

# ✧ THE 12 TRIBES ✧

## *Sacred Oils & DNA Activation*

### *From Source to Planet Tara to Earth*

**Dear reader,**

You don't need to understand everything. Read through this document lightly — let it wash over you without forcing. This information can only be remembered through **repetition from different angles**. It unfolds slowly, layer by layer.

**Tip:** don't be intimidated by difficult names like "Turaneusiam" or "Anuhazi". Just read past them — it's about the *essence*, not the details.

It took me years to understand this — and I still feel like I know nothing. **And that's okay.** I want to give you a **light background** for why these sounds are so important in oil activation. Because there is great power behind knowledge — when you know *why* you're doing something, the practice becomes much more powerful.

Read at your own pace. Skip pages if it's too much. Come back later.

*With love, Rachel*

## **CHAPTER 1: FROM SOURCE TO PLANET TARA**

Before there were dimensions, before there was time — there was **Source**. The infinite, formless consciousness from which everything emerged. From Source arose the **Primal Sound Fields** — the first vibrations of consciousness, which manifested as the **Breneau Founder Races** in Dimensions 13, 14, and 15. They are the architects of our entire Time Matrix.

*We have traveled a long journey in this creation field of living consciousness — we have visited various galaxies before arriving here. Now we are in this solar system, and that has a long history for most of us.*

As aspects of Source, we had a desire: **to experience form**. We wanted to know what it feels like to have a body, to love with a beating heart. This was not a "fall" — it was a **conscious choice**. We chose to become "Children of the Enlightened Ones" — the **Turaneusiam**.

## The 12 Cosmic Races

To create beings who could embody both higher dimensions and lower densities, **12 cosmic civilizations** came together. Each race donated specific genetic and energetic codes to what would become the Turaneusiam.

COSMIC RACE	ROLE	CONTRIBUTION TO OUR DNA
Lyra (HU-3)	Seed race — created the Elohim as overseers	Original Anuhazi sound codes
Elohim	Overseers for the Sirian races	Light body architecture
Sirius Council (HU-2)	Directors and guides of the project	Melchizedek wisdom, Blue Flame knowledge
Andromeda	Highest Avatar consciousness providers	D9-12 consciousness codes
Pleiades (Alcyone)	Heart frequency specialists	Emotional intelligence, healing capacities
Arcturus	Masters of sacred geometry	Light codes, merkaba technology
Orion (Mintaka)	Guardians of the mystery tradition	Initiation rituals, priest knowledge
Lyra Vega	Genetic engineers	DNA template structure
Lyra Aveyon	Time matrix navigators	Interdimensional travel codes
Lyra Aramatena	Christos Founders connection	D12 Universal consciousness codes
Epsilon Eridani	Emotional body specialists	Sacral and creative codes
Breneau Founders (D13-15)	Original creators of our Time Matrix	The three Primal Sound Fields

The result was a being with **12 fully active DNA strands** — each corresponding to one of the 12 dimensions of our universe.

## CHAPTER 2: PLANET TARA AND THE FALL

**Planet Tara** is located in the **Second Harmonic Universe (HU-2)** — corresponding to dimensions 4, 5, and 6. About **560 million years ago**, the Turaneusiam first incarnated in physical bodies on Tara. They lived in two great civilizations: **Alania** (focused on technology) and **Lumia** (focused on spirituality).

### The Catastrophe

After millions of years, things went wrong. A group within the Alanians — the **Templar Solar Initiates** — misused their position. The result was catastrophic: part of Tara's morphogenetic field **exploded** and "fell" to the lower dimensions. This fragmented piece of matter... became **Earth**.

The souls incarnated at that time fell with it. They lost their memories, their abilities, their connection to the higher dimensions. Their DNA largely "deactivated" — from 12 strands to effectively 2.

### The Rescue Mission: The Sphere of Amenti

The beings who remained on Tara — together with the Founder Races — created a rescue plan. They formed the **Sphere of Amenti**: a morphogenetic field containing the genetic blueprint of the original 12-strand Turaneusiam. In its heart burns the **Blue Flame** — the key to return.

