old to allow me to move into the
new, a new world with all sorts
of extra perks like how to make
humans from scratch. - A*

Interesting dream, of an old friend who I had a really bad falling out with and subsequently made semi peace with in a Liberation fuelled dream on bottle one.

In this dream however he was giving me magical substances to put in the Immortality formulation as a gesture of peace and atonement. When examining my emotions around him I was left with a feeling of peace and a sense of rightness.

I feel no need to forgive him as his actions were actually unforgivable but somehow my psyche had found a way to present certain pieces of a puzzle to me, ones I might not have found on my own. Now as is often the case in healing, it is really not about the other person at all, or even forgiveness, it is about one's ability to not be bound by the actions of the past.

To cycle to the memory of that person and to feel no emotional stirrings within one, like looking at a picture of someone you don't know in a book. This for me is one of the great gifts of Liberation to not have any corners of one's mind which one avoids because they give rise to a range of unpleasant feelings. - I

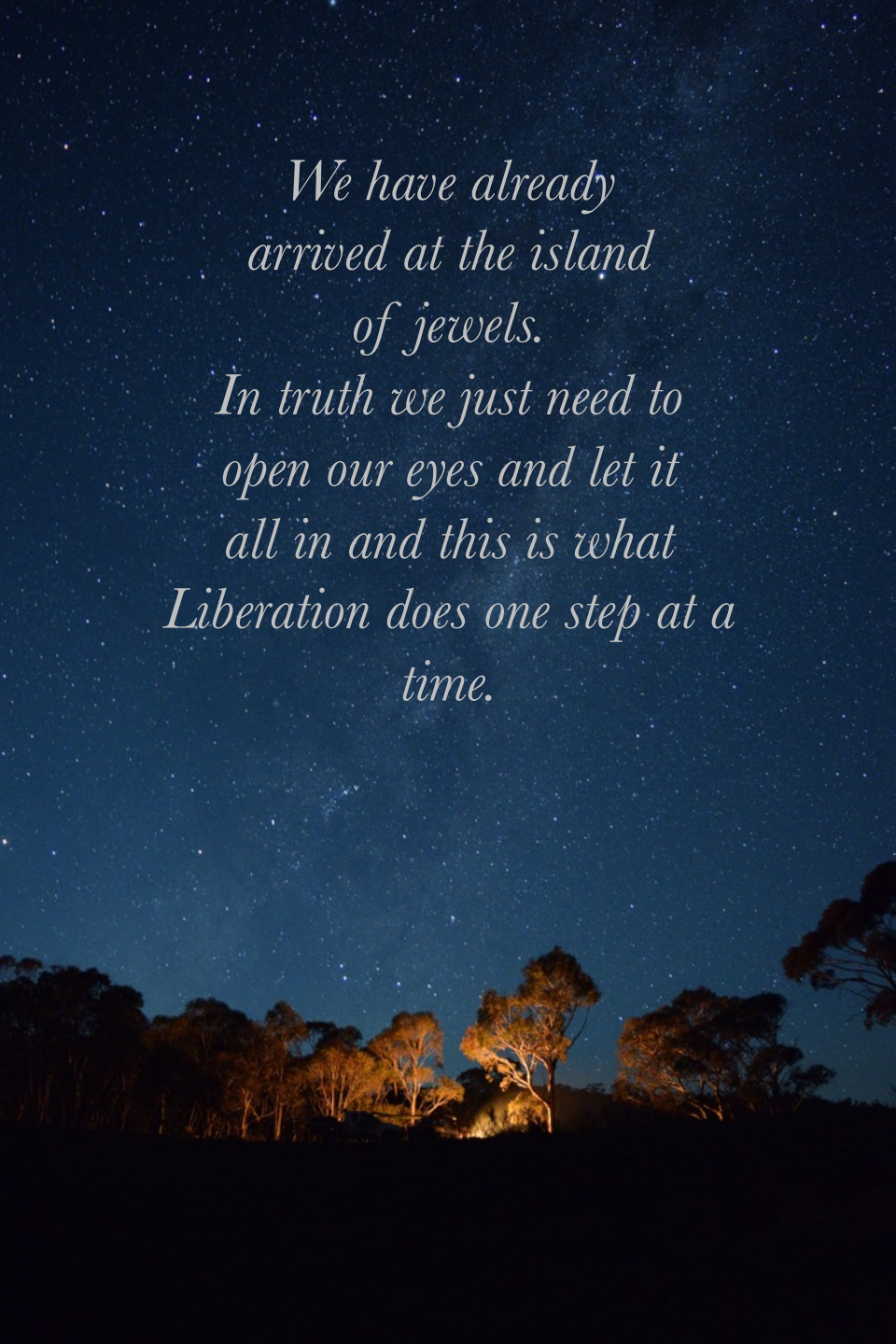
Last night after taking Liberation I dreamed I was upgraded from economy class on the plane to first class and I got to walk through the plane to my giant first class seat. The exact reason was unclear, something to do with being too close to the pilot but the net feeling in the dream was of a boon, a blessing descending from on high and allowing me to upgrade my situation and rub shoulders with the rich, with all the opportunities that presented..

