

The
Particles from Heaven
Techniques™

from

Particles from Heaven
Self-Realization

Matthew Fifeforaite

The
Particles from Heaven
Techniques™

from

Particles from Heaven
Self-Realization

Matthew Fifeforaite

The Particles from Heaven Techniques™

from

Particles from Heaven
Self-Realization

Copyright © 2021 by Matthew Fifeforaite

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, contact the publisher.

978-1-7371756-3-6 (hardcover)

978-1-7371756-4-3 (pocketbook)

978-1-7371756-5-0 (ebook)

Derfla Publishing

P.O. Box 519

La Cañada Flintridge, CA 91012-0519

DerflaPublishing.com

Design/Layout by Van-garde Imagery

Cover Design by Van-garde Imagery

www.PFHTechniques.com

This book is not intended as a substitute for the medical advice of physicians. Readers should regularly consult a physician in matters relating to their health and particularly with respect to any symptoms that may require diagnosis or medical attention.



Your Soul is the Presence of God in You.

You and Your Soul are One.

Love Your Soul.



Table of Contents

Introductionvii
Soul Body Technique™	1
Instant Harmony & Happiness Technique™	5
Emotion and Libidinal Sensation	
Control Techniques™	9
Mind Spiritualization Technique™13
Active Peace Technique™15
Soul Affirmations™17
Self-Forgiveness Technique™21
Inner Strength Activation Technique™25
Spiritual Unity Prayer™29
Spiritual Chanting33

Introduction

If you have read *Particles from Heaven: Self-Realization*, you will find this consolidation of the techniques from the book a welcomed aid to your daily practice.

If you haven't read *Particles from Heaven*, it is not necessary to read the book to successfully perform *The Particles from Heaven (PFH) Techniques*[™]. Also, the techniques will work regardless of one's theistic or atheistic beliefs.

This book presents the techniques in the same sequence as in *Particles from Heaven (PFH)*. For those who have not read PFH, each technique will prepare you for the following technique. As such, they are presented in the order in which they should be learned. Ideally, you should not continue to the next technique until you have successfully performed, in some measure, the one you are learning.

Even if you know *The PFH Techniques* well, rereading them can oftentimes remind you of a forgotten detail in a technique and/or refresh the flow of the techniques in your practice.

Once you awaken to your soul and have learned *The PFH Techniques*, the sequence in which you perform them will naturally begin to vary without you taking any thought for the sequence in which you learned them. This is the perfect activity

of your heavenly soul leading you in prayer. The place where your soul is always leading you is to its heavenly body, to itself.

It is highly recommended that anyone who practices *The PFH Techniques* also practices the techniques in my book *Instant Harmony & Happiness via the Auric Chakra Harmonization Technique™*. *Instant Harmony & Happiness* is a standalone book for spiritual and non-spiritual people alike. For those people who desire to know their soul, however, *Instant Harmony & Happiness* and *Particles from Heaven* are companion books and the techniques in both books should be practiced together.

“Your soul can be understood as the axis of your being. When you are centered (*united*) on your axis (*soul*), you will be whole in spirit, and your world – *the conditions of your life* – will naturally become stable, harmonious, and whole, and it will revolve in peace.”

Matthew Fifeforaite

Land of the Soul

Soul Body Technique™

Sit with your eyes closed. With your mind's eye¹ and your sense-awareness,² watch and sense your entire physical body and the energy of your aura³ one to two inches beyond and around your body.

Maintain a relaxed certainty in your mind's eye and in your sense-awareness that your soul body and its perfect peace exist at the exact same location as your physical body, but at a much purer (*finer*) level of vibration.

Don't try to see and sense your soul body anywhere other than at your physical body. If you think it is somewhere else, you will miss it.

Your mind's eye and sense-awareness should be relaxed, steady and sure.

-
- 1 In your mind, locate where you can see mental visual images. This is the central part of your mind's eye. You will likely sense that your mind's eye is energetically connected to different points of energy called "chakras," along the centerline of your forehead.
 - 2 Your sense-awareness is your natural ability to be aware of the sensations of your physical body. You use your sense-awareness all the time. Just as you can be aware of the sensations of your physical body, you can likewise become aware of the sensations of your soul body.
 - 3 For detailed information about your aura, your sense-awareness and awakening your natural ability to sense energy, refer to the book *Instant Harmony & Happiness via The Auric Chakra Harmonization Technique™* by Matthew Fifeforaite.

