

2025

LIGHT OF YOUR WELL-BEING  
YOUR AUTHENTIC SELF  
THE ART OF TRANSFORMATIONAL HEALING  
THE ART OF EFFORTLESS LIVING

RAISE VIBRATION IN  
YOUR BODY, HEART, MIND,  
THEN THE WORLD

*Ancient Teachings*

*Authenticity*

*Your Original Intention*

EFFECTIVE  
MAY 2025

775.336.8888

"I've always known there was something that I was meant to accomplish, but didn't know what it looked like. I've taken many classes, met wonderful mentors/teachers and been told that I would be working with sound, art and even writing. I felt a great urgency and, even though I sensed I was on my path, there was a piece that was missing. I longed for the knowledge and the certainty of my own truth.

Then I met Ruth. It was divinely orchestrated. I took her courses on *Frequency Facilitation* and *Language of Light*. We then moved into the Mentoring Program, incorporating *Self Systems*, *The Key* and so much more. With her guidance, I connected with my aspects and core frequencies and felt like I had finally met myself. It's still a work in progress but the peace it has given me is priceless.

Through guidance and working with our Divine Teams, Ruth custom designed the courses to fit my needs. It was all explained in a language that made sense to me. Intuitively, it all connected. The beauty of it is, I was able to incorporate it with everything I have learned and will continue to learn. Staying in balance, working with frequencies and connecting with my Team rings true to my core."

*Carol Ortiz, Sound Healing Practitioner*

"Intuitive Mentoring has been an unexpected journey in my life. It is organic, and indeed, "divinely orchestrated," as Carol and others have shared. Genuine synchronicities have put my Clients and I together at just the right moments for expansion of a life... the healing of a heart... to reclaim empowerment... often, to open confidence in a voice. I wish to thank each one of these brave Women for their courage to shed what no longer pertains to their well-being, meet who they truly are, and uplift to become more. Your voice, your expansion, feeling and valuing your true self - especially your healed heart - these matter to the legacy we leave, and the contentment we live."

*Ruth Evelyn Swaine*

*Intuitive Mentor, Author, and Artist*

*Thank You*

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Catalog and Course Fees Effective May 2025

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Self Systems™ . Lightceuticals™

The Key © TXu001759690

*Whether you are searching for Who and Why you are, seeking to raise the vibration of your life to the value of your desired outcomes, wishing to heal your body-heart-mind, or simply determined to improve the life you live, Engaged Quantum Health, Your Authentic Self, and Lemurian Alchemy uniquely deliver with tools to live true-to-you everyday.*

*You will never again get stuck in someone else's version of the Who, How, Why, or When you 'should' be or do anything.*

*Ruth Evelyn Swaine*

High Channel Intuitive . Intuitive Mentor  
Ancient Healing and Transformational Arts  
The Human Holograph . The Lemurian Code

All sessions outlined in this catalog are conducted within the intuitive channel of High Ascension (greater good and well-being) , your Higher Self, and your Guides, for specificity of your path and your life. Each session is mentored to increase your knowledge of the unseen dynamics that influence the life you are living, systemic process that clears detrimental sway, and stepped methods for implementation and establishment of lifelong clarity, confidence, and increased well-being to engaged effortless evolution.

If you have any questions about these courses, please call, email or text. We are happy to help clarify, and even customize, our course offering.



# *Our Dimensional Experience*

“In our adventure, Ruth has played the role of the younger sister that plays with me and the older sister that walks side by side with me on this path. She has been the mother who sits down in her chair just listening to her daughter with an open heart full of love and kindness, allowing me to express myself freely without judgment. Also, she is the father that guides me with strength and rightness, the master that guides me with wisdom beyond imagination, and the galactic sister that, even in moments when things look so weary and impossible, she is always open to all possibility. With Ruth as my mentor, I have learned love, joy, and peace beyond imagination.”

*Herminia Ema Florimon, B.A.P.*

*Law of Vibration . Law of Transmutation . Law of Cause and Effect*  
*- the foundation that aligns manifestation -*

*Law of Resonance*  
*- the optimization of tone, speed and delivery of manifestations -*

## I AM

The totality of *Who You Are* cannot fit in a small space - no matter how hard you try. Your own beingness and power, the totality of all that you *Know*, all that you have access to, the Gifts you came here to share, and the difference you came here to make, does not - and cannot - fit into the smallness of your one human mind or your one human body.

## DIMENSIONS OF MIND

Your body and physical life is surrounded and operated by *Light*, a field of consciousness that is the larger Mind of thought, energy and momentum. While we live in a three dimensional world of physical experience, your Mind extends far beyond the brain in your head. The larger capacity of your conscious capabilities exist within the field of your surrounding Light.

With minimal capacity for storage and use in the human brain and body, connecting with this larger true nature of you strengthens you with greater capacity of well-being in your physical and non-physical experience. Within this greater connection of you, your capacity to integrate and expand to live your whole life experience is available to you as *choice*.