Now what is more important than the why is the feeling and all the associations that go along with it.

Allowing myself that spirit of abundance so that I could have whatever I wanted was more to the point and the more we roll around in this feeling the more it becomes the status quo, the governing feeling running in our body.

Kind of like 'faking it till you make it' makes sense, but once we have had the feeling we just need to engage this feeling repeatedly and then it becomes a fact and every journey begins with a first step.

Why we do not allow ourselves to generate the wealth to go first class is another story, and has to do with our own roots in poverty for ourselves and is often a family story. The first step to unbinding this is to truly feel that wealth and abundance on every level is part of our natural state. We need not get hung up on the money either; it is really our internal sense of value, the sense that we are intrinsically precious and we will draw precious things to us as part of our personal and automatic expression in the world.



*We have already
arrived at the island
of jewels.
In truth we just need to
open our eyes and let it
all in and this is what
Liberation does one step at a
time.*

So I thought I'd share a bit about my experience with Liberation... It's only been a week. When I began taking it in the evenings (as recommended to work through the dream state first) my dreams actually "stopped" as I dream quite a lot, I was wondering at first if I'm actually feeling anything or if it's working (but I maintained faith and giving it a chance).

After a couple days, I noticed that during the day I felt a lot more calm and focused on work, more productive, yet very calm (which is something I've been needing as I tend to over work and stress quite a lot as a normal state of function which isn't good). Now last night I had quite a liberating dream... but first some background...

When my mother passed, in the beginning if I ever did dream about her (hardly ever) my dreams were always themed around me trying to get to her, but could never see her, never saw her face, a constant struggle to reach her... and through the years hardly ever dreamt about her at all (and I could never understand why).

Last night I dreamt of my mother, vivid dream, I got to hug her, feel her, embrace her. Now for me this is quite profound and oh so needed for me, even though it made me cry and very emotional. But wow... I could hug her... and it felt so real...

I am looking forward to continuing the journey with Liberation and what will unfold

I've worked very hard on the trauma that I got from her death and it's been a continuous hard, liberating and healing journey. - O


“Had a dream last night that I got back together with a guy I really loved and lived with when I was 25. Was really heart broken when it ended and I have carried lots of shame for how I was in the relationship.

In the dream we were in Spain on holiday. He was still a free spirit and we both had kids. We understood each other more and were finding a way to be with each other and have a sense of our freedom too.”

“A few days into bottle 1, and it is going really well. My wife has been taking Liberation for the last few days, and both of us have been having intensified dreaming. Mostly nightmare type dreams. My wife had a particularly strong ‘nightmare’ last night of her mother being killed. It really shook her up. I helped her to see that the underlying feeling in the dream was fear. To me, Liberation is helping to clear out fear, particularly future based fears. Maybe in this case, to do with fear of loss.”