When you see and sense your soul, its perfect energy will replace the vibrations of your physical body.

Practice this technique for one to two minutes at a time. Relax into the exercise. Return to the technique several times per day.

It won't take long, perhaps a day or two of regular practice before the physical vibrations of your body begin to subside. When these lower vibrations disappear, you will feel free (*demagnetized*) from physical and negative influences (*energy currents and vibrations*) and you will know the perfect part of yourself.

When you awaken to your soul, silently sit with it; silently be at peace with it.

Continue to relax your mind's eye and your sense-awareness into purer levels of your soul body's perfect peace and joy. Remain with your soul until you feel that your time with it is complete.

If while performing the Soul Body Technique, you look to see and sense your soul in your head and you activate your brain-energy, turn your mind's eye back to your torso, arms and legs, where it is easy to know your soul. This will reestablish the peace of your soul in your mind's eye and sense-awareness. Then you will know what you are looking for when you turn back to see and sense your soul in your head, and your mind will not inadvertently activate your brain-energy. Go back and forth, as necessary, until you know the perfect vibrations of your soul in your head as you do in the rest of your body.

For several reasons, it is important to always reactivate your auric forcefield⁴ upon completion of the Soul Body Technique, or when completing any group of *The PFH Techniques*.

Place your sense-awareness on the energy of your aura and perform the *Auric Forcefield Technique*^{™5} or the *Instant Harmony & Happiness Technique*^{™6}. Make sure that you sense the harmonious buzz (*vibration*) of your aura before you resume your daily activities.

4 Your auric forcefield is the natural strength of the harmony of your aura developed by performing the techniques presented in *Instant Harmony & Happiness via The Auric Chakra Harmonization Technique*[™] by Matthew Fifeforaite.

5 To learn about the *Auric Forcefield Technique*[™], refer to the book *Instant Harmony & Happiness via The Auric Chakra Harmonization Technique*[™] by Matthew Fifeforaite.

6 The *Instant Harmony & Happiness Technique*[™] is presented in the next chapter. It is reprinted from the booklet *One Second to Happiness* by Matthew Fifeforaite.

Instant Harmony & Happiness Technique™

The *Instant Harmony & Happiness Technique*™¹ is a simplified version of the *Auric Chakra Harmonization Technique*™. If you haven't yet learned the Auric Chakra Harmonization Technique (ACHT) and the Auric Forcefield Technique (AFT),² you can perform the Instant Harmony & Happiness Technique in place of the ACHT and the AFT until you are able to learn them.

Learning how to harmonize your aura is extremely important. Activating the natural harmony of your aura stabilizes your heart and mind with harmony so that you can turn within and develop your inner relationship with your soul.

Turning toward your inner (*soul*) dimension can lower your aura and its protective harmony from the unhappy energies in your environment. But if you reestablish the harmony of your aura upon completion of a PFH technique or group of PFH techniques, your aura will naturally protect you from those un-

1 You can learn more about the *Instant Harmony & Happiness Technique*™ by reading the booklet, *One Second to Happiness* by Matthew Fifeforaite.

2 Both the *Auric Chakra Harmonization Technique*™ and the *Auric Forcefield Technique*™ are presented in the book *Instant Harmony & Happiness via the Auric Chakra Harmonization Technique*™ by Matthew Fifeforaite.

happy energies and you will be able to deepen toward your soul without issue.

1. Think about the empty space that is two feet in front of you, in front of your entire body; especially in front of your eyes and your forehead, and in front of your chest and stomach.
2. At the empty space two feet in front of you is a very pleasant type of harmony. This is the stable harmony of your auric chakras.
3. Think about the pleasant harmony that is two feet in front of your eyes and in front of your forehead. Relax into that thought.
4. Then think about the pleasant harmony that is two feet in front of your chest and stomach. Again, relax into that thought.
5. As you relax into the thought of the pleasant harmony two feet in front of you, watch how happy thoughts and feelings naturally begin to appear. If your thoughts and feelings were already harmonious and happy, you will experience your happy thoughts and feelings elevate to the level of the extraordinary type of harmony you activated from your aura.
6. Once your thoughts become positive, keep thinking about that pleasant harmony two feet in front of you for twenty

seconds, or so, to stabilize that energy in your body. Once established, your activated harmony will automatically stay with you.

7. Repeat this process all around your body.

www.PFHTechniques.com

DP Derfla
Publishing

DerflaPublishing.com

