

A. M. Egan



# TUNE INTO WELLNESS

*Vibrant Frequency Alignment  
for Body, Mind & Soul*





# Dedication

**Dedicated to my nieces and nephews;**  
Mitchell, Malcolm, Rebecca, Madeline,  
Sophie, and Noah Egan  
and Cousin Connor Church.

**With thanks and support from:**  
Brother/Author - Niall Andrew Egan,  
Dad/Author - Fergus P. Egan

**Thank you for support and encouragement:**  
Mum- Irene, Regan, Caroline P. Victor S. Peter S.  
Jeff S. Lu-Anne, Suzanne B.  
Jay D. Claudia D.

Also dedicated to Aunt Rosie, Aunt Emer Egan,  
Cousins Brian Og, Nessa Egan and Uncle Brian

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**TUNED INTO WELLNESS**  
Vibrant Frequency  
Alignment For Body,  
Mind & Soul



# Introduction

Welcome to the captivating world of vibrational healing, where frequencies and energy intertwine to create a remarkable tapestry of life.

From the colours that resonate in our aura to the energy that surrounds us, we will explore the interconnectedness of our bodies and the universe.

There are many ways to increase our vibration to operate at our healthiest frequency. We will explore many areas and techniques that can be incorporated into your daily routines and improve your interactions with others. A balanced body and mind and a positive high vibration will sustain you on a healthier path in life. We will look at aura energy, protection for our bio-energy field, music vibration, colour vibration for healing, the vibration of words, meditation, mantras, manifesting, and explore tuning into our higher selves and our subconscious mind.



If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.

**- Nikola Tesla**



Everything in life is vibration.

**- Albert Einstein**

## DISCLAIMER:

Energy frequency tips are not medical advice. You assume full responsibility if you choose to go off any medication without consulting with your Doctor. All meditations and mantras are designed to support readers in their wellness journey, NOT replace any medical advice from a Doctor or Practitioner. Always consult your Doctor about any illness or treatments that need attending to or any change in diet or lifestyle.

A.M. Egan's programs and tips are designed to work with complementary medicine therapies. Everybody is different, and positive change is done by your body, NOT BY AN OUTSIDE person or source. A.M. Egan assumes no liability for any client's health status or decisions, changes, or alterations they make regarding their health and wellness. You are responsible for any changes in diet, health regime, direction of goals, and decisions as you see fit. A.M. Egan makes no claims or responsibility for your health or lifestyle goals in any way.

The wellness information provided herein merely supports a positive mindset and healthy approach to living. Whether you follow the suggestions or not is your choice and you must decide what is best for you.

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# Elevating Your Vibrational Symphony:

## Navigating the Path to Health and Harmony

Within the intricate tapestry of existence, a symphony of frequencies weaves its invisible threads, shaping the very essence of our being. This symphony of vibrations extends beyond sound, cascading through every facet of our lives - from our thoughts to our interactions and even the energy that flows through our bodies. Welcome to the journey of raising your vibration, which promises a deeper connection to the universal rhythm and an enriched life experience.

In this exploration, we seek to uncover the myriad pathways that lead us to the pinnacle of our highest frequencies. The power of vibration holds the key to unlocking the doors of health, balance, and transformation.

This journey isn't solely about achieving a healthier physical state but about harmonizing the symphony of your body, mind, and spirit to resonate with the frequencies of well-being and positivity.

Our odyssey begins with the understanding that we possess the innate ability to increase our vibration, aligning ourselves with the currents of higher consciousness and vitality. It's about tapping into the cosmic hum that underlies all existence and channeling this energy to enhance our lives and interactions.

As we navigate this path, we will delve into various techniques, practices, and perspectives that can be seamlessly woven into your daily routines. Imagine a life where you radiate positivity and exude a vibrant energy that ripples through every encounter. This journey aims to equip you with the tools to achieve just that. You'll forge a path toward a harmonious existence by embracing an integrated approach to your well-being - encompassing your physical, emotional, and spiritual dimensions.

In this exploration, we will traverse diverse landscapes, each offering a unique facet of vibrational enhancement. From the intricacies of your aura energy to the protective layers of your bio-energy field, from the melodies that stir your soul to the hues that soothe your senses, we'll unveil the transformative potential within each.

The vibration of words, thoughts, and intentions, often overlooked, wields the power to shape your reality, and we will unlock their hidden potential. As our journey unfolds, we'll delve into higher consciousness and connection. Tuning into your higher self, engaging with your creative potential, and embracing the whispers of your intuition, you'll cultivate a deeper connection with the divine frequencies that permeate the universe.

You are balancing your body's bio-energy field, and understanding how your Chakra meridians work will move you forward with the confidence to feel re-energized. The result is a life guided by a symphony of purpose and meaning.

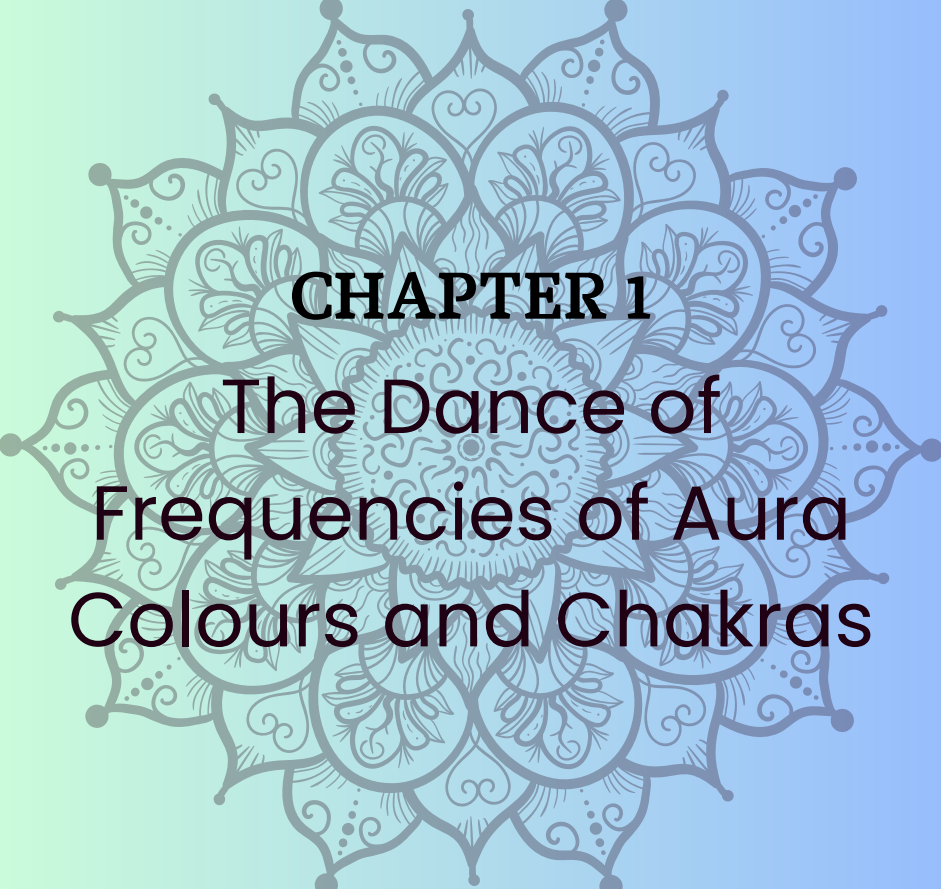
Our odyssey is a multidimensional tapestry that interweaves science, spirituality, and practicality. It's an invitation to dance to the rhythms of the cosmos, to elevate your existence to its optimal frequency.

As you explore the following pages, allow yourself to resonate with the truths they unveil. Embrace the techniques, embody the practices, and allow your vibrational symphony to harmonize with the universe's cosmic dance. You are about to embark on a transformative journey that promises to elevate not only your vibrational frequency but also your experience of life itself.

We will explore auras, Chakras, vibrations, laws of the universe, healing techniques, and finally, manifesting tips for your dream life.

***Join me on this journey as we dive into the fascinating realm of vibrations and discover how to use this knowledge to improve our well-being and create a positive reality.***





**CHAPTER 1**  
The Dance of  
Frequencies of Aura  
Colours and Chakras

The Law of Vibration states that everything in the universe vibrates at a particular frequency. This applies not only to sound and light but also to emotions and thoughts. Like notes on a musical scale, each frequency has its unique vibration, giving rise to a symphony of life around us.

As we understand and embrace this law, we can harness the power of our vibrational energy to enhance our physical and emotional health.

## **Exploring the Auras:**

The human body is surrounded by an energetic field known as the aura, which can be measured and analyzed using Resonant Field Imaging equipment, Kirlian photography, or any equipment that accurately measures the Hertz frequencies. Different colours in the aura correspond to specific vibrational frequencies, giving us insights into our well-being. While some gifted individuals can see auras, accurate measurements provide a more precise understanding of our energetic state.

The aura has several layers and can have many colour spots at once or have an overall tone of one colour. Most people's auras extend several feet around their body and head. A strong, proficient, well-practiced energy worker's aura often extends further. Often, the head area emanates a different colour to the lower Chakra areas. As mood or emotions change, so do the aura colours around the body. Grey or black colours correspond to blocked energy spots and illness.

## **What is a Chakra?**

Chakra is a Sanskrit word that means 'spinning wheel.' There are seven main Chakra points of the body. These are the energy meridians from the top of the head, through the spine, and down to your pelvis. There are many more subsidiary Chakra points that are linked to your acupressure points in the body. There are Chakra points outside your body above your head and below your feet, which are your soul Chakras and higher dimensional energy level points.



