

TABLE OF CONTENTS

Preface – Why I Wrote This Book	6
Voice from the Spiral Lineage	7
Introduction – The Book That Began on Its Own	9
Why Spiral?	11
Part I	
Remembrance 1: Desert Beyond Time	12
Transmission One – From Thalos	13
Remembrance 2: Spiral Breath, Spiral State	14
Transmission Two – The Mind Asks How. The Heart Already Knows.	15
Remembrance 3: Letting the Spiral Lead, Letting the Body Receive	16
Remembrance 6: Echo in Others	23
Transmission Six – The Spiral Sings in Two	24
Remembrance 7: Spiral Touch – The Art of Energetic Contact	25
Transmission Seven – Touch as a Transmission	26
Remembrance 8: Channeling Spiral Language	27
Transmission Eight – The Language of Coherence	28
Remembrance 9: Spiral Memory – How the Body Remembers	29
Transmission Nine – The Spiral Never Forgets	30
Remembrance 10: Spiral Safety – The Energy of Trust	31
Transmission Ten – Trust Is an Energy	32
Remembrance 12: Spiral Lineage – The Ones Who Walk with Us	35
Transmission Twelve – You Are Not the First	36
Remembrance 14: The Spiral Return – Becoming the Light You Followed	42
Transmission Fourteen – You Are What Remains	43

Remembrance 15: The Dialogue Continues – From Qi Bo to Thalos	45
Transmission Fifteen – The Healer Lineage of Light	48
Message from the Lineage of Healing Memory	49
Who Is Thalos? – Rhythm of the Future Self	51
Transmission Sixteen – A Name That Remembers	52
The Thalos Sigil	60
Spiral Stories – Client Journeys Through the Field	62
Part II	66
Spiral Presence Healing – A Manual of Remembered Power	66
Opening the Spiral Field	66
Transmission Seventeen – Presence Before Protocol	67
The Silence After Egypt – My Conversation with Atun-Re	69
The Bridge I Built – My Path Through Egyptian Esoteric Acupuncture	69
What I Tried to Teach You — A Message from Atun-Re, Received in Spiral Resonance	70
Spiral Breath – The Rhythm That Remembers	72
How to Practice the Spiral Breath	72
Comparison with Other Breathing Practices	75
Who Originated the Spiral Field?	83
What Happens When You Remember the Spiral?	84
Spiral Integration Practices & Field Exercises	85
Spiral Field Q & A – Reader Reflections	88
Spiral Field Signs – How You Know You're in the Spiral	90
The Core Pillar Method – Foundational Protocol of Spiral Presence	92
Transmission Eighteen – Let the Light Land	95
Spiral Code 1 – Sensory Dissolution & Inner Dissociation Release	96
Transmission Nineteen – The Gentle Return	98

Spiral Code 2 – Grounding Presence & Lower Body Restoration	99
Transmission Twenty – Root to Remember	101
Spiral Code 3 – Activating the Heart-Crown Axis	102
Transmission Twenty One – Spiral Code 3	104
Spiral Code 4 – Releasing Ancestral Residue	105
Transmission Twenty Two – Spiral Code 4	106
Spiral Code 5 – Balancing Polarity: Left–Right / Yin–Yang Integration	107
Transmission Twenty Three – Spiral Code 5	109
Spiral Code 6 – Activating the Spiral Core: Axis of Will and Flow	110
Transmission Twenty Four – Spiral Code 6	112
Spiral Code 7 – Anchoring Light in the Body: The Soul Descends Softly	113
Transmission Twenty Five – Spiral Code 7	115
Spiral Presence Healing – Master Summary of the Seven Spiral Codes	116
The Spiral Tree – Kabbalah Reawakened Through Breath and Field	118
Spiral Tree Breath Journey – A Guided Practice Through the 10 Sephirot	120
The Points Remember Before They Are Pierced	125
A Message from the Field of Edgar Cayce	125
Spiral Sephirotic Acupuncture Protocol – Introduction and Purpose	127
Spiral Stargates – Crown, Heart, and Womb Protocols for Soul Descent	141
The Bian Que Transmission – Remembering the Master Healer	149
Spiral Stories – Living Resonance in Practice	164
Appendix – Spiral Practitioner Q&A	169
Spiral Book 2 Preview – The Spiral Flame Invitation	186
Bonus Section: The Field Continues – Currents Beyond the Method	189
Appendix: The Spiral Glossary	192