

# Your New Human Body

Supporting the Healing and Health  
of the Sustainable Physical Body

MUSIC FROM SOURCE

Frits Evelein

These two Albums are made with the Intent to bring deep healing as needed, hold you in a blissful energy of health, and to translate the template of the New Human Body into sound.

## Album A:

### PREPARING YOUR PHYSICAL BODY

Cleansing, Healing, Aligning and Reprogramming

#### A1 ~ Connecting to Source

The quiet opening of this track brings profound purity and aligning. Allow the breath of Universal Love through this music to enter your body and consciousness and ask your thoughts and mind to become quiet and open.

#### A2 ~ Waves of Cleansing light, Creating a Pure, Protective Sacred Space

Strong waves of cleansing and clearing energy support you in releasing misaligned energies and information, attachments and entities from your body, energy fields and sacred space. Imagine with each inhale, receiving pure bright light from your Higher Consciousness and Source. When exhaling set your intent to push out, release and delete all misaligned energies from your sacred space using this bright and pure cleaning light you receive. Set your Intent that only the energy of your Higher Consciousness and of Source is in your sacred space and that you are very protected.

#### A3 ~ Disconnecting from Collective

Freeing yourself from old binding energies of collective beliefs, fears, programming and illnesses is very important in the process of awakening and aligning to your Higher Consciousness. The

Intent and energy translated in this music holds you in a pure and focused energy that cuts bonds from the collective based fear, disconnection, hatred, pain etc ... which all hold you back.

## **A4 ~ Release Pain**

This music gently rocks and carries you as you drift along surrounded by a warm, beautiful ocean of Pure Light. Intend that this energy flows into your body and moves to places that hurt, feels painful or needs love while it carries refreshing and healing energy. Intend that the energy of Self Healing and Love flows deeply through you. Intend that the alignment with your Higher Self and with Source is restored and all causes and experiences of pain and imbalances are gracefully replaced by pure health and the sustainable life force from Source.

## **A5 ~ Electro Magnetic Detox**

In your body, a balanced electrical and nervous system supports the transmission of pure healthy signals of the cosmic flow from Source that sustains you. All disturbances are addressed in this music, released and the proper aligned electrical connection and currents are made active. Set your Intent to purify, align and upgrade your electrical and nervous system perfectly with your Higher Consciousness. Ask your brain to release old thoughts, free yourself from mind chatter and old electrical frequencies that block your alignment with Source.

## **A6 ~ Releasing Fear**

Deep Peace, Trust, Alignment and Self Love are the basis for healing. The energy translated in this music brings you a blanket of energy to support you in letting go of fear, as well as feeling overpowered and controlled. It then replaces this with deep Self Love and Alignment in your Higher Consciousness. Set your Intent to release your deep unconscious fears. Ask to be elevated with Deep Connection, Self Love, Self Trust and Alignment in your Higher Consciousness.

## **A7 ~ Self Love**

This music holds the Intent to support you in releasing patterns, thoughts, beliefs and emotions of self-destruction and self-hatred from your consciousness, subconsciousness and cellular memory, and past and parallel aspects.

Set your Intent to release any pattern of alienation from your Divine Essence, any feeling of being unworthy, bad, ugly etc...to now hold Divinity and be Divine.

Let old and misaligned beliefs and feelings surface from your consciousness, sub consciousness and cellular memory as grey and dark clouds. Intend for them to be deleted completely. Ask the energy in the music to support you in this. Repeat this a few times until you feel relief. Then invite the beautiful energy of deep Self-Love and Self-Acceptance to be awakened into your body and cellular memory. This is the essence of healing and growth. When you start loving yourself as you are, you can heal your body by fully living and creating in a new and loving way.

## **A8 ~ Brain, Pineal Gland, Hypophyse, and Hypothalamus**

Your brain, pineal gland, hypophyse and hypothalamus are essential for balancing your whole body. This music supports the release of misaligned energies, clogged frequencies and information from your brain and the brain glands. It supports you with purifying, healing and very gentle nourishing energies. Imagine soft waves of liquid silver light entering deep into your brain cells, the brain tissues, and glands – bringing it moisture and opening all connections. Ask this beautiful, bright energy to support you in restoring, awakening and sustaining the proper

original information for your brain and glands so it will function in perfect alignment with your Higher Consciousness.