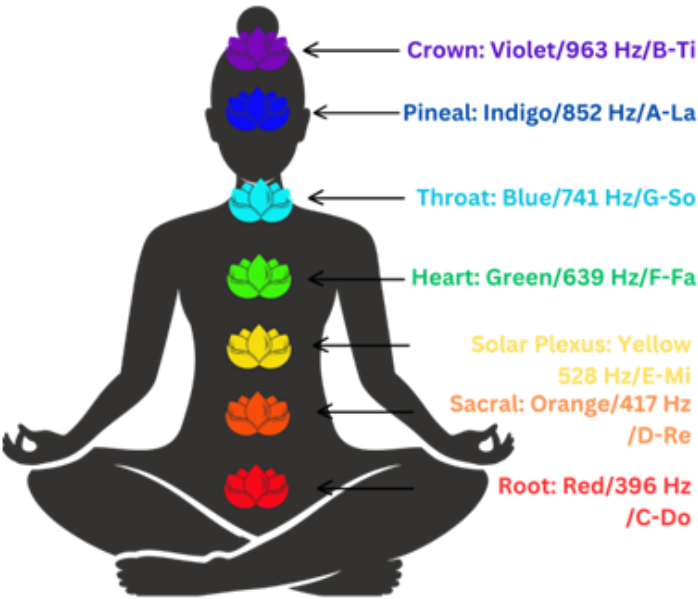
Most people get blocks in the main primary Chakras. Each Chakra energy point spins at a specific frequency and corresponds to a certain colour:



Meditating on the colour helps that Chakra area balance. Chakras are either balanced, under, or overactive. Underactive means illness, fatigue, and depression. Overactive means addictions, nervousness, and worry.

Balanced means you are feeling calm, peaceful, positive, and healthy. We will work with the main 7 Chakras for our purposes as that's where most people have blocks that need dealing with. Here is a simple chart showing the corresponding colour and frequency of musical notes of the 7 main Chakras.

### Chakra Frequencies



The **Base/Root Chakra**, located in the genital area and base of the spine, has an energy-information frequency that corresponds to the colour **red**. The Base Chakra affects the ovaries and testes glands. Its energies are associated with sexuality, self-identity, and purely physical or material energies.

The **Sacral Chakra**, located above the base spine is just below the navel and corresponds to the colour **orange**. The Sacral Chakra affects the adrenal glands, specifically the adrenal medulla. Its energies are associated with healing, generation of life force, and physical vitality.

The **Solar Plexus Chakra**, located around the navel, corresponds to the colour **yellow**. The Solar Plexus Chakra affects the islet cells of the pancreas as glands, as well as the physical nervous system. Its energies are associated with calmness and emotional stability, or the lack thereof.

The **Heart Chakra**, located at the centre of the chest in the heart area, corresponds to the colour **green** or **pink**. The Heart Chakra affects the adrenal cortex, thyroid, and anterior pituitary glands, thus affecting biological manifestations of emotion, and controlling hormone secretion in the whole Endocrine system. Its energies are associated with deep emotions and love, or strong emotions including trauma.

The **Throat Chakra**, located at the centre of the throat, corresponds to the colour **blue**. The Throat Chakra affects the thyroid and parathyroid glands, and its energies are associated with communication, expression, and listening.

The **Third Eye Chakra**, located in the centre of the forehead between the eyebrows, corresponds to the colour **purple**. Alternatively, referred to as the Pineal Gland. The Third Eye Chakra primarily affects the pineal gland, as well as the cerebellum, and its energies are associated with clairvoyance, sensitivity, intuition, and intellectual activity.

The **Crown Chakra**, located directly above the head, corresponds to the colour **orchid** (a very light purple, or violet). The Crown Chakra primarily affects the anterior pituitary gland, as well as the cerebral cortex and the cerebrum. Its energies are traditionally associated with the higher metaphysical self, spirit, and divine consciousness.







## **CHAPTER 2**

# **The High Vibrational Colours And Sound Chords**

In the realm of vibrational healing, the highest vibrational colour is often associated with white or gold light. Auras' colours are crucial for understanding your higher self and your body's health.

Many historical figures described in ancient texts or paintings exhibited a radiant glow around their bodies, symbolizing their heightened spiritual levels and innate healing abilities.

Auras exist regardless of our religious beliefs, and understanding their significance can profoundly impact our lives. Each energy meridian in our main Chakra system starts with the Root/Base Chakra and goes up to the top of the head to the Crown. The colour red balances the Root Chakra, orange balances the Sacral Chakra, yellow balances the Solar plexus Chakra, green balances the Heart Chakra, blue balances the Throat Chakra, indigo balances the pineal gland/Third eye Chakra, and violet balances the top Crown Chakra. Each of these is spinning at a specific balanced frequency musical note. The following chords are as follows:

- Red/Root Chakra/C chord
- Orange/Sacral Chakra /D chord
- Yellow/Solar plexus Chakra/E chord
- Green/Heart Chakra/F chord
- Blue/Throat Chakra/G chord
- Indigo/Pineal Chakra/A chord
- Violet/Crown Chakra/B chord

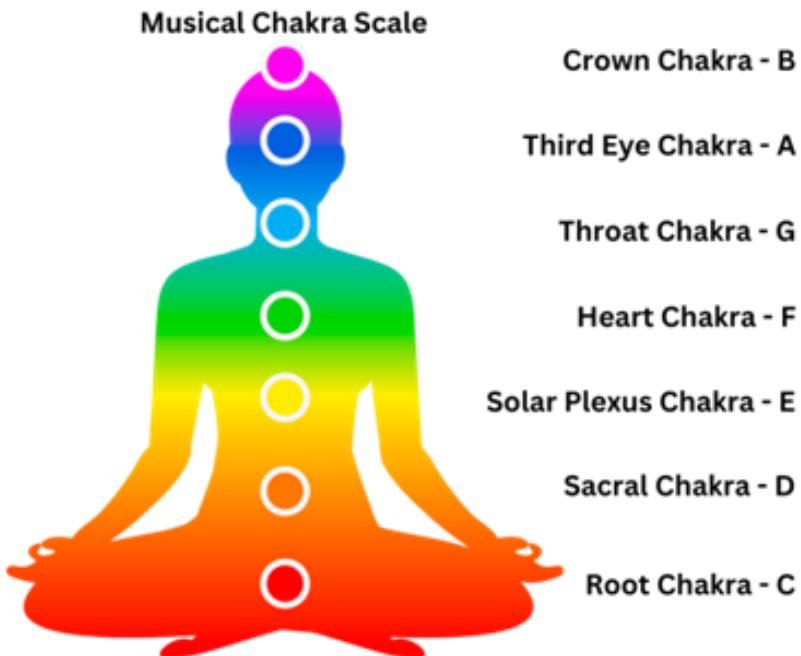
Colours, sounds, words, and thoughts have much more impact on yourself, your brain, your body, and others than you may realize. Conversely, negative ones impact your health and thinking as well as others and even your environment. This is because, as we've discussed, everything has a vibration. And all vibrations can affect your state of mind and state of health. All energies between people and your environment are shared. Having a better understanding of this will empower you to mature as a human being, to be enlightened, and to raise your level of vibration to a more intuitive, balanced, happy state as an enlightened soul.

A **Chakra** system that conforms to the primary colours is considered to be "in balance" in popular metaphysical thought and energy medicine. However, you will find that it is unusual to find a Chakra system resonating at light frequencies corresponding to the primary colours.

Intermediate colours (e.g., rose, navy, gold, etc.) are often found in the Chakra system. This is entirely natural and highly dependent on how the subject interacts with the environment.

Resonant Field Imaging equipment (RFI) or equipment that measures the Hertz of the bioenergy field can show us the number and corresponding colour system. The RFI imaging provides interpretations for all Chakras and the colours that they are currently resonating with.

In the context of meditation, it's beneficial to have an understanding of the primary colour associated with each Chakra. This knowledge serves as a foundational reference point, helping us visualize and concentrate on the ideal colour for achieving perfect harmony. The basic colours are shown here below:

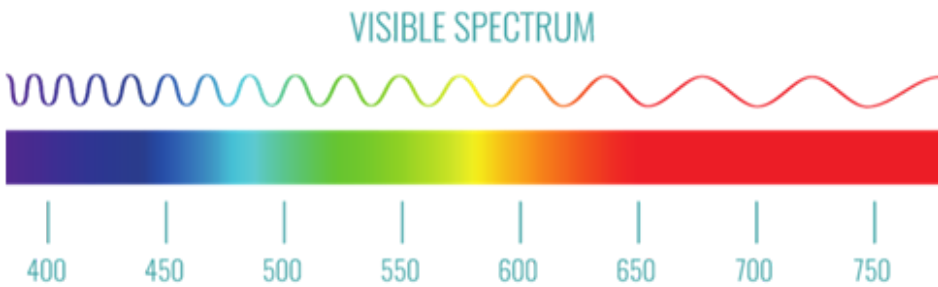




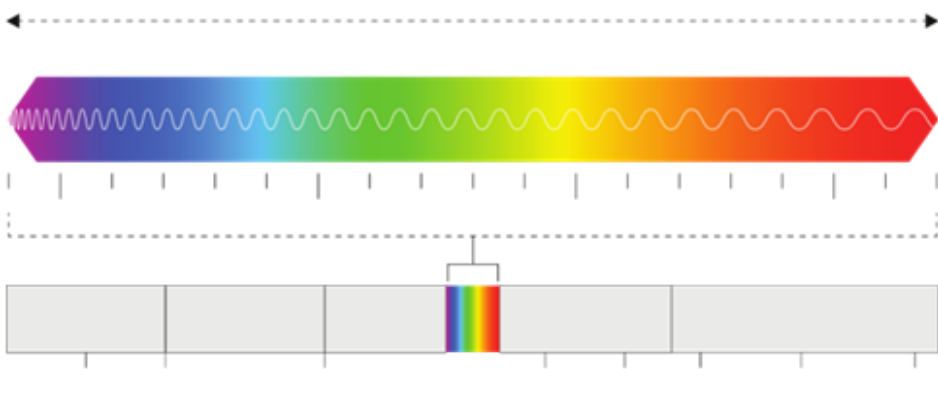
## Frequencies and Their Effects on Chakras:

First, let's understand the basics of the frequency of colour, sound, Chakras, and words. The wavelength of a frequency has peaks and valleys and is the shape of a funnel. When we measure the frequency of the peaks and valleys with sensor equipment, the number of times it repeats per second is termed 'Hertz'.