“In my dream last night I am clearing out an old attic. At first I couldn't breathe. It was so dusty. Then it is full of people from my past and I am trying to clean around them. Gradually they are leaving and I am clearing the space, I open the window to let some air in.

I love how I can see this playing out in my waking life and that it is turning up in my dreams too. I have been finding it easier to make space and give priority to my spiritual practice recently, nourishing my soul, heart and womb, giving space for my lungs to fully breathe in and out.”



I have been finding it easier to make space and give priority to my spiritual practice recently, nourishing my soul, heart and womb, giving space for my lungs to fully breathe in and out.”

Identity and Self-discovery

With Liberation we are able to transform who we believe we are; who we think we are – and then who we inevitably can become or return to – whichever way we prefer to view the inventory of our expansive existence. Liberation holds the alchemical potential to purify anything that distorts our accumulated perceptions and reveal the truest Self; held by the Universe, with a wider scope upon which to embark on fulfilling our personal and collective destiny.

With Liberation, we are freed from the idea of having to be something for someone else, life is lived in the moment, as yourself.

Have you ever said to yourself, “I can’t do that because of _____.” Or “If I do this, then everyone will think this of me.” Or “If I were to simply be myself I would be rejected.”

I’m sure we have all had thoughts like this. These thoughts create the unending need to prove one’s self-worth, to justify your right to exist, creating endless stress and invisible barriers that can never be overcome yet are always felt.

Where do these ideas and thoughts come from? A deep dive into the psyche, into the vast memory within, in search of the origin of these ideas produces many memories with patterns of these beliefs. These memories when they’re unresolved, meaning the emotional charges have not been felt fully through the body and integrated releasing the fear and associated beliefs, create invisible influences in our lives that habitually shape our thoughts and behaviour.

The design of Liberation is to slowly bring these unprocessed emotions to the surface liberating you from the invisible barriers to simply being yourself which have been constructed throughout time.

True freedom is authentically living as yourself without falling into the trap of believing that you need to be anything but what is. With this type of freedom, the world becomes an amazing dream without self-imposed limitations. – T

The idea of loving without attachment, expectation or the perception that we need external forces to fulfil our needs is truly what I have been seeking here in this life, but struggled to ever really embody as I am also a reactive and sensitive person – often creating drama out of instinctual emotion in situations. Liberation has brought me to a true place of observation – of my actions, my responses and patterns. I hope quantum growth will come with this.

Self-reflection of this level, devoid of guilt and bubbling with solutions, is worth more than gold to me – and it’s truly only the beginning. - S

On reflecting why I still take **Liberation**, I must say that together with other tools, it helps me to assume the huge responsibility of my own life and have the courage to access the internal **alchemical healing** process needed in order to shift my personal vibration, restoring my own choice of working for the **highest good** and not just for my personal gain. It really helps me with navigating better this reality, especially when life is a hardcore bitch, and I ache too much, and my **spiritual practice** is not enough and I feel desperate.... when I witness social injustice, lose a loved one, feel heartbreak or watch the environmental disaster we are immersed in. Liberation allows me to access certain doors in an easy and safe way.

I have seen these **diamond doors** take two directions, to my superconscious and to my unconscious.

With Liberation I can access these realms in a gentle way, dive into the unconscious and see its position and understand myself better. Because our **highest potential** really lies there. I truly believe this is the only way we can shift from being just rational beings into truly becoming humans, with **activated hearts**, with real empathy and compassion for others and especially for our own selves.