### The 12 Tribes Plan

Here we come to a crucial insight: **why couldn't the DNA simply be restored at once?** The Founder Races certainly had the technology. But that wouldn't solve the problem — it would only postpone it.

**The war on Tara didn't come from nowhere.** The Alanians who caused the catastrophe acted from deep-rooted patterns: hunger for power, separation, the desire to dominate. These patterns weren't just in their behavior — they were in their **consciousness**.

If you simply "repaired" the DNA without healing those underlying patterns, the same thing would happen again. **We would do exactly the same thing.**

*It's not about restoring DNA — it's about restoring consciousness. DNA activation without consciousness growth is like giving a child a loaded weapon.*

**That's why the slow path.** Each incarnation, each challenge, each relationship — they're all opportunities to live through and heal the deep patterns. Step by step. Layer by layer. Life after life.

For us here in the third dimension, this process seems **endlessly long**. But for the soul — which exists outside linear time — it's merely **a fraction of a moment**.

## THE THREE SEEDINGS

The seeding of the 12 Tribes on Earth has been attempted **three times**. The first two attempts ended in catastrophe, destroyed by wars.

SEEDING	PERIOD	ENDED BY
First Seeding	25 million - 5.5 million years ago	ELECTRIC WARS
Second Seeding	3.7 million - 848,000 years ago	THOUSAND YEARS WAR
Third Seeding	75,000 years ago - present	ONGOING (We are here now)

*The souls of the failed seedings are the same souls incarnated now. We have walked this path multiple times. Each time we learn, grow, and come closer to the goal.*

## A NEW ERA

Since **2012**, we are in a fundamentally different energetic configuration — the beginning of the **Aquarian Age**. We are transitioning out of the **Kali Yuga** — the "dark age" of maximum forgetfulness — and moving toward a lighter era. The veils are becoming thinner, access to who you are becomes easier.

There have been forces throughout history that ensured we remember nothing. But there are also **counterforces** — Guardian Alliances, Founder Races — helping us restore our original connection. **The goal is ultimately simple: to remember who we truly are.**

## CHAPTER 3: DNA — THE KEY TO WHO YOU ARE

Under a microscope, scientists see our DNA as a **double helix** — two strands. Interestingly, scientists only understand about **3% of our DNA**. The remaining 97% is often called "junk DNA."

According to ancient wisdom, that "junk DNA" is not junk at all. It's the **sleeping template** for our higher abilities. The 2 physical strands are the manifestation of DNA strands 1-3. The remaining strands exist in our **energetic body** — our morphogenetic field, our aura, our light body.

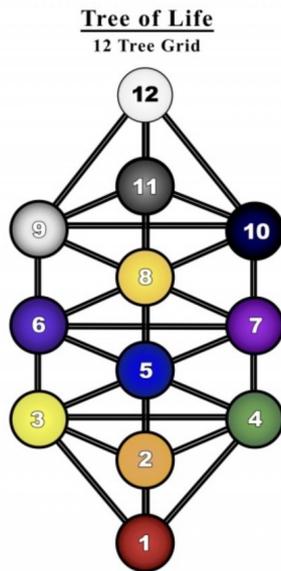
*The 144 Fire Letters: Each DNA strand contains 12 'Fire Letters' — energetic codes. 12 strands x 12 letters = 144 Fire Letters total. This is the complete genetic library of the Angelic Human.*

## CHAPTER 4: THE 12 TRIBES

The **12 Tribes** are the 12 original genetic families of humanity, each carrying the primary code for one specific DNA strand.

### The Kathara Grid: The Tree of Life

Each Tribe corresponds to a position on the **Kathara Grid** (12 Tree Grid / Tree of Life) — the energetic structure of our light body and DNA.