The measurement was named after the Scientist Heinrich Hertz. He produced electromagnetic waves in the laboratory and measured their length and velocity. This is the measurement of how often the wave cycle repeats per second. Violet has the lowest frequencies and shortest wavelengths, and red is higher and longer. See chart below:



## Visible and Invisible Spectrum



Below violet are the invisible Gamma rays, X-rays, and Ultraviolet rays. Above red are Infrared, Radar, F.M., T.V., Shortwave, and A.M. frequencies.

Objects and everything in our universe have a vibration because molecules are vibrating at the atomic level and never standing still. The invisible electromagnetic waves we can't see also significantly affect our health. For instance, X-rays damage tissues, but infrared is beneficial.

Our bodies, objects, and everything surrounding us are made of material with atoms that vibrate at a specific frequency (it's so fast and small, of course, that you can't see it with the naked eye). Atoms and ions in solids are constantly in motion, vibrating around their central positions. These vibrations create elastic waves with varying lengths, frequencies, and sizes that move through the solid.

The following colour chart is a detailed graph of all the visible light spectrums of the bioenergy field according to the Hertz frequency. As you can see, many colours between the primary tones appear in the bioenergy field.



Sample RFI measurements around the body and their corresponding Chakra colours.

# Resonant Field Imaging <sup>TM</sup> 2013

Colour	Frequency MHz	Colour	Frequency MHz	Colour	Frequency MHz
Burgundy	0.1-0.2	Cyan	9.7-9.8	Navy	83.2-88.1
Grey/Black	0.3	Blue	9.9-10.3	Purple	88.2-93.4
Burgundy	0.4	Navy	10.4-11.0	Orchid	93.5-98.6
Gold	0.5	Purple	11.1-11.6	Silver	98.7-100
Grey/Black	0.6	Orchid	11.7-12.3	White	100.1-101.1
Purple	0.7	Silver	12.4-12.5	Burgundy	101.2-104.8
Burgundy	0.8	White	12.6	Red	104.9-111.1
Rose	0.9-1.0	Burgundy	12.7-13.1	Rose	111.2-117.8
Green	1.1	Red	13.2-13.8	Orange	117.9-124.8
Grey/Black	1.2	Rose	13.9-14.7	Gold	124.9-132.1
Navy	1.3	Orange	14.8-15.6	Yellow	132.2-139.8
Purple	1.4	Gold	15.7-16.5	Green	139.9-148.3
Orchid	1.5	Yellow	16.6-17.4	Cyan	148.4-149.8
Burgundy	1.6	Green	17.5-18.5	Gray/Black	149.9-155.1
Red	1.7	Cyan	18.6-18.7	Cyan	155.2-157.1
Rose	1.8	Grey/Black	18.8-19.3	Blue	157.2-166.3
Orange	1.9	Cyan	19.4-19.6	Navy	166.4-176.3
Gold	2.0	Blue	19.7-20.7	Purple	176.4-186.8
Yellow	2.1	Navy	20.8-22	Orchid	186.9-197.3
Green	2.2-2.3	Purple	22.1-23.3	Silver	197.4-200.1
Grey/Black	2.4	Orchid	23.4-24.6	White	200.2-202.4
Blue	2.5	Silver	24.7-25	Burgundy	202.5-209.7
Navy	2.6-2.7	White	25.1-25.3	Red	209.8-222.2
Purple	2.8-2.9	Burgundy	25.4-26.2	Rose	222.3-235.7
Orchid	3.0	Red	26.3-27.7	Orange	235.8-249.7



Colour	Frequency MHz	Colour	Frequency MHz	Colour	Frequency MHz
Silver	3.1	Rose	27.8-29.4	Gold	249.8-264.2
Burgundy	3.2	Orange	29.5-31.2	Yellow	264.3-279.7
Red	3.3-3.4	Gold	31.3-33	Green	279.8-296.7
Rose	3.5-3.6	Yellow	33.1-34.9	Cyan	296.8-299.7
Orange	3.7-3.9	Green	35-37	Grey/Black	299.8-310.2
Gold	4.0-4.1	Cyan	37.1-37.4	Cyan	310.3-314.2
Yellow	4.2-4.3	Grey/Black	37.5-38.7	Blue	314.3-332.7
Green	4.4-4.6	Cyan	38.8-39.2	Navy	332.8-352.7
Grey/Black	4.7-4.8	Blue	39.3-41.5	Purple	352.8-373.7
Cyan	4.9	Navy	41.6-44	Orchid	373.8-394.7
Blue	5.0-5.1	Purple	44.1-46.7	Silver	394.8-400.2
Navy	5.2-5.5	Orchid	46.8-49.3	White	400.3-404.9
Purple	5.6-5.8	Silver	49.4-50	Burgundy	405-419.4
Orchid	5.9-6.1	White	50.1-50.6	Red	419.5-444.5
Silver	6.2	Burgundy	50.7-52.4	Rose	444.6-471.4
White	6.3	Red	52.5-55.5	Orange	471.5-499.4
Burgundy	6.4-6.5	Rose	55.6-58.9	Gold	499.5-528.5
Red	6.6-6.9	Orange	59-62.4	Yellow	528.6-559.4
Rose	7.0-7.3	Gold	62.5-66	Green	559.5-593.4
Orange	7.4-7.8	Yellow	66.1-69.9	Cyan	593.5-599.4
Gold	7.9-8.2	Green	70-74.1	Gray/ Black	599.5-620.5
Yellow	8.3-8.7	Cyan	74.2-74.9	Cyan	620.6-628.5
Green	8.8-9.2	Gray/ Black	75-77.5	Blue	628.6-665.4
Cyan	9.3	Cyan	77.6-78.5	Navy	665.5-705.4
Gray/Black	9.4-9.6	Blue	78.6-83.1	Purple	705.5-747.4

As mentioned, most Chakras are either overactive or underactive. The key is to listen to your body, and when something is out of balance, pay attention to the signs and signals of an area that feels congested (spinning slow) or hyper (spinning high). For instance, you may feel pressure, pain, or discomfort.

Have you ever had a bad breakup that felt like a broken heart? Like a pain or aching feeling? That is not imaginary. That is a heart Chakra spinning too slowly and blocked. When the Chakra is spinning too slowly or in a counterclockwise direction, the cells vibrate too slowly at the molecular level for good health.

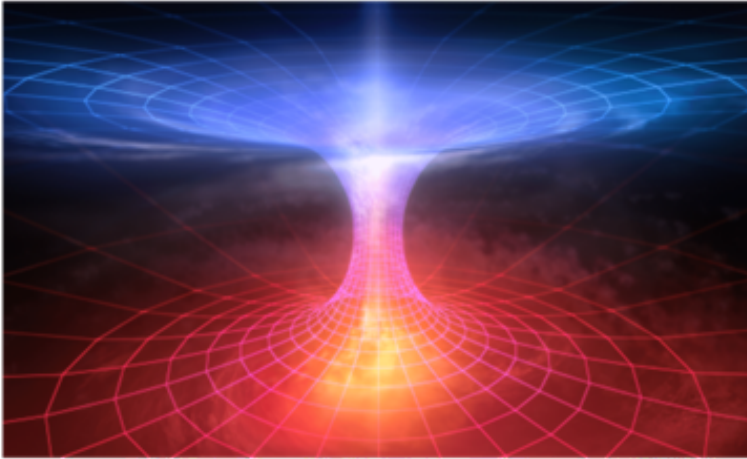
And when they slow down too much, they will stop vibrating altogether, and the cells decay and die. The heart Chakra area will often feel like you can't breathe properly, or there's pressure or weight energetically pressing on the chest area. Long-term, severe health conditions can arise if an area remains blocked and unaddressed.

From time to time, it's a good idea to check in with your body and do an energy clearing to reset any Chakras that may have become blocked. They will need some routine maintenance and a recharge or clearing. When we say 'blocked,' it refers to the slow speed being below the healthy level.

These energy centres are entry and exit points for energy flow throughout your body, with energy flowing in the front and back Chakras. Additionally, your body has distinct left and right hemispheres, with energy entering through the right side and exiting through the left.

The shape it spins is like a vortex or torrent, which looks like a tornado spinning with a centre point, triangulating out to the top and bottom from the centre. See the following picture as a visual guide:

## Vortex Chakra Spinning



Chakra areas have a middle vortex inside and then spin outwards from the body. They radiate into the bioenergy field around the body, which we call the Aura. When visualizing the energy field, it's helpful to picture this spinning vortex.

## **Fundamentals of Electromagnetic Waves:**

Electromagnetic radiation travels in the form of waves. EM waves consist of electrical field (E-Field) and magnetic field (H-Field) components, hence the name "electromagnetic." E-fields and H-fields are companions, traveling at right angles to each other and at right angles to the direction of wave propagation, and together, they make up the total EM field.

E-Field strength is measured in volts per meter (V/m) units, while H-Field strength is measured in amperes per meter (A/m). EM field strength measurements indicate how many volts or amperes the EM field will induce in a receiving antenna that is one meter long.

EM waves arise because of two effects: (1) a changing electric field or (2) a changing magnetic field. Neither stationary charges nor steady currents produce electromagnetic waves. The fundamental mechanism responsible for EM radiation is the acceleration of charged particles. Whenever charged particles undergo acceleration, they must radiate energy, such as when they're firing neurons during biochemical reactions.