## PARTNERING IN LIGHT

When you partner with, make friends with, and include the true nature of your light in your day, you live with better clarity, which minimizes confusion and leads you into greater ease and fulfillment. In the partnership of you and the greater capacity of You, you'll increase momentum with agility as you attain goals faster, move through growth phases with easier navigation and attune with precision on your path of purpose. You walk through life knowing and believing true confidence and trust in yourself.

## CHANGE THE LEGACY

You are a contained holographic system of light and biology. As a single component in the whole of our collective universe, you have the capability of affecting change faster through utilizing the inner light of who you are than through the debris field of human turmoil and pain. Connect within to know the connection - and your role - to anything and anyone. Affect change from there

## SHIFT THE PARADIGM

You matter. Your core well-being matters - to your life, to planetary well-being, and to the life of us all. When you strengthen in the true light of who you are and express authentically, you restore well-being to your self. In turn, your well-being expands through our connected communication of light and raises the vibration of well-being in all life you are connected to.

Focus within to change all that is outside of you.

## ENGAGING YOUR SELF

As Ruth mentors through intuition, her connectivity is to the High Self and all factors working on your behalf to create optimal guidance, attunement, alignments and outcomes for your life of well-being, congruence and authentic joy. The path to achieve what you came here to Have, Be and Do can be clarified, naturally lived daily, and made functionally easy when you work with your own dimensional operating system. Through preparation, experiential guidance and instruction in Ancient Teachings by Ascended Masters, Abraham, the Collective, and Archangels, Ms. Swaine has developed these courses to bring you in direct connection with your Self with confidence and trust to manifest the optimal outcomes of your Original Intention for this and future lifetimes.



# *Engaged Quantum Health*

“I have been telling the same story with the same pain for 40 years. Here I am, two weeks after starting your program. I’m telling the same story, but the pain is gone. This is miraculous!”

*Retha Watson, M.S.N.*

# Engaged Quantum Health

## *Frequency Facilitation . Language of Light* (course descriptions on the following pages)

### SHIFT YOUR PARADIGM

When you desire to raise the vibration in your body and life, end repetitive emotional pain, and engage the power of your Light's well-being, *Engaged Quantum Health* is the paradigm shift that helps you begin your changes with immediate and life-lasting results.

### ENGAGED QUANTUM HEALTH (EQH)

*Engaged Quantum Health (EQH)* is a structured course of action that thoroughly removes emotional debris and obstruction from the genetic memory of your current and remaining unfinished previous lifetime experience. This ends the necessity for soul-life retrieval, misconception of self-soul dynamics, and removes the root cause of cyclical habits and behaviors of detriment within yourself and all relationships.

Each step within the *EQH* process is foundation to the next. Its structure elevates you into a better view of your personal path without the drag of what no longer pertains to you and your steps. You will come to feel, comprehend and understand the steps, path and decisions that - when unclouded by genetic histories - hasten momentum to your personal destination (aka your destiny).

### YOUR PATH

Each course follows specific steps and protocols that build comprehension and your skillsets. Since no two people have the same experience or path, every mentoring session is customized to you, and is engaged for the purpose of developing ease in understanding, integrating functional tools into your daily life, and increasing the capacity to elevate your life into congruent resonance. Your commitment to yourself is key to your success.

### EXPERIENCE LEVELS

To help you evolve from your current phases to the *next* and *future* steps of your life path, each mentoring session within each course delivers according to your path, capacity, and expansion, revealing more and more for you as you evolve. These sessions are of high frequency vibration, and will require your commitment to yourself as you evolve. See *Choosing Your Course(s)* section (page 18) for more information.

### **Engaged Quantum Health**

Individualized 45-Minute and 60-Minute Intuitive/Mentor Sessions

#### Frequency Facilitation

2 Sessions; \$160.00

#### Language of Light

5 Sessions; \$650.00

# Engaged Quantum Health

*Lifelong Tools to Raise the Vibration in Your Body, Heart, Mind, then the World  
Fundamentally Manage the Unseen Energies of Your Life*

## FREQUENCY FACILITATION

*Law of Vibration . Highest Good . Environmental Equilibrium  
Internal vs. External Power . Emotional Frequencies . Playing with Light . And, More...*

*Frequency Facilitation* sessions are an exciting and playful expansion in your understanding of vibration and frequencies. You will learn the play of light, protocols to manage vibrational energies that influence, and gain access to dimensional layers beyond your current capacities.

At the forefront of *EQH*, *Frequency Facilitation* is foundation to comprehension of the hidden layers of energy driving your life and the influence of others on your well-being and experience. It is a base step in claiming and reclaiming your personal power with ease. In the natural course of this step, your intuitive nature will increase as you expand in your knowledge of, and access to, your dimensional self communication within fields of energy and manifestation.