## A9 ~ Pure Light

The energy in this music is Pure Light with subtle colors and a silvery bright flowing mist–resembling drops of energy–reaching into each of your cells as it purifies and eliminates clogged energies. Ask your cells to open up and dissolve old and misaligned frequencies. Intend for deep relaxation of your body and organs. Intend to feel more and more Love for yourself, your Body and your Human Life. Ask your body to align perfectly with its original *Universal Blue Print* of your Higher Consciousness.

## A10 Higher Self

This deep expanded music holds you in the energy of Grace, Love and Gentle Expansion. Let yourself float safely in infinite freedom, and allow your uniqueness to expand and to Be. Intend to be completely free from all bonds of collective lies, fear, confusion, illness, control, hatred etc... Embrace and integrate deeply the Love from your Divine Creator, Infinite Love and Grace for you, your being, your uniqueness and your purpose just to Be. Set your Intent to open more and more to your inner freedom and to invite the expansion of your Source Connection, of who you really are, into your Human Life, Physical Body and Experience.

## Album B

### UPGRADING THE SYSTEMS OF THE HUMAN BODY

This collection of music brings the grand vision and new energies and consciousness for the upgraded temple of the New Human Body. This is the consciousness of the Universe, the Milky Way and our Solar System and the New Earth, translated to a human physical instrument that in this Earthly time/space, embodies the New Human.

Your body is a beautifully designed system. It works perfectly in processing cosmic light that enters your system through your Higher Consciousness – which is then filtered through the brain into the systems of your body – and brings exactly what is needed with ease and grace. Any disturbance of the cosmic flow can cause blocks. The Intent of this album is to fully restore the cosmic flow in all physical systems.

Listening to this music brings profound healing, clearing of old programming and energies and awakens gracefully and gradually the new sustainable and aligned physical systems. With each track, set your Intent to experience what you want to manifest and embody. You are the creator of your reality, and your physical instrument holds the template of infinite potential which, with Love, will manifest in time and space.

## B1 ~ Muscular System

The Muscular System is an organ system consisting of skeletal, smooth and cardiac muscles. It permits movement of the body, maintains posture, and circulates blood throughout the body.

Set your Intent to release any misaligned energies, programs and blocking information from this system. Ask the energy in the music to flow as "pure light" through your muscular system as it supports the restoration of its optimal functioning, in addition to repairing and releasing any

damage and pain. Ask and intend that your muscular System opens itself to the new information of the new sustainable body.

## **B2 ~ The Cardiovascular System**

The cardiovascular system pumps blood throughout your body. The heart, the blood, the blood vessels, arteries, veins, capillaries are all interconnected parts of this living, pulsing system. Intend to cleanse, heal and align your circulatory system to its original divine blue print. Intend that the pulse and flow of Universal Consciousness and Source holds your circulatory system so it becomes a gradual human expression of this universal template. Ask and Intend that your Blood and Circulatory System is perfectly aligned with the life giving forces and the flow from Source, coherently with the pulse of creation.

## **B3 ~ Endocrine System**

This system, using hormones, is the communication within the body. Major endocrine glands are: Pineal gland, Pituitary gland, Thyroid gland, Thymus, Adrenal gland, Pancreas, Ovary and Testis. The music flows through your body releasing blockings energies and cleansing the endocrine system. It replenishes it with beneficial energy and soft liquid light and awakens the memory of the sustainable blue print. Set your Intent, with support of this music, for the detox, cleansing, healing and alignment of your Endocrine System.

## **B4 ~ Excretory System**

This system and associated structures is involved in the production and excretion of urine. These include kidneys, lung, skin and liver. Its function is to help maintain internal chemical homeostasis and prevent damage to the body. The dual function of excretory systems is the elimination of the waste products of metabolism and to drain the body of used up and broken down components in a liquid and gaseous state. This music supports you in cleansing and healing this system and its components and functioning. Set your Intent to align this system perfectly to its sustainable blue print of the New Human Body and Universal Consciousness.

## **B5 ~ Digestive System**

This system is for digesting food using the mouth, stomach and intestines etc... This music supports a healthy processing of nutrients. Set your Intent for releasing all blocks and intrusions on this system. Ask that your Digestive System is healthy, purely aligned with your higher Consciousness, and vibrant with sustainability of the template for the New Human Body. Ask for any improvement to happen with ease, grace and love connecting you to the infinite abundance of the universe, of Source and of Creation.

## **B6 ~ Lymphatic System**

These complex structures throughout the body are involved in the transfer of lymph between tissues and the blood stream. They include thymus, spleen, tonsils, red bone marrow etc. Its function is to drain, overflow and protect the body. Set your Intent that your lymphatic system is clear, clean, energized and strong, shedding any blocks or misaligned influences or attacks. Ask the energy in the music to help you in its perfect function and alignment so it may awaken to the template of the new functioning of the Body's Lymphatic System.