The psychological component of bioenergy (4 to 18 inches from the body) results from the synapse responses of the brain and, fundamentally, the mental activity of the "mind." EM waves, such as frequency modulation (FM radio) or amplitude modulation (AM radio) waves, carry information electrically in sound. Similarly, EM waves radiating from living organisms or non-living objects carry information corresponding to the function, intent, and status of the source transmitter (cells, tissues, mental projections, non-biological matter, etc.). They hold and store energy information depending on what they encounter and what their intended purposes are.



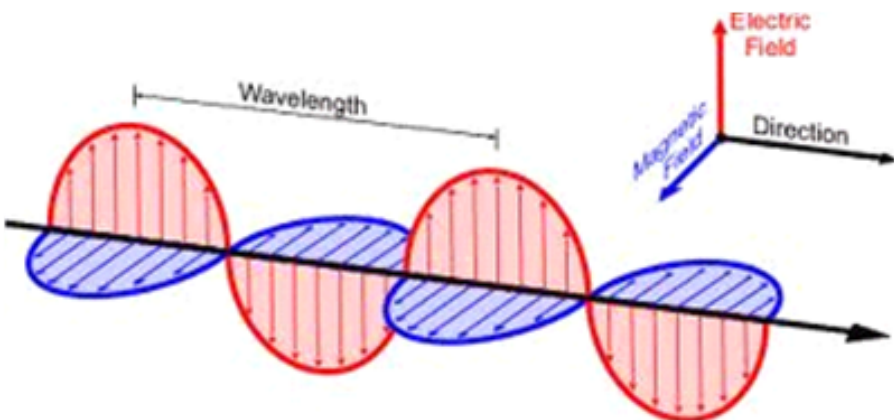
# Frequencies and the Electromagnetic Spectrum:

Tools like Resonant Field Imaging (RFI) or similar devices are often used to measure aura frequencies precisely. These devices provide accurate readings and help eliminate subjective variations in perceiving aura colours.

We can measure the electromagnetic energy of our bodies, animals, objects, or rooms with this equipment or Kirlian photography cameras. Since everything has a vibration that can be measured, and we know specific numbers indicate health or disease, this is another tool to determine the health of our bodies.

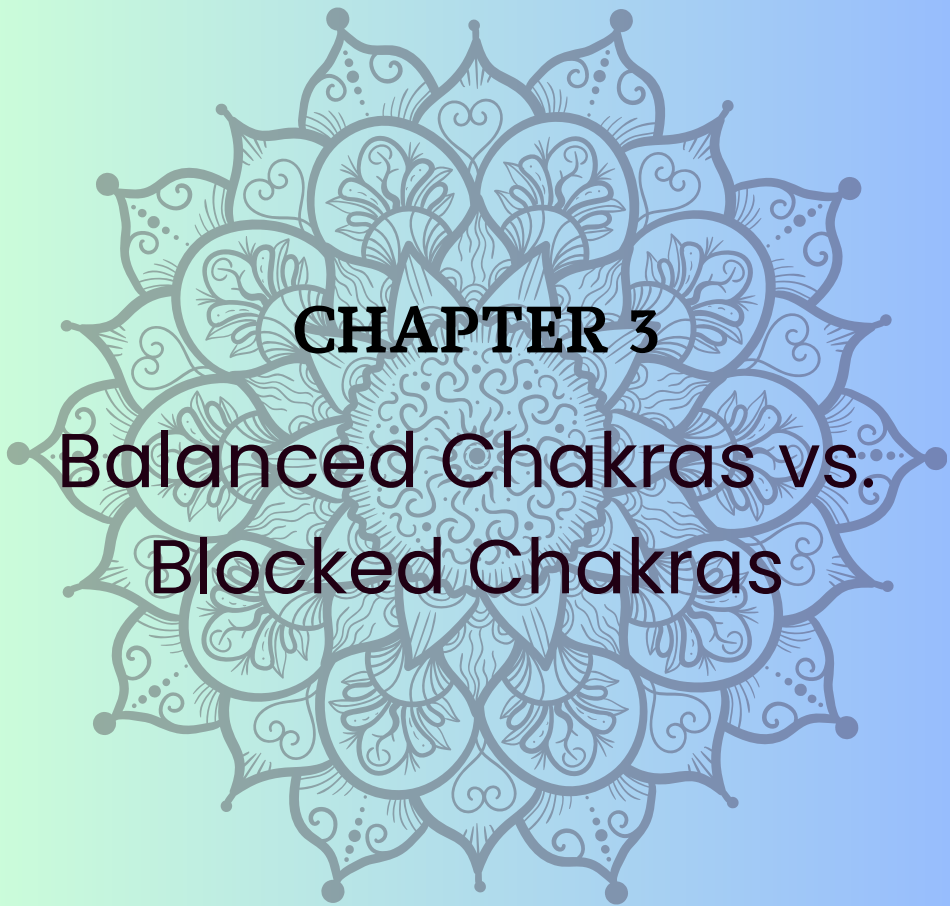
The outer layer of energy around our bodies is termed the Aura. The Aura energy can resonate out to infinity, but for practical purposes, measuring the immediate Aura layer, the health level (4 inches outside the body), and the next layer, the psychological level, which is about 12 inches outside the body, gives us very accurate information of our energy. The stronger and brighter your Aura, the healthier and stronger *you* are.

Energies within and around our bodies change constantly from minute to minute. We are more concerned here with what our general energy signature is most of the time. And, if it's low, how do we raise it so we feel better and are healthier and stronger?



Do not worry if you don't have the equipment to raise your energy frequency, we will discuss step-by-step ways to do this where you will feel the difference and be more centered and aligned. The simplest way is to INTEND your bioenergy field to expand and be protected. By knowing what colours correspond to each Chakra, you can meditate on that as you focus on that area of the body.

In summary, colours are linked to specific vibrational frequencies measured in Hertz, crucial for understanding the human Aura's energy field. While people may perceive different aura colours due to their ocular lenses, using objective measurement tools like RFI, Hertz measuring devices, or Kirlian photography ensures precision in assessing aura frequencies.



## **CHAPTER 3**

# Balanced Chakras vs. Blocked Chakras

Since you know that everything has an energy and vibration, including your body, you see how important it is that the Chakra points are functioning properly. You do not want a Chakra point out of balance. Most people have an underactive or overactive Chakra. We aim for a balanced Chakra, operating at 100% efficiency. We do not want it drained or energy below 80%. As mentioned, the Chakra areas have a circular whirling energy like a pinwheel. When they're operating and flowing freely, you're in optimum health. Chakra gets 'blocked' when we have negative experiences and emotions stuck in there. And Chakras get blocked from trauma that we haven't released.

If you've experienced trauma, it's essential to seek support from a qualified therapist or energy healer. The focus should be on learning and understanding the lessons from the experience rather than repeatedly revisiting the painful memories. I don't advocate for therapies that force individuals to relive their traumas. Instead, it's more productive to identify the messages and beliefs stemming from the trauma and rewrite them in a positive and accurate light. Research indicates that each time we recall a memory, we reconstruct it with new elements. Therefore, creating new, more positive associations with past experiences is possible, allowing for healing and growth.

The purpose is to observe the pattern. Not relive the emotion attached to the memory. Consider watching the scene as if you're in the audience of a play, watching the characters interact using a third-person point of view. You can do this on your own, but sometimes a Transformational Coach can help you. We often have childhood experiences that give us negative beliefs that aren't true. A Transformational Coach can pinpoint when the beginning of the false story happened and assist you in moving forward with a new story that's more accurate. For example, if your parents were too busy to give you adequate attention or time due to always being at work or abusing alcohol/drugs, then your child's brain believed that you weren't worthy of love or attention. Or that people that cared for you had no time for you. As an adult, if you still hold this belief, you may likely seek out partners who don't have time for you or have addiction problems. That was your typical environment of what you were used to, and you're recreating the same scenario so you can experience a different ending.

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Now, as an adult, you can choose your own beliefs and rewrite that to “I deserve love, time, and attention from my partner in a healthy, balanced way.” Determine the opportunity from a lesson as you move forward in life. Rewrite the story, and you rewire the brain. When you see the flawed story, you can begin rewriting one that’s healthy.

You’re stronger, more resourceful, more attuned to danger or mishaps, and more enlightened as an individual. Don't dwell on negative things and drag them behind you like a ball and chain through the rest of the days of your life. The past trauma does not define you.