### Technical

Base Instruction for

- Law of Vibration
- Law of Transmutation
- Law of Cause and Effect

Helps people to

- Understand practical application of vibration
- Feel energy in their body, room and environment
- Affect highest good application to any environment

Increased awareness of

- Techniques to establish environmental equilibrium
- Vibration in the body
- Vibration management

Outcome

- Understand vibration and energy in the body and environment
- Know how to proactively raise the vibration in the body and environment
- Improve one's clarity and clair-cognition

### The Experience

- Understand Natural Laws of Vibration, Cause and Effect, and Transmutation to comprehend basics of the hidden energies running your life.
- You will learn how to better manage chaos to lessen drama and trauma, while gathering the skills that open you to greater access of your own light and true nature.
- Gain practical, easy-to-use application of how to raise the vibration in your body and environment.
- Work within the Law of Transmutation and the Law of Cause and Effect to affect positive change.
- Have deeper comprehension of the unseen energies driving you, your relationships and outcomes.
- Learn pro-active establishment of Environmental Equilibrium for your home, meetings, presentations, group events and the Planet.
- Fine-tune skills of vibrational management through increased elevation, access and expanded conversation of your role within the Collective Path.
- Align and attune with the strategies of remaining in the path of updating frequencies to stay abreast of the ever-changing pace of today's human evolution.

# Engaged Quantum Health

## *Effectively Relinquish the Pain of Your Past Engage Emotional Balance, Ease and Well-Being*

### LANGUAGE OF LIGHT

*Law of Vibration . Law of Transmutation . Law of Cause and Effect  
Enteric Brain . Light and DNA . Head-Heart-Core . Scale of Emotional Frequencies  
How Frequencies of Emotion Affect Your Everything and What to Do About It . And, More...*

Trust. Truth. Joy. Home. Believe. When we ask Divinity for help to improve our lives, what we think we are saying or asking and what Life and Light return to us are too often vastly different. Our human language is an intellectualized study of communication within one's own culture, which expands with age. The language of Light begins as sensory perceptions one has to feel their way through to comprehend message, meaning, direction, application, and more.

*EQH's Language of Light* course gets to the root of cause at the level of vibration, frequency and the *unseen conflict that instigates* what we don't want to happen. This mentored course introduces you to the relationship of light and the physical body, the variations in emotional frequencies and elements that affirm choices with clarity and ease. In simple, precise steps, you will have the tools to break the patterns of self sabotage as you reorganize the unseen quantum fields in the biological recovery of your healthy emotional genetics.

#### Technical

##### Base Instruction for

- The enteric brain and the cognitive mind
- Past, present and future crash course attunement
- Conscious physical and non-physical partnership in Mind and Body

##### Helps to

- Attune accuracies in Mind and Body
- Establish working relationship of light and body
- Clear past emotional pain with lasting results

##### Increased awareness of

- Physical and non-physical integrated experience
- Past and present response-ability
- Choice and How To...

##### Outcome

- Established practice that clears toxicity
- Established true nature awareness

- Prepared for self actualization

#### The Experience

- Getting down to the practical interface with light, Language of Light clarifies movement of light within your body, its influences in the physicality of your life and well-being, as well as how light supports your every moment.
- EQH's Language of Light includes easy-process steps for healing emotional wounds and your broken or betrayed heart.
- Establish a functional path in the relationship of agreement in body and heart.
- Know how to clarify the language and communication of Light to minimize self-sabotage and personal interference on your path.
- You will feel the vibration increase in your body as you progress.
- You will gain practical understanding of the Law of Transmutation with tools to clear emotional toxicity for life.
- You will have an extensive understanding of Frequencies of Emotion, how they coagulate in resonance and their unseen energies driving you, your relationships and outcomes.
- You will have the tools to navigate chaos into order that changes trajectories within the precision of choice.
- You will gain base knowledge and support of your true nature to affect the shift into betterment toward the life of your true desire.



# Your Authentic Self

“My upbringing was dark, and I’ve done a lot of work on myself before I met you. Ruth, working with you saved my life!”

*Elishianne Clark*  
L.M.T. and Holistic Healer

“When you introduced me to my Key, it changed *everything!*”

*Julia Hutchinson*  
Ayurvedic Healer and Educator

“Ruth, You generously give from your heart and more than any other mentor I have known. I am deeply grateful.”

*Connie Grant*  
Author, Founder of  
Purpose Driven Millionaire Group

# *Your Authentic Self*

## *Self Systems™ . Your Code-Your Key* (course descriptions on the following pages)

### YOUR AUTHENTIC SELF (YAS)

When you are ready to truly know *who and why* you are, engage in your full confidence, trust yourself implicitly, finally live your authentic You without question, and truly engage life on your own terms, Your Authentic Self pulls back the veils in step by step manner as you reveal your Self to you to become the beingness you came here to live.

