

# The Essence of Healing



Guidance on how to understand and use the Armichi Method Healing system.



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## The Essence of Healing

We want to empower you so you understand the fundamentals of good health and how to see through the veil and liberate yourself. This is why we have published nearly 50 Articles that are all designed to help you. This article explains some of the words we use in our teachings and healings.



### Revealing not Healing

First, it's important to say here that we are not actually doing any healing since you are already perfect and made in the image of the divine. The only reason you don't see this perfection or express it to others is because of the invisible barbed wire cloak of discordant frequencies that surrounds and permeates you through all layers, timelines, pastlives and dimensions. We go into more detail about this in our Article [Revealing Not Healing](#) where we show you how to remove these discordant frequencies and we also remove millions of discordant frequencies for you in our [Armichi Method Healing](#) services. In essence, everything we do is designed to reveal your inner glory, your true magnificence that doesn't need to be changed or healed.



### Integrate & Liberate

We don't release anything from anywhere! We don't change or transmute anything either. What we do is to incorporate all discordant frequencies (including those of the limiting emotions and thoughts) within you, so that they are no longer separate and no longer need to be expressed. Ascension is about the one-ness of all and that includes all of the anger, sadness, jealousy, fear, etc. They are never 'going away' since they are an integral part of the all that is. However, once you integrate them within your divinity, those separate aspects -including emotions - that were once being triggered by life situations are now no longer separate and will no longer be part of your soul expression. Integration means that your soul is now free to express itself as the divine being of love,

meaning you experience the world without fear, disappointment, loneliness. It is a truly liberating experience and one we teach you in person in our [Armich Method Integrate & Liberate](#) service.



### **The Essence of Armichi Method Healings**

During our [Armichi Method Healing](#) services you will notice that we use the statement:

- *We neutralise and delete the frequencies, vibrations, connections, chords, energy imprints, memories, information, programming, vows, contracts and physical manifestations of and to <limiting emotion>.*

We wanted to explain these terms in detail so it is clear what we are doing.



### **Frequencies**

Everything and everyone has a field and therefore a unique frequency. All physical substances resonate for their own individual frequency, including trees, homeopathic remedies and even the building you live in. This is also true for the non-physical including thoughts and emotions. When measure your levels of consciousness in our [Know Your Own Levels of Consciousness](#) service, we are actually tuning into your unique frequency which is embedded into your photograph. In both our [Armichi Method Healing](#) services we neutralise, delete and integrate the several million discordant frequencies that almost all of us resonate for and then also for your predominant limiting emotions. If you want to know more about the physics of frequency we touch on this in our Article [Healing and Frequency](#).



### **Vibrations**

The vibrations are a consequence of the frequency but create their own imprint in exactly the same way that the vibration of a sound wave creates a sound. When you use this term in your own healings, you can visualise the vibration as being the 'sound' of the frequency that you are tuning into. So the frequency is the source or origin and the vibration is the effect of the field.



### **Connections**

Connections are what you have formed during your current and pastlives that keep you tied to a particular frequency. Since frequency is such an intangible concept, we are going to refer to the frequency of the limiting emotion anger throughout the rest of this

Article. Let's say that you resonate for anger and you want us to integrate it or you would like to integrate it yourself, you need to ensure that you have neutralised and deleted anger in every aspect. When you neutralise and delete the connections to anger, you are removing all conscious and sub-conscious associations that you have made that keep you resonating for anger. An easier way to explain this is, let's say that you have suffered a lifetime of emotional abuse and that you feel angry about your experience. There may be certain phrases or places or people that you have begun to associate with feeling angry. If we were to integrate the feeling of anger without removing these associations, then whenever you encountered these phrases, places or people again, they are likely to trigger more anger within you.



### **Chords**

Chords are the invisible ties that have been formed from you to the non-physical energies, entities, etc such as off-planet energies that keep you chained to a particular discordant frequency, like anger. There are many unseen dark energies that have put many systems into place to keep the human population from expressing itself as divine beings. These chords are insidious and multiplicitous and act like a spider web to keep you resonating for very powerful discordant frequencies. We neutralise and delete these and then integrate them so that you no longer need to express whatever frequencies they were binding you to.



### **Energy Imprints**

Energy imprints are like stamps or watermarks of discordant frequencies that are carried throughout the body and non-physical layers and affect everything you think, feel or do. They even - as with everything here - affect the way that your body functions and regenerates since the energy imprints are literally imprinted into the whole of you, your systems and processes. If you resonate for the energy imprint of anger then all of your cells will be replicating with an overlay of the frequency of anger and so we neutralise and delete these energy imprints and integrate them so they no longer have an effect.