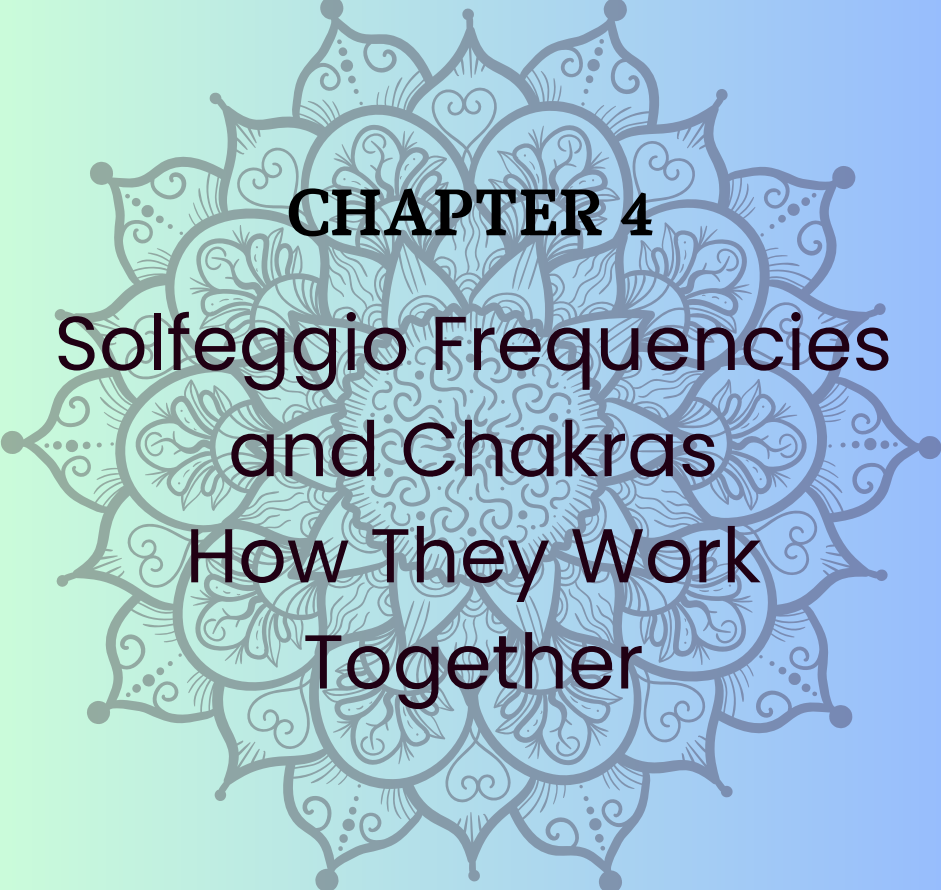
Every day is a new opportunity to carve out the life you desire. Life is too short for you to be miserable. If you have anger, grief, sorrow, regret, or other debilitating emotions, they need clearing. If you do not release them, your vibration will stay low and be in victim mode. Remember, when you feel like a victim of a situation, you’re giving control of your happiness to another person or outside source. Why would you want to give control to another over you? YOU are in control and responsible for your emotions, reactions, responses, and perceptions. Consider your energy is coming from an inside source that you can control.

## **Blocked Chakras:**

When you’re feeling negative, tired, and in victim mode, your vibration is low, and your Chakras may have blocks. We are all human, and some days we are far from perfect which is part of the human experience. We need rest and recharging on a regular basis.

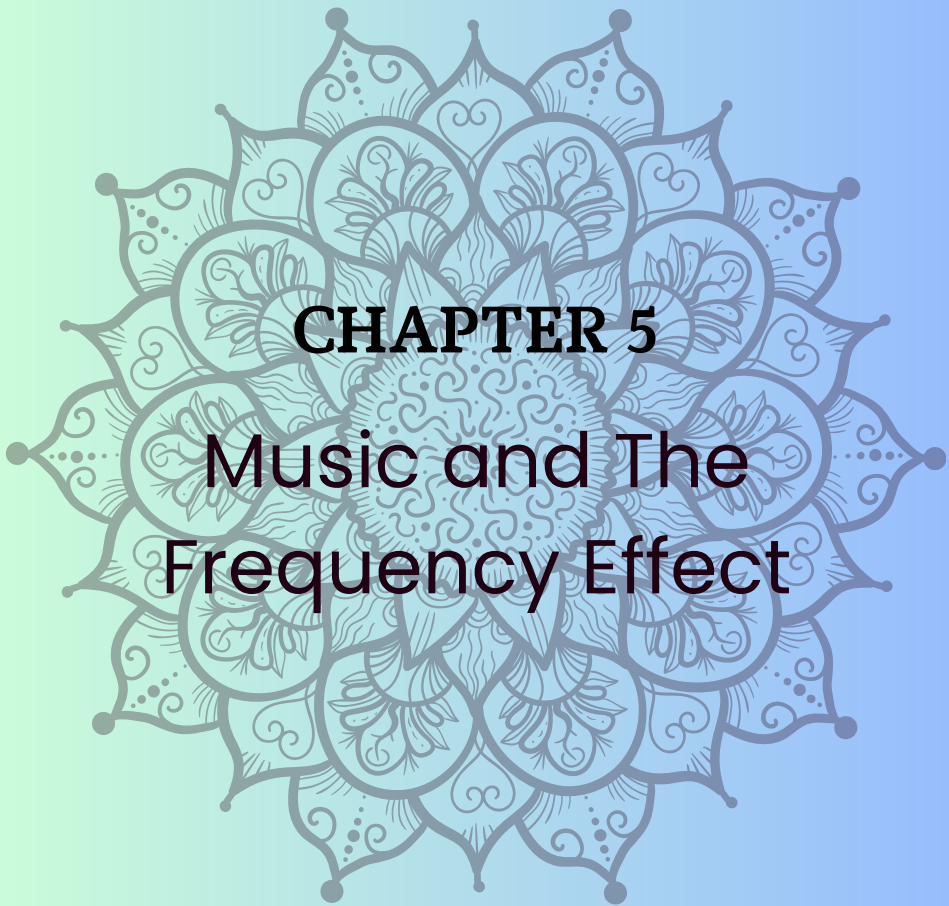
How you react to situations can add to the Chakra blocks. Your perception and response to a situation is within your means. I will show you ways to reset your energy and clear the meridians. Energy must always transfer; it cannot be destroyed. Residual energies no longer needed by the body should be released.

Once you get a sense of what Chakra is responsible for what emotion, you can do meditations and mantras to release the Chakra area. Have a look at areas that may be affecting you today. We will go into great detail on how to do that in the Meditations Chapter, where it’s laid out step by step.



**CHAPTER 4**  
Solfeggio Frequencies  
and Chakras  
How They Work  
Together

- **Root/Base** Chakra/C note (frequency: 396 Hz): Align with this frequency to liberate guilt, fear, or grief.
- **Sacral** Chakra/D note (frequency: 417 Hz): This frequency facilitates change, new starts, removing negative energy and moving forward with new goals.
- **Solar** Plexus Chakra/E note (frequency: 528 Hz): This frequency inspires imagination, desires, intention, intuition, and love energies.
- **Heart** Chakra/F note (frequency: 639 Hz): This frequency promotes heart healing, alignment with others, bonded relationships, and promotes community with others.
- **Throat** Chakra/G note (frequency: 741 Hz): This frequency balances the neck and throat area, awakening intuition, communication, problem-solving, chronic pain and opening yourself to your truth.
- **Third Eye/Pineal Gland** Chakra/A note (frequency: 144 Hz): The spiritual connection frequency to connect with your higher self, open your pineal gland for your 'sixth' senses.
- **Crown** Chakra/B note (frequency: 963 Hz): Opens enlightenment, divine connection, God frequency, promotes oneness and unity. Connection to the matrix unified field where we are all connected.



## **CHAPTER 5**

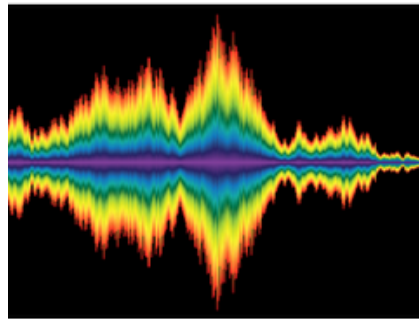
# **Music and The Frequency Effect**



Dr. Glen Rein, from the Quantum Biology Research Lab in New York, conducted studies using in-vitro DNA to explore the impact of different types of music. He conducted 88 tests of different music and how cells then absorbed or repelled UV rays of light. He converted four styles of music, including those employing the 528 Hz frequency found in Sanskrit and Gregorian chants, into scalar audio waves.

These audio waves were then played to test tubes containing in vitro DNA using a CD player. After an hour of exposure to the music, the effects were gauged by measuring the DNA's absorption of UV light in the test tube samples.

The results of one experiment revealed that classical music led to a 1.1% increase in absorption, while rock music caused a 1.8% decrease, indicating no significant effect. In contrast, Gregorian chants resulted in a 5.0% and 9.1% increase in absorption in two separate experiments.



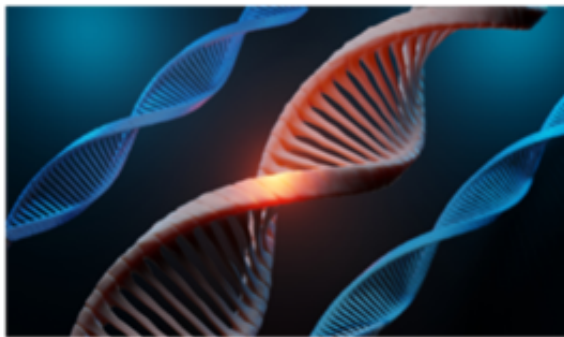
Similarly, Sanskrit chanting demonstrated an 8.2% and 5.8% effect in two separate experiments.

Consequently, both forms of sacred chanting music displayed a notable unwinding effect on DNA. In the process of the cell cycle, when cells are dividing and making new cells, each chromosome in the cell needs to make an exact copy of itself. Imagine it like copying a page from a book. To do this, the DNA inside the chromosome needs to unwind or open like a zipper. This unwinding can put stress on the DNA, making it like a twisted phone cord.

But there's a catch – too much twisting can be a problem for the cell. It's like if you twist a phone cord too much, it gets tangled up and doesn't work properly. Similarly, if the DNA gets twisted or tangled too much, the cell can't function well.

Sometimes, the DNA is shaped like a circle, and during cell processes like copying, it can get tied into knots or links, like how rings are connected in a keychain. These knots and links can be bad news for the cell – they can make the cell work incorrectly or even cause it to die. So, the cell needs to find a balance between opening the DNA for copying and ensuring it doesn't get too twisted up or knotted. So, you can see how important it is to have positive influences vibrationally on your DNA, your body, and your being as a whole. See the healthy DNA strand picture below:

### DNA Strands



# Harmonizing Health through The Power of Music:

Enhancing your Vibrational Frequency with Music Therapy:

Picture this: our magnificent planet Earth dances to the rhythm of a heartbeat, resonating at a serene 432-hertz frequency. Extensive research has revealed the profound effects of this magical number, inducing tranquility and relieving the grip of stress, as evidenced by brainwave activity measurements. This frequency appears to hold the key to harmonizing our physical and emotional well-being. It also shows that this frequency of sounds benefits the body and helps bring it back to a level of peace and balance. Thus it greatly benefits the bioenergy field.