### TRUE NATURE

We spend years working at being individual, yet we still arrive at the moment(s) when our gestures, words and reactions are the same as - or similar to - our genetic family members. In reality, the truly unique traits of who you are come from the holographic field of light that spins in, around and through you every day, all day. You are immersed in this contained field, which is your own full spectrum of light. It is You - in expanded vision - encompassing more than the human mind can comprehend. It is your consciousness, your intelligence, well-being, and more. It is the *True Nature of You*.

### ME (MY EXPERIENCE)

You are the only person experiencing your experience. No one else - not one other human being - has the perspective, traits and talents you have. The one thing that wholly completes your uniqueness from any other individual, is the specific code of light set within you for this specific lifetime. This Authentic Code is the true nature of you that contains the plan for your well-being, purpose and fulfillment of your Original Intention for this life cycle that leads to the next.

### ME, MY SELF AND I

The consciousness of who you are is your Self. In the greater dynamic of the light operating your human body, your Self functions in a matrix of layers, levels and systems that truly are ready to participate in the support, empowerment and management of your well-being. It is a partnership you will experience like no other.

### CHANGE YOUR PARADIGM

*Your Authentic Self (YAS)* is a game-changing alliance between your human self and your Higher Self. As a complex system of systems that support your human body, heart, mind and life, your systemic well-being is strengthened when your physical and non-physical beingness partner and elevate your life into aligned agreement. The arguments in your head come to and end. Your manifestations are empowered. Your inner world calmly lives within your confidence. Your trust in yourself becomes certain.

### BE YOURSELF

You are far greater at being your self than anyone else can dictate to you. Through this Mentorship Program, you will gain the knowledge, tools, confidence and trust to be exactly who you are every day, all day. In those very human moments of waver and self-questioning, you'll know precisely how to course-correct within a few short steps. It's Your Life.

### **Your Authentic Self**

Currently offered as the *Self Systems* Intuitive/Mentored Course and as a Self-Study Course of *The Key*, which includes the initial Intuitive/Mentored sessions and one follow-up Session per workbook. The full Intuitive/Mentored Course for *The Key* is offered as part of the *Lemurian Alchemy Course of Mastery in the Transformational Arts*.

#### Self Systems™

8 hours; \$1,200.00

#### The Key Foundation and The Key Evolution Self-Study

includes Full Color Personalized Workbooks with 5 Sessions (Mentoring, High Channel Session, Workbook Reviews and Q&A)

\$1,725.00

# *Your Authentic Self*

*Shed False Beliefs About You  
Live in Aligned Agreement Within Body, Heart, Mind and Self  
Streamline Forward Choices, Steps and Forward Momentum*

## SELF SYSTEMS™

*The Human Holograph . 4 Layers of Self . 6 Levels of Consciousness . 22 Dimensions of Mind  
Wholeness . Regard of Self . Partnering with Self . Healing through Self  
Dimensional Agreements . Self Order . Your Authentic Code (intro) . And, More...*

*Self* is the multi-layer operating system of your voice, considerations and the element of *knowing* that best guides you in the construct, course and direction within the divine design of this life experience for you. A fully functional system of your true nature, its wholeness guides in purpose and daily plan to fulfill the life you came to live.

*Self Systems™* course introduces you to the functionality of growth through its many layers where you will receive clarification of how personal evolutions proceed, and how to leverage momentum *that bypasses self-sabotage*. You will step into the partnership with your Self and understand the basics of how to *work in conjunction with you and You*.

### Technical

Base Instruction for

- Knowing Self
- Self System
- Detailed Manifestation Process

Helps people to

- Establish light/body integration
- Increase self esteem
- Be well within you own true nature

Increased awareness of

- One's true nature
- Self regard
- Personal value

Outcome

- High Self connectivity and communication
- Know personal base frequencies
- Establish personal partnership with your Higher Self

### The Experience - You Will...

- Have a working knowledge of the multi-layer personal growth process to clarify where you are now and how to move forward without repeating patterns that keep you from your dreams and desires.
- Gain understanding of the Self System and its basic relationships that work on your behalf within the dimensional human matrix.
- Learn how to receive instruction sets from your Self to attune and align with your Original Intention for this lifetime, and fine-tune the life you live.
- Initialize a working partnership with Self to strengthen your manifestation processes.
- Establish initial connectivity and communication with your personal blueprint.
- Advance into the simple complexity of your own holographic flow, true resonance and systemic self-protection to comprehensively shift into the new paradigm of passion and joy with greater ease.