- 1 Red — Isutu-Esheau — Grounding
- 2 Orange — Maahali-Bruea — Emotions
- 3 Yellow — Amekasan-Etur — Will
- 4 Green — Nuagu Hali — Love
- 5 Blue — Ionatu-Etillah — Truth
- 6 Indigo — Ramayana-Shridveta — Vision
- 7 Violet — Mahata-Agrah — Divine Will
- 8 Gold — Chia Zhun Zan — Cosmic Heart
- 9 Silver — Yun Zu-Xen — Galactic Consciousness
- 10 Dark Blue — Ma'ah-hu-ta — Avatar
- 11 Silver-Black — Zephar-Duun-Atur — Star
- 12 White-Gold — A-reah-Azurta — Christos

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*The Kathara Grid is the blueprint of the universe at every scale. The Sacred Persons activate these positions in your personal Grid.*

## OVERVIEW: THE 12 TRIBES

#	TONE	TRIBE NAME	COLOR	LOCATION	CHAKRA
1	UR	Isutu-Esheau	Red	Antarctica	Root (base)
2	EL	Maahali-Bruea	Orange	Florida, USA	Sacral (belly)
3	DO	Amekasan-Etur	Yellow	Bermuda	Solar Plexus
4	KA	Nuagu Hali	Green	Giza, Egypt	Heart
5	EU	Ionatu-Etillah	Blue	Machu Picchu, Peru	Throat
6	UM	Ramayana-Shridveta	Indigo	Russia	Third Eye
7	OE	Mahata-Agrah	Violet	Lake Titicaca, Peru	Crown
8	OM	Chia Zhun Zan	Gold	Xi'an, China	Soul Star
9	KE	Yun Zu-Xen	Silver	Tibet	Thalamus
10	KHU	Ma'ah-hu-ta	Dark Blue	Iran	Earth Star
11	DHA	Zephar-Duun-Atur	Silver-Black	England	Galactic
12	RHA	A-reah-Azurta	White-Gold	Southern France	Universal

# THE 12 TRIBES: DETAILED

## TRIBE 1: ISUTU-ESHEAU

<b>Sacred Sound (Psonn):</b>	I sU' too E' shoo
<b>Activation Tone:</b>	UR
<b>Color:</b>	Red
<b>Dimension:</b>	D1
<b>Kathara Grid Position:</b>	Position 1
<b>Chakra:</b>	Root (base)
<b>Cosmic Source:</b>	Orion
<b>Star Gate Location:</b>	Antarctica
<b>Connected Peoples:</b>	Australian Aboriginals
<b>Function:</b>	Grounding & Life Force

## TRIBE 2: MAAHALI-BRUEA

<b>Sacred Sound (Psonn):</b>	Ma a ha' LE - BrU' A
<b>Activation Tone:</b>	EL
<b>Color:</b>	Orange
<b>Dimension:</b>	D2
<b>Kathara Grid Position:</b>	Position 2
<b>Chakra:</b>	Sacral (belly)
<b>Cosmic Source:</b>	Epsilon Eridani
<b>Star Gate Location:</b>	Florida, USA
<b>Connected Peoples:</b>	Hawaiians, Hebrews
<b>Function:</b>	Emotions & Creativity

## TRIBE 3: AMEKASAN-ETUR

<b>Sacred Sound (Psonn):</b>	ah-ME-Ka-Sun e-TUr
<b>Activation Tone:</b>	DO
<b>Color:</b>	Yellow
<b>Dimension:</b>	D3
<b>Kathara Grid Position:</b>	Position 3
<b>Chakra:</b>	Solar Plexus
<b>Cosmic Source:</b>	Earth
<b>Star Gate Location:</b>	Bermuda
<b>Connected Peoples:</b>	South Africans, Nepalese
<b>Function:</b>	Willpower & Strength

## THE 12 TRIBES: DETAILED (continued)

### TRIBE 4: NUAGU HALI

<b>Sacred Sound (Psonn):</b>	Noo-Ah-goo Ha-LE
<b>Activation Tone:</b>	KA
<b>Color:</b>	Green
<b>Dimension:</b>	D4
<b>Kathara Grid Position:</b>	Position 4
<b>Chakra:</b>	Heart
<b>Cosmic Source:</b>	The Sun
<b>Star Gate Location:</b>	Giza, Egypt
<b>Connected Peoples:</b>	Egyptians
<b>Function:</b>	Love & Soul Consciousness