Behind the diamond doors,

I believe there is my heart,

The real me and there is wisdom

and gentleness, there is courage,

joy and laughter and more

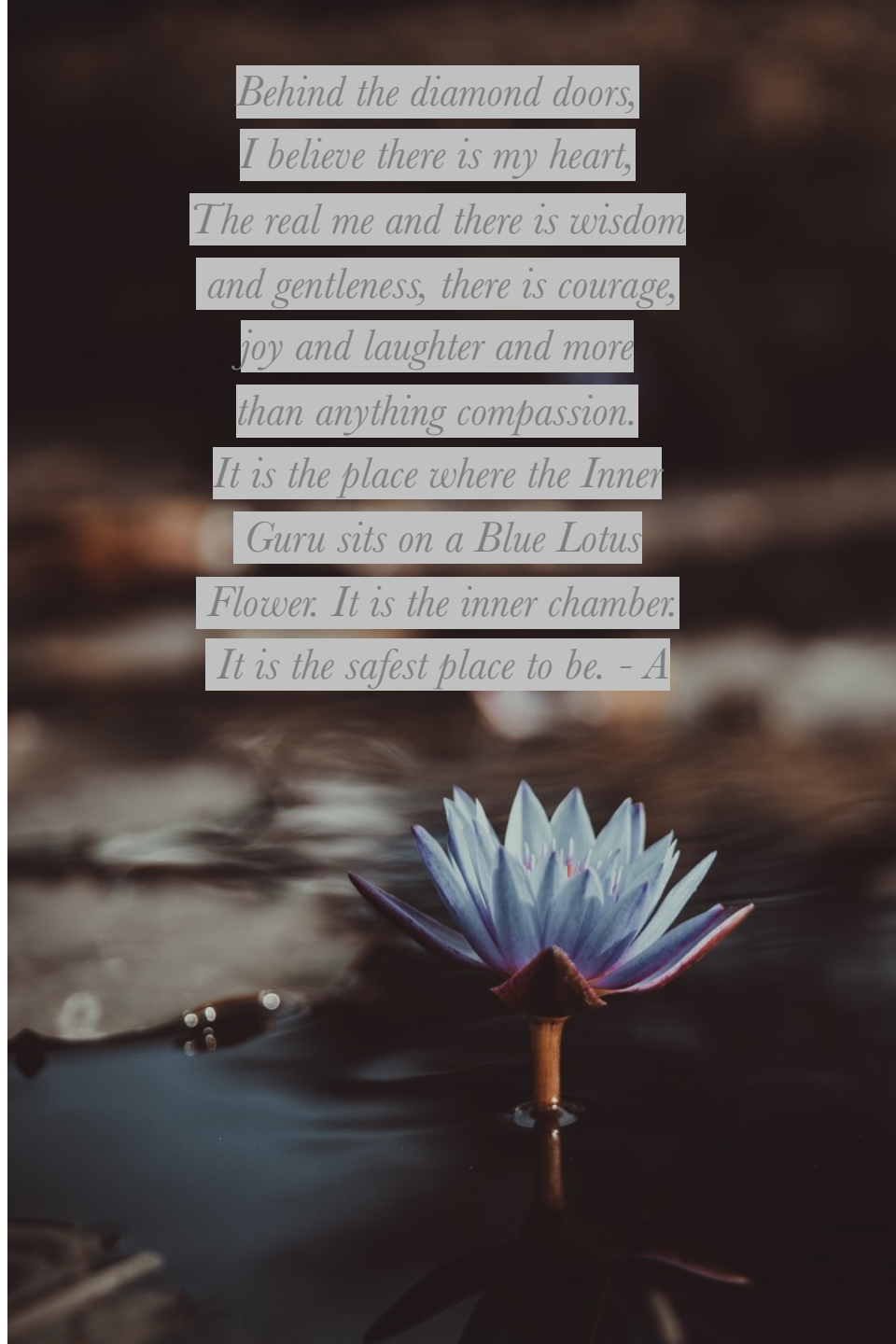
than anything compassion.

It is the place where the Inner

Guru sits on a Blue Lotus

Flower. It is the inner chamber.

It is the safest place to be. - A



Making Ourselves Whole

Healing our deepest wounds on the path to Liberation is perhaps the nexus of this process; as we shed the skin of suffering, we allow Liberation to be our salve for healing all that binds us. Liberation works beautifully in connection with our varying spiritual and psychological practices / modalities; it brings gentle, yet quick arisings for our resolution.