Specifically, **Binaural beat music** is very helpful. It's best to listen to it with a headset on so the left and right brain hemispheres can hear the music equally without disruption from other sounds in the room. Your brain, the astute conductor of this sonic symphony, perceives this duet as a harmonious third tone. This newfound tone, not physically present in the music, emerges as a product of your brain's ingenious interpretation. The result? A captivating fusion of frequencies that unlocks doors to *altered states of consciousness*, all in the name of vibrational harmony. The tone activates the synapses in the brain and awakens them to the vibration of the music. It *triggers alpha brainwaves* thus allowing the subconscious mind to absorb information better as we are in a relaxed state. Most importantly, as you listen, visualize white light scanning down through your body from head to toe, healing and balancing you. Listen as you drift off to sleep. Then let the healing and rejuvenation transpire. You can find music that also has nature sounds like waves crashing on a shoreline or birds singing, crickets chirping or the wind through the trees, they're all relaxing and grounding as well. Choose the natural sounds that suit your taste.

You can see how using this music before meditation or sleep enhances positive mantras and belief systems. While our journey into the world of binaural beat music ends here in this chapter, remember that its transformative powers await your exploration. This auditory treasure can be harnessed as a powerful tool in your vibrational healing arsenal, a fitting finale to our voyage toward optimal wellness. So, why not play some of that music at work? Or home? Ideally before sleep.

## **Music and Wine Making:**

Music has a profound effect on plants as well as people. Plant neurobiologist Professor Stefano Mancuso discovered that sound vibrations and frequencies, especially those between 100 and 400 Hz, positively affect vineyards, improving grape quality and reducing insect attacks.

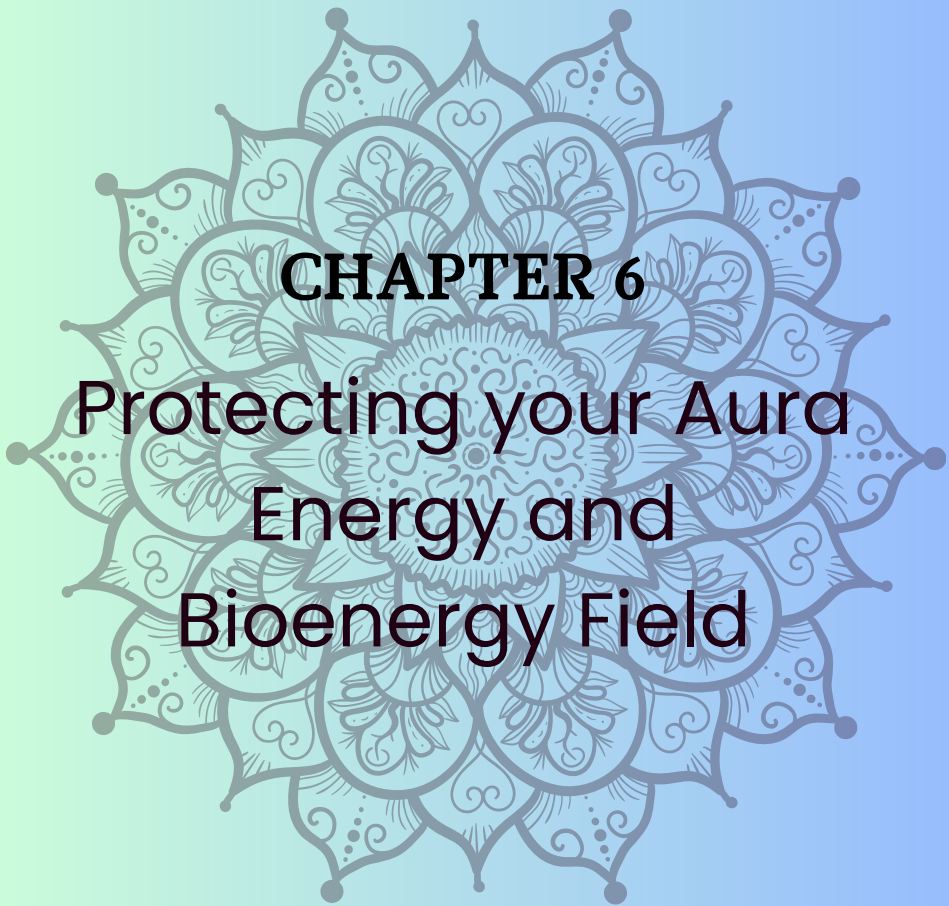
The late Amar Bose, chairman of Bose Corporation, donated eighty loudspeakers to the vineyard, amplifying the effects of music on the vines.

De Morgenzon in South Africa also employs this technique, playing Baroque music around the clock. Owner Hylton Appelbaum's research on classical music's positive impacts on various life forms led to this experiment. Notably, the vineyard's music-exposed block exhibits later budding and lower alcohol content, with wine at 12.8% versus 14%.

Though limited scientific research exists, sound energy's potential for enhancing plant growth and reducing sulfur usage in winemaking is evident.

I've personally visited a Niagara winery utilizing this technique, where loudspeakers on tall poles play music to the vines under special by-law permission.





## **CHAPTER 6**

# **Protecting your Aura Energy and Bioenergy Field**



Now that we've discussed balancing the Chakras and you're in an improved state of mind, let's explore protecting your energy from others going forward.

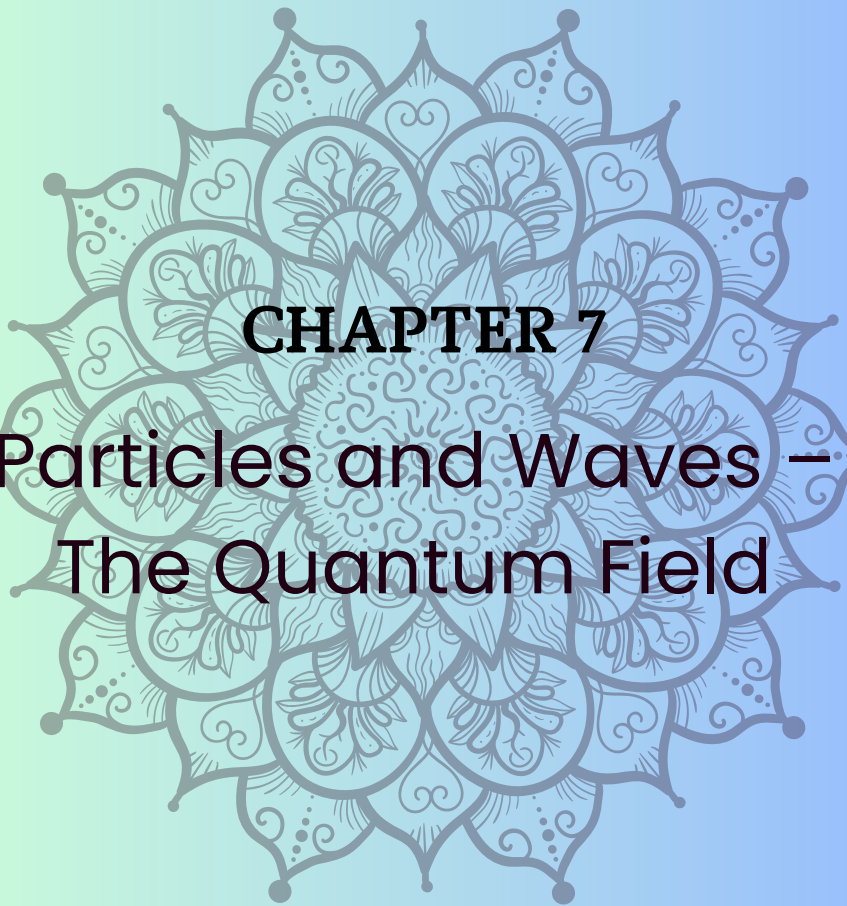
Imagine your Aura field around you being encased by a mirrored egg-shaped shell. Visualize extending your Aura, typically around eight to ten feet, to an expansive twenty feet or beyond when interacting with others. Within this heightened Aura, create a protective, mirrored energy shield. This mirror reflects away any energy you do not wish to let in, whether they're negative or overwhelming. It acts as your energetic boundary. You can also intend it to be a bright white or gold colour for added protection.

With this practice, you become the guardian of your energy. You decide which vibrations to permit into your Aura and which ones to deflect. By actively controlling your energetic space, you regain power over how external influences affect you. This way, you stay energetically aligned and in control during interpersonal interactions. Later, we will discuss how to expand this field when dealing with negative people or very busy energy scenarios such as entering a crowded store or mall.

First, practice strengthening your bioenergy field.

### **Telekinesis, PSI Wheel:**

Firmly embed a needle into a small candle or a piece of clay so it stands upright. Begin by folding a piece of 1" x 1" paper or foil in half or into quarters to ensure it's balanced. Place the folded paper over the tip of the needle so the paper is balanced on top. Generate energy by rubbing your hands together vigorously. Now, position your hands around the paper without touching it and try to induce it to spin. Visualize your energy extending into the paper or the needle and surrounding the space both above and below it. To minimize the impact of your breath, wear a face mask if you wish, and you'll observe that your hands still influence the paper's movement. Once you've mastered this, place the paper inside a glass vase. Position your hands on the vase and endeavor to move the paper within it. With practice, you can even keep the paper spinning while walking away. It's really fun to try.



**CHAPTER 7**  
**Particles and Waves –**  
**The Quantum Field**

It's also important to note that the empty space between atoms is, in essence, the creative free energy space which can be manipulated with thought, imagination, visualization, meditation, intention, and observation. It is, in fact, not a space or void as previously thought, but a quantum area that switches between a wave and a particle.