# *Your Authentic Self*

*The Key Frequency Pivotal to Everything 'You'*

*Your Unique Reset Button*

*Automate Your Well-Being*

THE KEY: YOUR CODE . YOUR KEY  
FOUNDATION . EVOLUTION

*Your Authentic Code . Quadrants of Reality . Internal Vortex Components and Process  
External Vortex Components and Process . Your Self-Honor . Your Contribution to Humanity  
Portals of Communication . Resonance . Original Intention for Your Life . Your Reset Button  
Partnership with Self . Automating Well-Being . Plan Downloads . System Updates  
Becoming Your True Nature . Cycles of Evolution . Effortless Evolution . Confidence . Trust . And, More...*

*Your Code - Your Key* is a two-part personal journey of *Foundation* and *Evolution* through the blueprint for the life you came here to live. Authentic to you, this blueprint is a code of light inside you specifically in support of you, your original path, purpose, dreams and desires. It is the key to understanding and living your original intention for this lifetime, how you live your daily ease, balance and manage solutions through light to live and express wholly as yourself.

Through *Your Code - Your Key* course, you will discover your deepest core values and how to stop overriding yourself. You'll comprehend the value of *Self Honor*, and how it affects your unique contribution to humanity. You will know your authentic code to course-correct to get to your personal destination points that mark each phase of your evolution for this lifetime.

## Technical

Base Instruction for

- One's base personality as light
- Light-oriented solutions
- Harmonic resonance

Helps people to

- Live their original intention
- Establish solutions through positive endeavor
- Manifest by being true to one's innate self

Increased awareness of

- Original intent and purpose
- Fundamental tone, core magnification
- Knowing who, what, why when and where of optimal experience

Outcome

- Focus on what matters
- Proactive creation of harmonic resonant experience
- Establish functional foundation of confident authentic expression and fulfillment
- And so much more...

## The Experience - You Will...

- Fully develop a life-long partnership with your High Self.
- Engage true support your Self System in your daily life, which eliminates fears, doubt, confusion, and more.
- Naturally course-correct easier and faster through utilizing of your Authentic nature.
- Understand and know the value of *Self-Honor* as basic to your path and purpose
- Know and Believe in you - inside and out.
- Establish Confidence and Trust of you in you.
- Finally feel and know who you are without waver.
- Change your life with practical, life-long comprehension knowing the direction you walk
- You will end wavering from knowing and being the value and worth you are.
- Fundamentally affect the choices you make, the steps you take and relationship you have with the confidence of being you.
- Truly relax into your authentic self expression.
- Find your true Voice, along with the freedom and joy of knowing and being you.
- And, More...



# The Lemurian Return

“People like you, Ruth... you, they...  
it’s important.”

*Dr. A. Chaihorsky  
Scientist and Bio-Research Founder*

“I don’t know how you do what you  
do, but this is like having a cheat  
sheet for life!”

*Dr. Peter J. Farley  
Pioneered the Biotechnology Industry*

“Until the accident, I was rock  
climbing every weekend. To think  
I’d never climb again was a crushing  
blow. Now, I have my life back.”

*R. Spina  
Machinest, Rock Climber*  
Reconnected nerve function, tactility and  
use in fingers fileted by machine parts.

“Who I was when we began fifteen  
months ago is very far from who I am  
today. I am confident, truly believe  
in my own voice, and I easily step  
into the beautiful opportunities as  
they arrive. Thank you for bringing so  
much love and light into my life. I am  
incredibly grateful.”

*Natalie Kiwi, Spiritual Life Coach*

“What you do, Ruth, don’t ever stop.”

*R. Lucianno, Gaming Executive*  
Returned circulation, movement and  
use in right arm nine years after stroke.

# The Lemurian Way

*Law of Vibration . Law of Resonance . Law of Magnetic Force  
- the Compelling Nature of Momentum, Manifestation and Flourish -*

## LEMURIA

An ancient civilization pre-dating Atlantis, the landmass of Lemuria is now the floor of the Indian and southwestern Pacific Oceans. Existing for more than 300,000 years, Lemurians naturally lived in a heightened state of beingness where regard, kindness, and productivity were normal, which served as the foundation for advancements as a civilization. While we often associate their technologies as far advanced beyond our current capabilities, Lemurians simply accessed the empowerment of their true nature to create and flourish - which is still available within us today.

## INNATE BEING

We are natural light. We are the electromagnetic field of our human body. When we as light leave our body, the body ceases to operate, yet our science-proven conscious energy lives on. We are - as light - the operating system of our entire physical world. Through being ourselves as light, we communicate with our sensory abilities, move or stop the fluidity of flow, and comprehend moments where a choice is made in the flash of thought. Light is our true nature, who we are, and how we operate with ease.

## RETURN OF BEINGNESS

The world *is* prepared and ready for *Your True Voice and Expression* to be integrated into our evolution. We are ready for - and have been expecting - you - to be your authentic imprint, to manifest your dreams with ease, and to contribute the essence of you that adds your value to all that is. *You - Your Beingness - Matters to You - and the Whole.*

## YOUR UNIQUE EXPERIENCE

You are a unique expression of vibration and experience like no other. Your exclamation to value and be of value, matters. As your unique expression of vibration condenses into the physical matter of this world, *You* - your unique authenticity - becomes matter. The physical expression of your vibration is the *fundamental tone* of how you think - of yourself, your beingness, your direction. This is your value, which is value - and valuable - to you - and to us all.