One night I held space for a Sacred Medicine journey with 3 beautiful women. At the point in which they were coming out of the deepest parts of their journeys and we were gently speaking and sharing in the most holy and love filled manner, I gave them (and myself) 5 drops of Liberation. I had intuited that this was the apt time. About 30 minutes later we felt what I can only describe as a grid of healing energy and even more love descend on us. There was a feeling of healing happening across time and space. Much more profound than a linear view of ancestral healing even. So hard to put into words. We were all in tears. The coincidences and synchronicities of the night were magical and unbelievable. A huge theme too was the love that we all felt for every sentient being. Liberation and soma were dancing together in the expansiveness of our hearts. - N

Liberation really helps the meditative, creative state. There are so many layers and nuances to this alchemical formula, it's hard to pinpoint all the shifts and changes, but there have been so many over this year, and ongoing.

I've learnt to do it very intuitively, and use less than the recommended amount. Prefer its effects in the day, and when I first started it, I had trouble sleeping well because of so much energy activation. The first two or three bottles were quite intense, especially as I came to the end of a bottle - so much so that I decided to take a break of a week or so between each bottle. It helped me take stock of everything that had come up in the past month.

All else I will say about it right now, is that the clearing has become much more subtle but also penetrating into ever deeper layers of my subconscious. What I really can say Liberation has given me, is a greater awareness of the subconscious and unconscious dysfunctional patterning that plays out in all of us, and in society at large. I have come to identify very painful and disempowering patterns which I have been supporting for over 30 years, unconsciously remaining loyal to a pattern in my family (and myself) which keeps me insecure and anxious; trapped in my little girl.

It is a very deep patterning and wounding, and so it has been a slow process to unravel it with care. But I have come to a point in my spiritual path (and of also using many different modalities and tools like Liberation along the way) which is now enabling me to make a stand against this pattern for the first time in my life.

I am creating space for myself to confront it in myself and others, and then gently and lovingly...liberate myself from it! It requires a painful stepping away from all my old attachments and neediness. In its place, sovereignty.

Overall, I can say this formula has assisted me to first identify where I am keeping myself small, by lying to myself, and living a pretence of 'who I think I am'. It has also helped me to dis-identify from this way of being, and I feel more authentic, courageous, open and real than ever before!

It impacted my relating style enormously (especially my closest relationships where I seem to lose the most power).

I feel much greater acceptance of What Is (albeit painful to see it so clearly now), and so am no longer trying to control, or change what is. In accepting what is, I can let go.....then slowly, the true transformation begins to happen. - I

I take 7 drops at bedtime and at times wake feeling a bit irritated, angry, resentful or something of that sort. Knowing these vibrations/emotions are being uprooted for review/release, I spend a little time feeling into them, a little time analysing from where they are derived, a little time honouring and appreciating them for the beautiful gracious gifts/teachers they are, and then release them completely. These teaching visitors never really belonged to me to begin with.

I can barely wrap my mind around all that's happened and been cleared in recent months.

Crawled out from under the cosy blanket created by taking the spirit of Santa Maria into this vessel, and with relative ease. Moved through the experience of "my" person transitioning from 3D, while maintaining peace in the heart space.

Retrieved more than 100 soul fragments which had become lost over the years. Was visited by archangel Raphael who gave me profound healing. Gosh, I could go on but it's already sounding outlandish enough.

"Truth" in this Earth-walk is turning out to be far stranger and more glorious than fiction, my friends.

This Liberation journey is so lovely, visceral at moments and ultimately very freeing. WE CAN LIVE FREE!

So much gratitude for these healing opportunities! So much gratitude for each and every person who has the courage to face themselves and the shadows they've become acquainted with. Healing ourselves is how we heal the Earth. The collective light shines brighter with each and every step we take. - Y

After about three bottles I took a break to integrate and I am so glad I did. Liberation really took the breaks off and cleared a lot of underbrush (and other metaphors of a similar nature), but I had an intuition that I needed to stop and stay still for a bit and listen more deeply.