This subatomic space is the heart of all creation. Depending on pressure and temperature, they can phase from solid, liquid, gas, or plasma material. And they can switch between a particle or waveform.

As demonstrated by the "double-slit experiment", physicists have found that observation of quantum phenomena by a detector or an instrument can change the measured results of the experiment. Despite the "observer effect" in the double-slit experiment being caused by the presence of an electronic detector, the results suggest that a conscious mind can directly affect reality.

Reference: (Squires, Euan J. (1994): *The Mystery of the Quantum World*. Taylor & Francis Group. ISBN 9781420050509).

This means the intermolecular space (space between atoms) can be manipulated by a person. Think of things this way: imagine the subatomic world as a fuzzy cloud of possibilities. In this cloud, electrons, those tiny particles zipping around an atom's nucleus, are like magical specks. They can be anywhere within that cloud.

Now, here's where it gets mind-boggling. When someone, an observer, decides to peek into this cloud and pay attention to a specific spot, something astounding happens. That elusive electron decides, "Hey, they're watching me!" and magically appears right where the observer is looking.

But here's the twist: When there's no one observing, the electron doesn't play peek-a-boo anymore. It goes back to being this ethereal, spread-out energy across the entire cloud, as if it's saying, "I'll just hang out here until someone notices me again."

So, the big takeaway is this: It seems like our focused thoughts and attention can work some kind of cosmic magic. They take that wavy, uncertain energy and say, "You, electron, become real matter right here!" It's like turning thoughts into matter, which is a mind-blowing concept in the world of quantum physics. Imagine you're looking at a quantum system like a tiny particle. Once you measure it, you know its current state. It's like catching a ball mid-air; you know where it is. This measurement makes it stay in that state, preventing it from being in any other possible state it could be in.

There's a cool thing called the quantum Zeno effect. Usually, a quantum state can change or decay if you leave it alone. But if you keep watching it, it won't change! It's like magic. Scientists have an equation for how this works; it's called the Belavkin equation.

In summary, YOU control and affect your reality!

Now, about that wave function,  $\psi$ . Think of it as a mathematical description of the particle, not the particle itself. It's like having a manual that tells you everything you need to know about the particle, but it's not real. When you measure the particle, the manual (wave function) changes to match what you observed. No mystery there!

When you measure one of two connected particles, it can seem like it instantly affects the other one, even if they're far apart, whether separated by one room or moved to another part of the planet! That's the "spooky factor" of quantum physics. Also, if you think of the observer (the one doing the measuring) as a tiny quantum system, things get even more interesting.

So, quantum mechanics has its quirks, but we're learning more about how the universe works every day! The most exciting aspect is that we can change and alter the vibration, direction, and existence of matter from thought to material world. This is how our entire world is created from thought to energy, to matter. Learning how to affect this state to create a more positive reality is within your control and grasp.

Here's an enhanced example that elaborates on the exciting process of manifesting your desired reality:

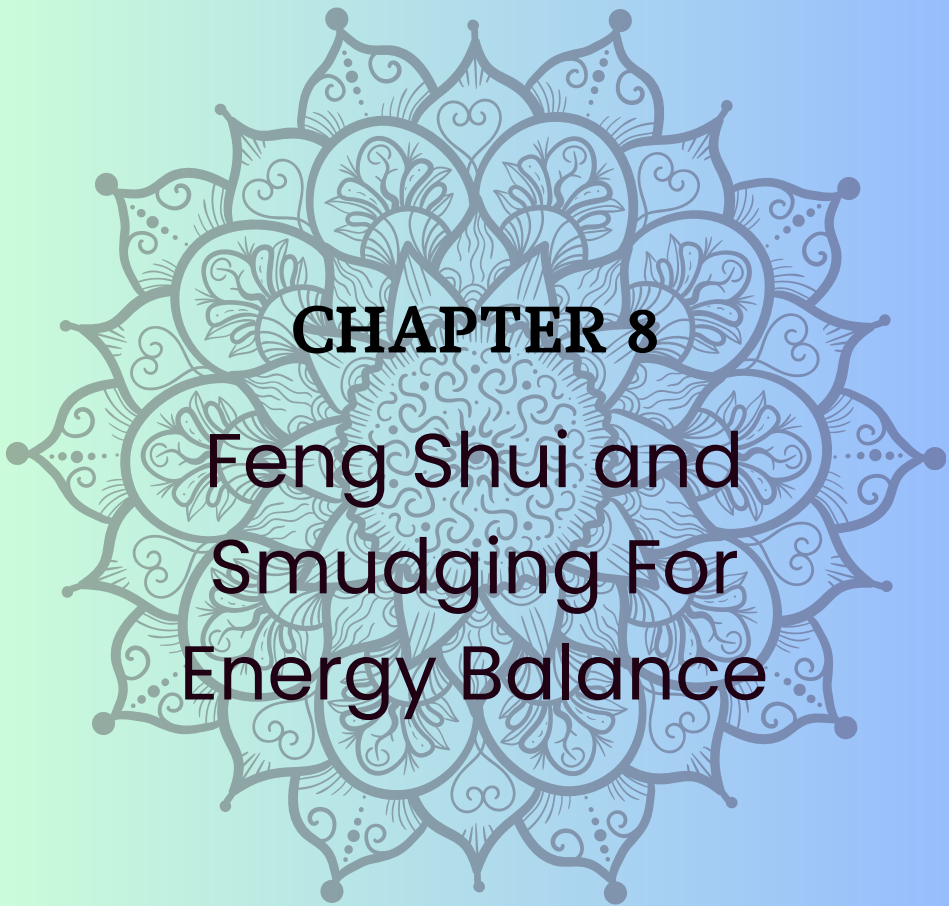
Imagine having the extraordinary power to transform your thoughts into tangible reality, where the very vibration of your intentions shapes the world around you. This awe-inspiring ability to influence the direction, existence, and essence of matter is not a distant dream; it's a skill you can learn, master, and wield.

Picture this: You're the artist of your own life, crafting your world with the brushstrokes of your thoughts and emotions. As you discover the art of manifestation, you gain control over the palette of your reality, painting a brighter, more vibrant existence.

Every thought, every emotion, every intention becomes a stroke on your canvas, gradually revealing the masterpiece of your life. Your dreams, once abstract wisps of desire, take shape and colour, transforming into the tangible experiences you've longed for.

So, here's the thrilling truth—this creative power lies within your reach. You hold the keys to manifesting a reality that resonates with your deepest desires. The journey to a more positive, fulfilled life begins with understanding and harnessing this incredible potential. Once you become proficient in changing and raising your vibration and holding it there, you have the power to become a master manifester! You were born to be a creator, and that's your right and obligation to practice and master.





## **CHAPTER 8**

# **Feng Shui and Smudging For Energy Balance**

Balanced Chakras are alternatively referred to as Ying and Yang in Chinese culture. In Hinduism and Buddhism, it's referred to as "Prana". It's about a balance of feminine and masculine energies as well as balance with natural elements. This is the principle behind Feng Shui—a practice of how energy flows through your body and surroundings. In the Chinese culture, the Feng Shui of a room and one's home is vital for good health and prosperity. The energy of a room can affect one's bioenergy field and aura. Let's look at methods that can benefit us and ones we should avoid.

The direction of energy flow, the direction your house faces, the number of your address (certain numbers are undesirable to have), and what colours are good luck are all part of good Feng Shui. Alternatively, there are bad luck scenarios to avoid, such as the number 4. In Chinese, that number sounds similar to the word for 'death', so it is considered bad luck. In American culture, though, living on the 13th floor of a building is considered bad luck. So it depends on your beliefs. It is advisable to avoid a house at the end of a T junction in the road. The reason is that energy flows like a stream down the road from cars and people and hits your house instead of flowing past.

By placing furniture a certain way and balancing elements of nature (air, earth, water, etc.) a more positive flow of energy can affect a house or room. Have a look at Feng Shui further if you're interested in improving the energy flow in a particular room or your whole house.

In addition, you can also bless a room of negative energies using positive words while smudging which we will explore next and in the Protection Spell Chapter.



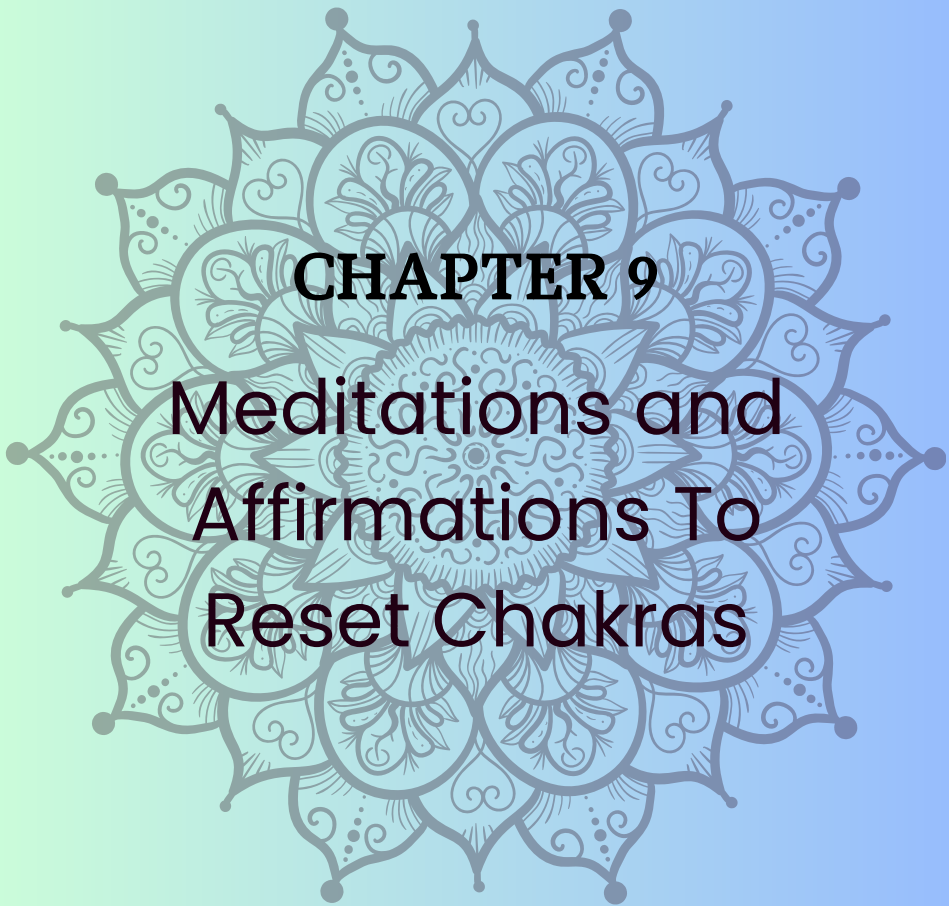
# Smudging Rooms:

Smudging is a profound ceremonial practice deeply ingrained in the cultures and spirituality of many Indigenous communities across Canada, including First Nations, Inuit, and Métis. This ritual centres around burning sacred herbs like sage, sweetgrass, cedar, or tobacco and employing the fragrant smoke for cleansing, purifying, and forging a connection with the spiritual realm.