When you appreciate the value of your unique expression as the experience you live, you increase in that value - then you elevate. When you elevate in *knowing, being and expressing* your value, your added appreciation elevates our collective humanity. We appreciate - and value - every elevating resonance of your unique expression. *You matter.*

## VALUATION

When you live in appreciation for, and of, your true nature, your innate gifts and the unique skillset you carry within, add to the collective mix of our human force, source and resource. You are a value-added resource within our humanity. When you discount you - in any manner - you discount your value in resonance, flow and fruition. *Recognition of your value within, and being the value that you are, increases the resonance of attracting factors within your vibration.* You sound, feel, and *resonate* - a sweeter vibration - like nectar - which is nourishes you while you naturally exude a vibrating kindness that eases the draw of kindness with others - through resonance. Ease becomes what and how you matter - materialize - and manifest. Effortlessly.

## MANIFESTATION

Through *Ease* - a movement of vibration - a frequency - flow has no objection - or obstacle - to inhibit its momentum. Action to manifest isn't forced. Action manifested in, around and through *Ease* is a process magnified by the unique expression of fundamental tone within your specific and personal light code of the true nature within you. fEase-y.

# The Lemurian Return

*Law of Vibration . Law of Resonance . Law of Magnetic Force*  
*- Effortless Effectiveness -*

## MANYU VASTI

When Manyu Vasti is Sanskrit, meaning mind of the belly. *Navel to spine, hip to hip, sternum to pelvic floor* - the manyu vasti encompasses the energetic region of the enteric brain and the low torso where our emotional world dictates our physical experience - the *body* of our existence.

## NATURAL EASE

When you relax the body of your existence, your mind - the mental experience in the brain in your head - will then relax - *and not before*. Therefore, establishing ease, well-being, and the elevated value of your unique expression of vibration - your fundamental tone - within your physical and non-physical manyu vasti, is the foundation of your innate resource of ease within yourself, your Self, and your socially-engaged world. Ease is natural and innate within you.

## LIVING YOUR BEINGNESS

Within the natural ease of your innate true nature is the thread of memory reaching back into your experience as an enlightened Being of Lemuria - and possibly, Atlantis. Within these ancient roots, you *know* you are skilled beyond our current human capacity. You know the technology we use today is only just beginning to enter into the realm of machinery and equipment you took for granted so very long ago.

You are a unique expression of vibration - your fundamental tone - in movement and physical form that holds the memory of your ancient mastery. Coded within you is the specific formula of light frequencies ready to return your current life to the ease of living that your ancient memory holds. Our world is ready for your mastery to return to you.

You matter. You are value. Elevate.

## THE LEMURIAN RETURN

Our ancient memory remains intact and dormant in the recesses of our subconscious mind. Through the **Lemurian Alchemy** sessions, you will remember the connections of Systems that *naturally flow to manage equilibrium, reset and course correct for repairs*, and *progress the effortless nature of being well*. Through the **Lemurian Grace** sessions, you will resurface your personal innate knowing of the *who* and *why* you are of *the original intention you came here to live*, and *strengthen telepathic manifestations* as you re-engage the *ancient alchemical art effortless living*.

## EFFORTLESS

In today's world of chaotic relationships, political sways and manipulating commerce, we are challenged with the evolution of great change. Our innate body, heart, and mind face an increasingly embedded obstacle course of unclear pathways, incongruent schedules and pre-determined algorithms designed to corral humanity into one or a few paths of direction, choices, and buying patterns. These dictates of living are not the natural choices of what is innately in the best interest of your body, your heart, or your mind. The result is a multi-tier assault keeping you in a re-active battle rather than pro-active experience that progresses and achieves well-being and the beingness of being well.

*To effortlessly progress forward in today's environments*, it is essential to unplug from what others have designed that are untrue for you and plug into what is true for you - the true nature of you - where you connect into the confident empowerment and enjoyment of your natural instincts, true talents, and innate skillsets. Doing so, *you* create change at the root of all matter - *vibration*. **You then become the cause of effectively transforming what is ineffective into what is optimal for your highest - best - and swift - outcomes.**

# *Lemurian Alchemy*

## *Advanced Modalities for Alternative Care Practitioners*

### ALCHEMY

Origin: alkamye, via Old French; from Medieval Latin alchimia;  
from Arabic al-kimiya, from al (the) + kimiya (transmutation); from Late Greek khemeia  
Meaning: the art of transmutation,  
transforming from one nature, substance, form or condition to another

### FREQUENCY FACILITATION

*High Channel Frequencies . True Nature of Light*

- Wellness . Well-Being . Being Well
- Weaving the Law of Cause and Effect
- Highest Good . Best Interest . Optimal