Over the last few months I've become much more aware of the neglected inner 'children' who I had not been able to access or appreciate until now, and who, before now, I did not have the wisdom and experience to care for.

These stuck and immature aspects of my being are now taking their first wobbly steps into the light, towards maturity, and I am doing as much as I can to nurture and support them (lots of art, making videos, sharing random thoughts, but mostly just being incredibly vigilant about criticizing or judging these innocent expressions and giving myself a lot of praise and support - parenting myself, really). It's all quite innocent and sweet and probably doesn't look like much from the outside but these are actions or expressions I would have judged myself viciously for previously and they never would have seen the light of day. And they are tiny seeds of a much greater expression, I just know it. And I'm so excited!

In any case, without Liberation I think it might have taken me a LOT longer to get to the point where I took action to give myself the space and time to do this. - E

I feel so eternally thankful to Liberation. It is very personal but I would like to share in this group how my grandmother has been in a death bed for months now.

The bottom line is that with a galloping form of dementia all her primal fears are playing out and she has been resisting death in a crazy battle. It has not been until my mum started giving her Liberation that now she is able to say in her delirium how scared she is.

She is resting better and slowly letting go. My mum is taking Liberation too and after years being her confidant I can see how she is able to communicate her process in a way I have never heard before which is very healing for the lineage. My auntie, my grandmother's only other daughter will be starting Liberation too...

It feels like centuries of deep seated
karma are being **liberated** and
transformed into a totally new way.

The best **legacy** my daughter could
ever have.

*I see I have a choice to move from this place of
"I'm not good enough, I need to push on harder",
to a place of trust that everything will work out,
life will flow as it is meant to,
what is meant to be done will be done,
what gets left behind will simply fall away and let go.*



“Liberation is capable of giving us the kick we need to move through crystallised patterns that pin us down into determined ungraceful ways. It prompts the body and psyche to do the true healing and activation that it needs. This is why I continue taking it and encourage everyone to do the same.”

“The most simple way I can describe it is that in my experience Liberation dug up all the old crap beliefs and patterns from so many lifetimes and then Redemption came along and swept away all the remaining debris and dug even deeper to shine light into the dark shadow parts of myself that I needed to face and let go for good ..it felt so bright especially after the Redemption diamond formula which really resonates with me, it cut through all those stuck limitations sharpening and heightening my senses so intensely and gave me such immense clarity.”

“I had an energy healing session yesterday, where I discovered and cleared the unconscious pattern that kept my emotions blocked. My practice is to acknowledge my emotions. So here I go: I feel frustrated that at the end of my bottle 9, my experience is only this. Not the peace and bliss portrayed by Adamas in his recent video. And now fear. Yep, that was the underlying reason for blocking the emotions. And it’s ok to acknowledge that. Even on bottle 9. It feels so freeing to state this”

“Bottle 4, Gently coming to the surface are the voices inside me that "tell me off", "tell me I'm not good enough", "tell me I need to try harder". I witness them, I hold them in my heart with love. I tell them it's ok. I see I have a choice to move from this place of "I'm not good enough, I need to push on harder", or to trust that everything will work out, life will flow as it is meant to, what is meant to be done will be done, what gets left behind will simply fall and be let go.

What a practice! It is hard at times. Of course it is, this is a lifetime of undoing this conditioning, this belief that "I am not good enough simply as I am". I see you, I choose to move differently now.”

“In the throes of taking Liberation, especially when it feels edgy, I keep myself soothed by this advice (I can’t remember where I read this but it works for me):

*“To allow myself to be invaded and pervaded by experience itself and let it be what it is.
Not to be afraid of feeling experience, not to be closed off.”*

After all, they’re just emotions, feelings, experience, thoughts, perceptions and in any case everything passes by after time.”

www.liberationtheremedy.com