### **Memories**

An easier one to understand! Memories are acquired from experiences in both the current and past lives and can be incredibly debilitating and inhibiting. We have observed that if you resonate for a limiting emotion such as anger then this is likely to have affected your experiences in most of your past lives and you will continue to experience situations that cause you to feel anger until it is fully integrated. However, unless we neutralise, delete and integrate the memories, then you will continually have a

clouded view - often described as part of the veil - of your experiences in your current lifetime. This is because these memories will distort the way that you react to people and situations. Let's say that you have a repeated situation throughout your lifetimes that you have been treated badly by your mother. Until we integrate the memories of all of these experiences, you will find it difficult to hold a soul based relationship with your mother, since these memories - even if they are only subconscious - will influence the way in which you see her.



### **Information**

We tend to think of information as what we have learned during our education, information conveyed in the news or via internet but the information we consider is anything from any source that has caused you to resonate for anger. This includes information from all dimensions. An example of information originating from the 3rd dimension would be information shared by your parents, who in turn were given this by their grandparents and ancestors that the land they used to own was stolen from them. Even if in the current lifetime you are happy with your home, you still carry the information that - rightly so - caused you and your ancestors to feel angry. Until we neutralise and delete this information it is a burden and stops you from expressing your true soul self. We are not eradicating memories or history, we are simply integrating the information so that you hold it within yourself but can now view it from the soul perspective, rather than the ego perspective. Over many eons, we have all been subjected to information that has been designed to keep us suppressed and in the limited ego-state, and it is now time that we liberate ourselves from these limitations.



### **Programming**

We have all been restrictively conditioned to think, feel, act in a certain way due to many on-planet and off-planet programmes. These programmes are designed to keep us feeling limiting emotions and thoughts, such as '*only those born into wealth may experience it*' or '*God will punish those who sin when they pass so I have to be obedient and follow the rules of the church*'. These programmes are designed to ensure that the power and control systems can be maintained. Each programme may keep us resonating for specific limiting emotions. For instance '*only those born into wealth may experience it*' will keep us resonating for lack and ensure that we don't object to working at least 50% of our waking lives only for the government to remove more than 75% of what we have earned in direct and indirect taxation. Once these programmes have been neutralised, deleted and integrated, you are free to view and experience your life without this conditioning, make changes. Then this is the beginning of your personal freedom.



## **Vows**

Each of us has made promises to think feel or act in ways that limit the soul from expressing itself freely. An example would be the marriage vows that subconsciously bind us into a life of subservience with 'I promise to love, honour and obey'. Many of our vows have been made in previous incarnations: 'I pledge to seek revenge' and we continue to carry this with us into subsequent incarnations until we neutralise, delete and integrate. And others seem more minor but can be equally binding: 'I promise to lose weight' since this vow ties us to the vibrational set point of seeing ourselves as being overweight, meaning we will continue to experience this reality. Once we are free from the vows we have made we liberate our souls to experience a life without the limitations they cause.



## **Contracts**

We use this term in some of our healings as and when guided. Contracts are those binding agreements that we made in this and previous lifetimes that have kept us forever in a state of limitation. For instance, we have discovered that 92% of us have signed a poverty contract in at least one past-life. This probably explains why the vast majority of the population have relatively little wealth and the majority of wealth is held by the very few. We tested and discovered that 0% of the 10 wealthiest family members have ever signed a poverty contract. During our healing sessions if we are shown that you are bound to a contract which resonates to the limiting emotion we are considering, we will neutralise, delete and integrate this contract. Often we manage the issue of contracts separately as they can have a powerful hold over the individual and can take a while to integrate.



## **Physical manifestations**

We use this term because we have found that each physical symptom often has a corresponding emotional that it is a vibrational match for. We have found that it is very common for UTIs to resonate for anger, irritation, frustration. We have also found it is common for eczema to resonate for irritation and shame. Acne can be a resonance for self-rejection and shame. Interestingly, a physical symptom does not necessarily have the same emotional vibrational match for everyone so we need to test each person individually to discover what their physical symptoms resonate for. Some physical symptoms don't resonate for emotions; for instance if you have injured your leg, this may only resonate for physical trauma. This part of the healing is very powerful since, once a limiting emotion has been integrated often we find that the corresponding

physical symptom lessens or disappears. This can be overnight or take a few days or longer as new cells and processes are formed that are free from the embedded limiting emotion.