### SELF SYSTEMS™

*Who, What, Where and Why . Akashic Agreements vs Contracts*

- Structure . Layers . Levels . Dimensions
- Fluidity . Flow . Receptivity
- Access . Order . Synchronicity

### THE HUMAN HOLOGRAPH

*Optimal Swift Speed Income Outcomes*

- How to Increase Empowerment
- Power of Self Honor, Regard, Respect, and Kindness
- Optimizing Clarity and Sensory Tactility

### CORE ELEMENTS

*Self Power . Divine Power . Your Power*

- The Four Hidden Sectors of Success or Failure
- The Key Factors of Healing Success
- Safety of Effective Simplicity

### LIGHTCEUTICALS™

*Ancient Healing Technology of Light*

- Beyond the Scope of Insight
- The True Nature of Light - Amplified
- Types of Light for Effective Well-Being
- Current Crystalline Constructs
- Innate Protections and Protocols of Light
- Building Your Apothecary

### **Lemurian Alchemy**

Individualized with Consideration of Past, Present, and Incoming Experience  
45-Minute and 60-Minute Intuitive/Mentor Sessions  
4 Months; \$3,900.00

# Lemurian Grace

## *The Art of Effortless Living*

### GRACE

Origin: the Latin word gratia is derived from the Proto-Indo-European root \*gher-;  
from the Greek word kharis; from the Sanskrit word harṣa-

Meaning: a natural gift or talent; grace, favor; joy, gladness; favor, kindness, or goodwill;  
elegance, refinement, or beauty; to desire, to love; a sense of propriety or decorum

### THE ART OF BEING

*Resonance in Agreement . Accepting the Dream . Mastering Your Life*

- Clarity in Natural Law as it applies to you and your experience
- Mentoring through Your Code and Your Key to know and integrate your True Nature
- Integrated Understanding your Holographic System's support of your every day
- Learn how to work with your own System to create and maintain the safe environment where Beingness flourishes
- Mastery in the Arts of Acceptance, Utilization, Agreement, Balance and Stability

### THE ART OF HAVING

*Collapsing Time . The Magic of What Matters . Living the Dream*

- Know the subtle sway of Breath, Vibration and Outcome
- Mentoring through Probabilities custom to you; Effortless Being that hastens dream into experience; and Time
- Understanding Matter, What Becomes Matter, and What Matters to and for You
- Learn to recognize, comprehend and manage overwhelm, influx and empowerment in the Reality of Your Dream
- Mastery in the Arts of Knowing, Believe, Confidence and Trust

### THE ART OF DOING

*Alchemical Transformation . Elemental Influence . Move Those Mountains!*

- Know the values of Choice, Commitment, Certainty and their effect on Resonance and Freedom
- Mentoring through transformative Alchemy, influencing the Elements, and impactful Momentum
- Understanding the Structure, Fluidity, Order, and Synchronicity
- Learn how to create, manage and achieve progress for Swift Outcomes
- Mastery in the Arts of Access, Flow and Receptivity

### THE ART OF BALANCE

*Juggling Interruption . Accepting Yourself . Enjoying Your Life*

- How to Not Be Perfect - Always
- When to Shift Gears
- Knowing Your Capacities . Believing Your Capabilities
- When Life Backtracks
- How to Recognize Your *Being Well* . How to Recognize You Are *Being Well*

### Lemurian Grace

45-Minute and 60-Minute Intuitive/Mentor Sessions Individualized with Consideration of Past, Present, and Incoming Experience; Months 1-6: *Engaged Quantum Health, Self Systems™* and *\*The Key*; Months 7-15: *Manifesting Your Grace*  
15 Months; \$14,000.00

# *Choosing Your Course*

“Ruth! This has completely changed my life. I went home and it was easy. Our (family) experience was peaceful. It has never been like that before.”

*Jeanne Carlee  
Artist, Entrepreneur*



# *Authenticity . Beingness . Clarity*

*Innate Gifts and Skills  
Partnering with Self, Your Ally in Life  
Becoming at Home in Your True Nature  
Being the More You Came Here to Be*

## YOUR PATH

Each course follows specific steps and protocols that build comprehension and your skillsets. Since no two people have the same experience or path, every mentoring session is customized to you, and is engaged for the purpose of developing ease in understanding, integrating functional tools into your daily life, and increasing the capacity to elevate your life into congruent resonance. Your commitment to yourself is key to your success.

## EXPERIENCE LEVELS

To help you evolve from your current phases to the next and future steps of your life path, each mentoring session within each course delivers according to your path, capacity, and expansion, revealing more and more for you as you evolve. These sessions are of (1) high frequency vibration, (2) dedication to connecting you into full relationship with your Higher Self for ease and betterment of living your innate Gifts for this lifetime, (3) and will provide the path of expansion to Become who and why you truly are that you generate living with functional ease, authentic expression of you and your voice with confidence and trust in you.