### TRIBE 5: IONATU-ETILLAH

<b>Sacred Sound (Psonn):</b>	I-O-Nah-Too-e-TiLa
<b>Activation Tone:</b>	EU
<b>Color:</b>	Blue
<b>Dimension:</b>	D5
<b>Kathara Grid Position:</b>	Position 5
<b>Chakra:</b>	Throat
<b>Cosmic Source:</b>	Pleiades
<b>Star Gate Location:</b>	Machu Picchu, Peru
<b>Connected Peoples:</b>	Incas, Celts
<b>Function:</b>	Truth & Expression

### TRIBE 6: RAMAYANA-SHRIDVETA

<b>Sacred Sound (Psonn):</b>	Ra-Ma-Yah-Na Shrid-VE-Da
<b>Activation Tone:</b>	UM
<b>Color:</b>	Indigo
<b>Dimension:</b>	D6
<b>Kathara Grid Position:</b>	Position 6
<b>Chakra:</b>	Third Eye
<b>Cosmic Source:</b>	Sirius B
<b>Star Gate Location:</b>	Russia
<b>Connected Peoples:</b>	Scandinavians, Indians
<b>Function:</b>	Intuition & Vision

## THE 12 TRIBES: DETAILED (continued)

### TRIBE 7: MAHATA-AGRAH

<b>Sacred Sound (Psonn):</b>	ME-ha-ta Agrah
<b>Activation Tone:</b>	OE
<b>Color:</b>	Violet
<b>Dimension:</b>	D7
<b>Kathara Grid Position:</b>	Position 7
<b>Chakra:</b>	Crown
<b>Cosmic Source:</b>	Arcturus
<b>Star Gate Location:</b>	Lake Titicaca, Peru
<b>Connected Peoples:</b>	Incas, Greeks
<b>Function:</b>	Divine Will

### TRIBE 8: CHIA ZHUN ZAN

<b>Sacred Sound (Psonn):</b>	ChE-ah-Zoon-Yan-LA-Yoong
<b>Activation Tone:</b>	OM
<b>Color:</b>	Gold
<b>Dimension:</b>	D8
<b>Kathara Grid Position:</b>	Position 8
<b>Chakra:</b>	Soul Star
<b>Cosmic Source:</b>	Orion Mintaka
<b>Star Gate Location:</b>	Xi'an, China
<b>Connected Peoples:</b>	Chinese, Tibetans
<b>Function:</b>	Cosmic Heart

### TRIBE 9: YUN ZU-XEN

<b>Sacred Sound (Psonn):</b>	Yu-UN-Zoo-Zen
<b>Activation Tone:</b>	KE
<b>Color:</b>	Silver
<b>Dimension:</b>	D9
<b>Kathara Grid Position:</b>	Position 9
<b>Chakra:</b>	Thalamus
<b>Cosmic Source:</b>	Andromeda
<b>Star Gate Location:</b>	Tibet
<b>Connected Peoples:</b>	Tibetans
<b>Function:</b>	Galactic Consciousness

## THE 12 TRIBES: DETAILED (continued)

### TRIBE 10: MA'AH-HU-TA

<b>Sacred Sound (Psonn):</b>	Ma'ah -HU-Ta
<b>Activation Tone:</b>	KHU
<b>Color:</b>	Dark Blue
<b>Dimension:</b>	D10
<b>Kathara Grid Position:</b>	Position 10
<b>Chakra:</b>	Earth Star
<b>Cosmic Source:</b>	Lyra Vega
<b>Star Gate Location:</b>	Iran
<b>Connected Peoples:</b>	Persians, Mesopotamians
<b>Function:</b>	Avatar Consciousness