### **Layers**

Here we refer to your physical body, your soul and aura. Most people are primarily concerned with the physical layer since it is through this layer that we have a visible expression of the invisible barbed wire cloak of frequencies. This is why symptoms are our friend since they help show us what is out of balance. We can then use Resonance Testing to determine the vibrational matches of these symptoms and neutralise, delete and integrate each of the energetic matches in turn. For another reason, pain is incredibly helpful as it helps us to direct our loving attention (consciousness) to the area and heal. We go into more detail about this in our Article [How to Get Rid of a Headache or Any Pain](#). When we do our healing sessions, we ensure that the discordant frequencies are neutralised, delete and integrated from all of our layers.



### **Timelines**

Timelines are all potentialities since we exist in a universe of infinite potential. The most likely future or outcome will depend on your current moment vibrational set point. We have found that when we do our healings, any discordant frequencies resonant in the timelines is a result of the resonance in the layers, pastlives and dimensions. This knowledge is empowering in itself for it means that, if your life is not going the way you want it, you have the power within to integrate whatever is restricting your current vibrational set point and to set yourself free to experience an unlimited life with boundless potential, simply by changing your current moment.



### **Pastlives**

We have all had many pastlives and we have found that our current lifetime is heavily influenced by our pastlives and therefore it is crucial and often time consuming to integrate discordant frequencies that resonate with pastlives. These can be binding, oppressive and pervasive. We have noticed that almost every person who resonates for anger in their layers has an equal or higher Resonance Test score in their pastlives. The only people whose Resonance Test score is lower in their layers are those who have been able to integrate the past life anger and still are expressing anger as a result of residual, often habitual, reactions to certain situations or people.



## **Dimensions**

We have found that many of the discordant frequencies we are integrating resonate over multiple dimensions. Particularly there are many chords that bind us to the 1st, 2nd and 3rd dimensions. Although it may seem strange, since we appear to exist in the 3rd dimension and most of us are very comfortable in this dimension, the 3rd dimension also has a powerful limiting effect on us, including the formation of our cells. Once we are no longer tied to this dimension, our cells are free to express themselves in the image of the divine. An example of this is nutrition. A connection to the 3rd dimension that we have all made is that we need food to survive. In fact this connection can be neutralised, deleted and integrated so that the source of our nutrition comes from consciousness. Then we are free to choose to eat if we wish, but are not dependent on this source of nutrition. Breatharians have broken this source and as we ascend we are all moving naturally to more breatharian state of being. Of course in today's society, food is central to most of our society and we are not advocating that we become 100% breatharians, but it is liberating to know that when you eat, you are eating through choice and not necessity. During our [Armichi Method Healings](#) we connect all cells with an infinite source of nutrition for all eternity. We also do the same for hydration and we have found this is a really useful way of helping keep the cells hydrated, especially for those who forget to drink water.



## **Return and Integrate**

This is the last, but transformative part of our healings, which we have already mentioned are actually revealings. The return and integrate stage involves incorporating each separate discordant frequency that is present in all of the above so that it is fully integrated within you. Once the discordant frequency - let's say anger - is no longer a separate aspect, you will cease to react to people and situations with anger. You will no longer feel the need to express this frequency, even if you have resonated for it and re-enacted it over many lifetimes. Although this appears to be the least complicated of the healing it often takes the longest time; between 5 and 30 minutes. However, the bliss that you feel once a discordant frequency has been integrated within you is without comparison. You feel a lightening, an expansion, a lifting and a sense of liberation after millions of years of suppressive limiting emotion is now no longer a separate discordant frequency. It is a truly a joyous event and our absolute favourite aspect of all the healings we do.





## **The Essence of Healing is about Ascension**

Our Ascension path is a process that involves our levels of consciousness increasing to 1000; our DNA strands developing into 144; all 12 of our chakras opening and each one expanding into 12 different aspects; and all discordant frequencies being fully integrated. We wrote more about this in our Article [Ascension: Our Observations](#). The integrations are just a part of the process and yet are an incredibly transformative, liberating part. Even if you have only chance to integrate one single limiting emotion, the difference you will find it brings to your life is incredible. Imagine never getting angry again? Or at least until it is fully integrated, you will feel so much calmer than you did before. We have found that most people need to repeat the integration for some emotions; especially those so deeply entrenched such as fear and anger, which the whole population resonates for and has done for millions of years. We teach you how to do this in our one-to-one service [Armichi Method Integrate & Liberate](#), where you experience how to do an effective integration, how to recognise when it's complete and how you experience the feeling of liberation.



We wish you much love on your ascension journey and hope this article has helped. If there are any articles or research topics you would like us to write about please [contact us](#) and make your suggestions, thank you!

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