### **BEGINNER**

The Mentorship Programs by Ruth Evelyn are for Intermediate and Advance Level Individuals familiar with the quantum world of energy, are working with Clients in a Life Coaching or Healing Practice, or is in search of their Life Calling for the betterment of Well-Being of the planet, Humanity and, especially, their own life and beingness to positively affect others.

### **INTERMEDIATE**

For those who are familiar with natural law, frequencies of light and dimensional probabilities, Intermediate level of Mentoring expands your knowledge base, increases your capacity to receive, and provides greater dimensional access to align with life dynamics of your True Self.

### **ADVANCED**

Advanced level Mentoring is for those already skilled in energy work. These sessions deepen your comprehension of light vibration and dimensional structures to highly advance your skills. In the Lemurian Alchemy program, you will access the greatest capacity of light, skill, and guidance available to you in this life path.

## WHERE DO I FIT?

Life is complex. On the following page, you will find a short list of scenarios and the mentorship programs for that style of life question. This list is the current top-trending life situations the Dimensional Realms are facing with those on the path of Light and their Clients as We help Humanity through its transformation into the fullness of the Aquarian Age. Whether your current world resembles any of the scenarios or not, We will work with you to evolve into the partnership your life is meant to be, advance the skills you bring to the table to meet next-level abilities, and/or simply work with you to find the true sweet spot in you that is content and peacefully adventuring into your rest-of-your-life beingness.

## CUSTOM COURSES

The steps and protocols in the courses outlined are proven to deliver Client outcomes in days, weeks, and months rather than years, decades and lifetimes. Recognizing the skills and knowledge already gained in this life, and remembered from distant and clear memories of the past, We offer customization of courses that (1) condense course structure (2) hasten outcomes for time and timing of greater purpose, and/or (3) add steps/protocols not listed that are specific to one's Purpose and Collective Agreement(s). Call for discussion and quote.

# *Course Fee Summaries and Options*

**“Amazing. Our conversations have really helped.  
Loved training with you. It’s been fun!!”**

*Amanda Daniels  
Intuitive Healer, Author  
Founder of Heartquake Media*



# Course Fees and Payment Options

Effective May 2025

Ruth Evelyn Swaine

775.336.8888

[www.ruthevelyn.com](http://www.ruthevelyn.com)

## ENGAGED QUANTUM HEALTH

- Frequency Facilitation
  - » 1.5 Hours; \$160.00
- Language of Light
  - » 5 Hours; \$650.00

### Course Package includes

- Frequency Facilitation . Language of Light
  - » 7 Hours; \$810.00

## YOUR AUTHENTIC SELF

- Self Systems™
  - » 8 Hours; \$1,200.00
- The Key 2-Part Self-Study Course
  - » Part 1: Foundation
  - » Part 2: Evolution
  - » 5 Sessions; 2 Custom Workbooks; \$1,725.00

*Note: Key Course personalized workbooks are quality printed, spiral-bound, full-color study guides of your Authentic Code\*, the matrix of Internal/External Vortices, Portals of Communication, Steps to Well-Being and More. \*Note: During the first two sessions, you learn to and download your Authentic Code of Light from your High Self with certainty.*

## LEMURIAN ALCHEMY

### Advanced Course for Alternative Practitioners, includes

- Frequency Facilitation
- Self Systems™
- Core Elements
- The Human Holograph
- Lightceuticals™
  - » 4 Months; \$3,900.00

## LEMURIAN GRACE

### Course Package includes

- Engaged Quantum Health
- Self Systems™
- The Key Foundation full course
- The Key Evolution full course
- The Key Personalized Workbooks (2)
- The Art of Effortless Living
  - » 15 Months; \$14,000.00

Payments are processed through Square or Zelle Bank to Bank transfer. We do not use any other payment processing services at this time.

## INTUITIVE SESSIONS

### Confidence Coaching

Understand the depths, longevity and must-complete steps of moving through your current phase in preparation for your next phase to stay on course without sidesteps.

- » 45 Minutes; \$120.00

### Now and Next

Understand the depths, longevity and must-complete steps of moving through your current phase in preparation for your next phase to stay on course without sidesteps.

- » 1 Hour; \$150.00

### Contribution to Self and Humanity

When you feel called to participate in the overall greater good for humanity's well-being, this session will highlight the role you play and when to expect your role in our collective evolution to begin.

- » 90 Minutes Hour; \$200.00

### Flex-Time Retainer

Bulk purchase of Coaching or Intuitive Channel hours used in increments of 15-minutes or more are perfect for longer term situations. Retainer hours are helpful when you are walking through an evolving phase or ever-shifting circumstance where updates and insight provide clarity to support your confident choices and steps.

- » 3 Hours for \$435.00
- » 5 Hours for \$700.00
- » 7 Hours for \$945.00

Gift Cards

[Now Available](#)



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