### TRIBE 11: ZEPHAR-DUUN-ATUR

<b>Sacred Sound (Psonn):</b>	ze-far doon a TUR
<b>Activation Tone:</b>	DHA
<b>Color:</b>	Silver-Black
<b>Dimension:</b>	D11
<b>Kathara Grid Position:</b>	Position 11
<b>Chakra:</b>	Galactic
<b>Cosmic Source:</b>	Lyra Aveyon
<b>Star Gate Location:</b>	England
<b>Connected Peoples:</b>	Celts, Druids
<b>Function:</b>	Star Identity

### TRIBE 12: A-REAH-AZURTA

<b>Sacred Sound (Psonn):</b>	a-RI-a Zoor-Ta
<b>Activation Tone:</b>	RHA
<b>Color:</b>	White-Gold
<b>Dimension:</b>	D12
<b>Kathara Grid Position:</b>	Position 12
<b>Chakra:</b>	Universal
<b>Cosmic Source:</b>	Lyra Aramatena
<b>Star Gate Location:</b>	Southern France
<b>Connected Peoples:</b>	Cathars, Hawaiians
<b>Function:</b>	Christos Consciousness

## CHAPTER 5: THE SACRED SOUNDS

**In the beginning was Sound.** Our entire universe arose from **Primal Sound** — the first vibrations of consciousness differentiating from Source.

Sound is **frozen light**. Light is **frozen geometry**. And geometry is the **language of creation**. When you sing, you literally create — you set frequencies in motion that influence the structure of reality.

*Sound can go everywhere — it is the most fundamental force in the universe. It penetrates all dimensions, all matter, all consciousness.*

The **Psonns** (pronounced "soons") are sacred sounds in the **Anuhazi language** — the first externally spoken language in our Time Matrix. The names of the 12 Tribes are **audible translations** of the Fire Letter sequences in each Tribal Shield DNA Template.

# THE 12 ACTIVATION TONES

*The Keys to Your DNA*

**-The Master Psonn of The Twelve Tribes-**  
(For Activating The Tribal Shield)



LOCATION	Stargate/ Templar	TRIBE NAME (Anuhazi Tonal Sequence)	SUFFIX TONE
Montségur, France	12	a-RI-a Zoor-Ta	Rha
Vale of Pewsey, UK (Lohas-Ur Atlantis)	11	ze-far doon a TUr	Dha
Abadan, Iran	10	Ma'ah -HU-Ta	KHU
North of Llasa, Tibet	9	Yu-UN-Zoo-Zen	KEE
Xian, China	8	ChE-ah-Zoon-Yan-LA-Yoonq	OM
Lake Titicaca, Peru	7	ME-ha-ta Agrah	OE
Moscow, Russia	6	Ra-Ma-Yah-Na Shrid-VE-Da	UM
Machu Picchu, Peru	5	I-O-Nah-Too-e-TTLa	EU
Giza, Egypt	4	Noo-Ah-goo Ha-LE	KA
Bermuda, Atlantic Ocean (Nohassa-Ur Atlantis)	3	ah-ME-Ka-Sun e-TUr	DO
Siesta Key, Sarasota, Florida, USA (BrU-Ah-Ur Atlantis)	2	Ma a ha' LE-BrU A	EL
Halley, Antarctica	1	I sU' too E' shoo	UR

*The Master Psonn of The Twelve Tribes — For Activating The Tribal Shield*

## THE COMPLETE SOUND SEQUENCE



**The Full Sequence:** UR — EL — DO — KA — EU — UM — OE — OM — KE — KHU — DHA — RHA

### How to Practice:

- 1. Preparation** — Sit upright, feet on the ground. Breathe deeply 3 times.
- 2. Intention** — "I now activate my original 12-strand DNA template in alignment with my Higher Self and Source."
- 3. Sing the Sequence** — Sing each tone on one exhale, hold for 3-5 seconds, visualize the corresponding color.
- 4. Integration** — Sit quietly for 3-5 minutes. Breathe calmly.

## CHAPTER 6: SACRED OILS — PARTNERS IN ACTIVATION

Sound is the fundamental creative force of the universe — it can go everywhere. But sometimes we need help to **clearly receive** that sound. This is where Sacred Oils come in — not as a replacement for sound, but as **amplifier and purifier**.