## **B7 ~ The Immune System**

The immune system is a system of numerous biological structures and processes that defends against disease-causing agents. To function properly, your immune system must detect a wide

variety of agents, and distinguish them from your body's own healthy tissue. This system consists of many types of proteins, cells, organs, and tissues, which interact in an elaborate and dynamic network. Set your Intent that any disturbing energy or process that is causing "dis-functioning" of your Immune System is expelled and deleted from your system and body. Set your Intent that the alignment to your *Divine Blue Print* is restored so your immune system may begin to function in a strong and healthy way— and is open to receive the template for the New Human Body.

## **B8 ~ Nervous System**

This is the system in your body that collects, transfers and processes information with the brain and nerves. It includes the central nervous system (brain, spinal cord), peripheral nervous system, somatic nervous system, autonomic nervous system (sympathic, para-sympatic) sensory system.

Set your Intent that all misaligned energies are completely released from your Nervous System so it will be restored to its optimal balance and functioning. Ask and intend that your Nervous System is perfectly aligned with your Higher Self and Source so it can transfer the Cosmic Light Flow through your body. Ask that all aspects of this system open them to integrate the template for the New Human Body.

## **B9 ~ Skeletal System**

Your Skeletal System gives you structural support and protection through bones. Your skeleton can be divided into the axial skeleton (skull, middle ear bones, throat bone, vertebral column, chest) and the appendicular skeleton (shoulder girdle, arms, hands, pelvic girdle, legs and feet). Connect to your skeleton by merging with its beautiful parts and ask and intend for the energy and consciousness in this music to flow gently through it. Intend for the cells and tissues in your bones to open and be renewed and revitalized. Ask and intend to receive the new template for your skeletal structures – giving you perfect strengths, support and balance in alignment with the New Earth and Universal Consciousness.

## **B10 ~ Reproductive System**

In this system are the sex organs, the female: cervix, clitoris, fallopian tubes, hymen, ovaries, glands, urethra, uterus, vagina.. and male: urethra, testes, scrotum, spermatic cord, seminal vesicles, ejaculatory duct, penis, glands... Set your Intent with this music that all misaligned energies, programming, distortion and collective beliefs that are blocking the proper, healthy functioning of this system be released and deleted. Ask and intend that every aspect of your Reproductive System opens itself to pure Source energy and life force. Ask and intend for the template for the New Human body to be integrated with Love and Beauty.

## **B11 ~ Respiratory System**

This system holds the organs for breathing and includes: nose, nasal cavity, larynx, trachea, lungs, bronchi, alveoli, conducting zone, respiratory zone. Set your Intent that with the energy in this music your Respiratory Systems are cleansed and cleared from all disturbing and blocking energies. Set your Intent to become coherent with the breath of creation, integrating perfectly and aligned the deep rhythm of Life and Love existing in all of creation.

## **B12 ~ Integumentary System**

The Integumentary System protects your body from various kinds of damage, such as loss of water or abrasion from the outside. The system comprises of the skin, hair, and nails. The Integumentary System has numerous functions. It may serve to waterproof, cushion, and protect the deeper tissues, excrete wastes, regulate temperature, is the attachment site for sensory receptors to detect pain, sensation, pressure, and temperature. It also provides for Vitamin D synthesis.

Set your Intent to release any distortion and blocking influences from this system and let the cosmic light flow through it – so it will function perfectly. Ask that all aspects of this system and functioning within your body find its proper alignment with the New Earth and the solar system and opens itself to complete integration as it manifests the new template with ease and grace.

## **B ~13 Emotional System**

Your Emotional System is a communication system integrated into all other systems. It informs you about your alignment according to your original Universal Blueprint. The Emotional System utilizes the endocrine (chemical) and the nervous system (electrical) for information transfer. Both systems utilize the hypothalamus as a main point of transfer (neuro-endocrine system) and is distributed throughout the body through the “meridian channels” alongside the peripheral nervous system.

Set your Intent that your Emotional System is perfectly aligned and guides you in your awakening process. Ask to Feel, See, Sense the information of your emotions with clarity and precision; so you may understand exactly what they tell you. Intend that any disturbance, blocking energies or negative influences are released from your Emotional Guidance System so you know exactly how to live your human life in alignment with your Higher Consciousness and Source.

Music and Text: Frits Evelein