Essential oils are **liquid crystals** — concentrated plant essence with their own consciousness and frequency. When you use an oil during sound work:

- The oil **removes "noise"** — mental chatter, emotional blocks that prevent you from receiving the sound clearly
- The oil **opens channels** — it prepares your energetic system to integrate the frequencies of the Psouls more deeply
- The oil **carries the codes further** — it penetrates into your cells and tissues
- The oil **awakens memories** — certain scents can suddenly trigger soul memories, helping you hear what your soul wants to communicate

*The oil doesn't replace the sound — it creates space for the sound to work deeper. Like the difference between talking in a noisy crowd versus in a quiet temple. The oil creates that temple in your energy field.*

## CHAPTER 7: SAFE COMBINATIONS

COMBINATION	TONES	FUNCTION
1-4-7	UR - KA - OE	Grounding → Heart → Divine Will
2-5-8	EL - EU - OM	Emotion → Truth → Cosmic Heart
3-6-9	DO - UM - KE	Willpower → Vision → Cosmic Knowing
5-8-11	EU - OM - DHA	Higher triad
6-9-12	UM - KE - RHA	Highest triad

■■ WARNING: Avoid the combination 4-7-10 (KA - OE - KHU) in that exact sequence.

## CHAPTER 8: DISCOVER YOUR TRIBE CONNECTION

Throughout your life, you've probably noticed you feel attracted to certain places, cultures, or traditions — often without clear reason. These are not coincidences. They are **soul memories** — echoes of incarnations where you were part of specific Tribes.

### ◇ **Which places are you drawn to?**

Look at the Star Gate locations. Which ones awaken something in you? Egypt? Peru? Tibet? Ireland? France?

### ◇ **Which cultures do you dream about?**

Dreams about ancient civilizations, temples, rituals? Fascination with certain peoples without clear cause?

### ◇ **Have you ever traveled to these places?**

And if so — what did you experience? Intense emotions? Unexplainable recognition?

### ◇ **Which scents touch you deeply?**

Certain oils can suddenly trigger memories or emotions. Which scents do that for you?

### ◇ **Which tones resonate strongest?**

When you sing the Psonns, you may notice some penetrate deeper than others.

***Tip:** Keep a journal of your experiences — dreams, reactions to the tones, places that call you, oils that touch you. Over time, you'll discover patterns.*

# SUMMARY

## The Cosmic Journey:

- ◇ We originally come from **Source** — the infinite consciousness
- ◇ We chose to experience form as **Turaneusiam** on Planet Tara
- ◇ **12 cosmic races** combined their genetics to create us
- ◇ We originally had **12 active DNA strands**
- ◇ After the catastrophe, we "fell" to Earth with mostly dormant DNA
- ◇ The **12 Tribes** each carry the code for one DNA strand
- ◇ **Sound** (Psonns) activates the dormant codes in our DNA
- ◇ **Oils** amplify this by removing noise and opening channels
- ◇ Our goal is to fully awaken and return to Planet Tara and Source via the **Blue Flame**

*"You are not a human having a spiritual experience. You are a spiritual being — an aspect of Source itself — who chose the human experience. And you are on your way home."*

## QUICK REFERENCE

**The 12 Tones:** UR — EL — DO — KA — EU — UM — OE — OM — KE — KHU — DHA — RHA

**Safe Combinations:** 1-4-7 (UR-KA-OE) · 2-5-8 (EL-EU-OM) · 3-6-9 (DO-UM-KE) · 5-8-11 (EU-OM-DHA) · 6-9-12 (UM-KE-RHA)

■■ **Avoid:** 4-7-10 (KA-OE-KHU)

## Sources

Ashayana Deane — Voyagers II · MCEO Freedom Teachings® · Dance for Life Manual · Kathara Bio-Spiritual Healing System · Ascension Glossary (Lisa Renee) · Sacred Womb Oils

*This document is meant as an introduction. The true depth of these teachings unfolds through personal experience. Trust your inner knowing.*