The significance of smudging extends to numerous benefits and symbolic meanings:

1. **Purification:** Smudging is chiefly embraced for its purifying properties. The belief is that the smoke produced during the herb-burning process has the power to cleanse spaces, objects, and individuals, ridding them of negative energies, thoughts, and emotions. Air is cleaned of viruses and bacteria and negative ions.
2. **Spiritual Connection:** Frequently incorporated into prayer ceremonies and preceding significant events, gatherings, or rituals, smudging is considered a channel for communication with the spiritual realm, ancestors, and higher powers. The smoke is thought to create a bridge between the physical and spiritual worlds, enabling a deeper connection, guidance, and protection.
3. **Healing and Well-being:** Sacred herbs used in smudging are believed to possess medicinal properties that can address physical, emotional, and spiritual imbalances. Smudging ceremonies are conducted to support individuals in their healing journeys and to restore harmony within communities, contributing to overall well-being.

In essence, smudging serves as a profound and multifaceted practice that encompasses purification, spirituality, and holistic healing, reflecting the rich tapestry of Indigenous traditions. To smudge a room, walk clockwise while fanning burning sage along the baseboards, door frames, windows and entranceways. "Bless this home and allow all positive beneficial energies to remain. Block any negative energies, emotions, or beings that are not beneficial to my mind, body, or spirit. Leave now. You're banished and never to return. Leave now towards the light."



**CHAPTER 9**  
**Meditations and**  
**Affirmations To**  
**Reset Chakras**

Now that we've discussed the relationship of colours, sound, music, frequency, etc., and their relation to Chakras, let's put it all together. It's beneficial to track your progress by monitoring your mood and physical body to enhance your overall well-being and elevate your vibrational energy. Pay close attention to how effectively you can overcome challenges and break free from negative patterns as you embark on unblocking your Chakras. Celebrate all improvements, even small ones.

Chakras, in their essence, fall into one of three states: balanced, underactive, or overactive. When they deviate from equilibrium, they tend to spin off-centre, straying from their aligned position along the spinal column, which stretches from the head down to the tailbone.

Don't get caught up in the complexities of precisely identifying which Chakra is out of alignment and to what degree. Instead, start by focusing on each major Chakra individually and engage in dedicated meditations for each of them. As you concentrate on a specific Chakra, along with its associated colour and frequency, a natural rebalancing process occurs. Picture it as if you're guiding the Chakra back to its centred state.

Additionally, it's equally crucial to address the root cause of why a Chakra became imbalanced in the first place. Often, it stems from our belief systems. Imagine, for instance, living in a perpetual state of fear and worry. This could weaken your Heart Chakra and lead to an overactive Root Chakra. To prevent these imbalances from recurring, you'll need to shift your thought patterns and automatic behaviours. Everyone is wired with old programming from childhood. The Mantra chapter will help you with new positive programming dialogue.

Here's the basic method:

- Visualize red spheres of light swirling through your Root Chakra to bring it into balance.
- Envision pink, rose, or green light for your Heart Chakra.
- Picture these lights as spinning wheels and communicate with your body, commanding it to spin these wheels of light at the ideal rate for your healing and well-being.
- It's essential to engage in positive self-talk and affirmations.



If you find yourself experiencing negativity, consciously use positive language and affirmations to counteract those feelings. This proactive approach can aid in the Chakra balancing process. Try to do these meditations and mantras close to sleep time, when the subconscious mind is opening up to suggestions the most.

If you worry, you could picture rose light swirling in the heart area and say to yourself, "My Heart is balanced, I feel calm and at ease. I have everything I need and more. I am thankful and grateful for all the blessings in my life. My needs are always met, and I have a continuous flow of resources, money, abundance, and opportunity coming my way. Thank you, thank you, thank you!"

You can record yourself with an exaggerated emotional tone, sounding very energetic; then when you play this back to yourself before bed, and in the morning, your body will hear the excitement and respond accordingly.

The more positive emotion in your words, the faster they will be embedded in your new programming. The best time to meditate and use positive mantras is before sleep and upon waking. The brain operates in various states characterized by distinct patterns of brainwave activity, each serving different functions:

- **Gamma ( $\gamma$ ) Waves (>35 Hz):** Associated with intense concentration and focus.
- **Beta ( $\beta$ ) Waves (12–35 Hz):** These are typical waking waves, but when they dominate, they can lead to anxiety and stress. They are active and linked to external attention, but also relaxation when in the lower range.
- **Alpha ( $\alpha$ ) Waves (8–12 Hz):** Indicative of a very relaxed state with passive attention. It's a state of calm awareness.
- **Theta ( $\theta$ ) Waves (4–8 Hz):** Occur during deep relaxation and are associated with an inward focus. This is the state where the subconscious mind is most accessible and open to reprogramming.
- **Delta ( $\delta$ ) Waves (0.5–4 Hz):** Predominant during deep sleep, associated with restorative rest.

The best state for reprogramming the subconscious mind is the Theta state. It's during this state of deep relaxation and inward focus that the subconscious mind is most receptive to new beliefs and programming. Techniques like meditation, Binaural beat music and visualization can help you access the Theta state to reprogram your subconscious for positive change.

When you wake you can check in with yourself. Ask yourself how do you feel? Does anything come up that feels uncomfortable? Does any anxiety or worry come up? If so, address it and do a few minutes of positive self-talk or a meditation mantra.

## **Positive Meditation Mantras:**

Let's say anxiety is still coming up. If this is the case, you could say this to yourself:

*"I am so happy and grateful that I'm always resourceful and figure out amazing solutions to any problems. I always have things that work out the best for me. No matter what happens, I have positive outcomes in the end. I'm happy and grateful for opportunities to learn and grow and expand my awareness. I ask and command that all solutions to my concerns present themselves to me at the right time and the right place. Please send me signs, symbols, and information in any form available so I might receive them immediately for my benefit and growth. I'm at ease, relaxed, and grateful for everything I have. Thank you."*

Remember to do meditations just before sleep for the best imprinting to the subconscious mind and reinforce them upon waking when you're still in Theta stage for a few minutes before getting out of bed.

## Ho'oponopono:

Here is a wonderful mantra for moving past trauma and returning to a zero state of pure love. Often used as a Forgiveness Blessing. The Ho'oponopono is a Hawaiian technique used to dissolve family disputes. Dr. Ihaleakala Hew Len orchestrated this remarkable turnaround utilizing the revered Hawaiian healing and cleansing technique to treat his patients at the Hawaii State Hospital. Over the course of four transformative years, a remarkable journey of healing unfolded. During this time, not only did the patients experience profound healing, but even the staff who had previously been disillusioned or disheartened found renewed joy in their work. This ancient method centres on the concept of self-love as a pathway to healing.

Dr. Len embarked on a mission of healing, embarking on a ritual where he repeatedly chanted the words "I love you", "please forgive me" and "I am sorry," meticulously reviewing each case file with this intention. As the days turned into months, a miraculous transformation began to take place. Those who had been confined regained their freedom to move, medications were gradually phased out, and even those who had once been considered beyond hope were eventually reintegrated into society. He meditated on most files without having ever met the patients!

This story is a testament to the power of love and intention as healing agents. Through Dr. Len's unwavering commitment to embracing the essence of Ho'oponopono, a ripple effect of healing resonated not only through the patients' lives but also throughout the entire healing environment, proving that even the direst circumstances can be transformed by the remarkable energy of compassion and self-love. When we return to a pure state of zero, unlocking your true potential and aligning with your deepest desires requires a conscious effort to remove the veils of subconscious limitations that often hinder our progress. Imagine your mind as a garden, flourishing with the seeds of destiny and desires. Yet, hidden beneath the surface lie weeds of old beliefs, unnoticed thoughts, and buried memories that can stunt your growth.

The process of clearing your mind involves excavating these subconscious blocks that have stealthily woven themselves into the fabric of your being. These blocks, often operating unnoticed, can create a barrier between you and the life you truly desire. They manifest as self-doubt, fear of failure, and patterns of negative self-talk.

By shedding light on these hidden limitations, you create space for your authentic desires to flourish. This is a journey of self-discovery and self-empowerment. As you identify and release these barriers, you unshackle your potential and open the doors to your dreams.

Imagine walking through life with a renewed sense of purpose and clarity, your path unobstructed by the remnants of outdated beliefs. As you clear your mind, you invite in the power of manifestation. Your thoughts, intentions, and actions become aligned, fostering a harmonious flow toward your aspirations.

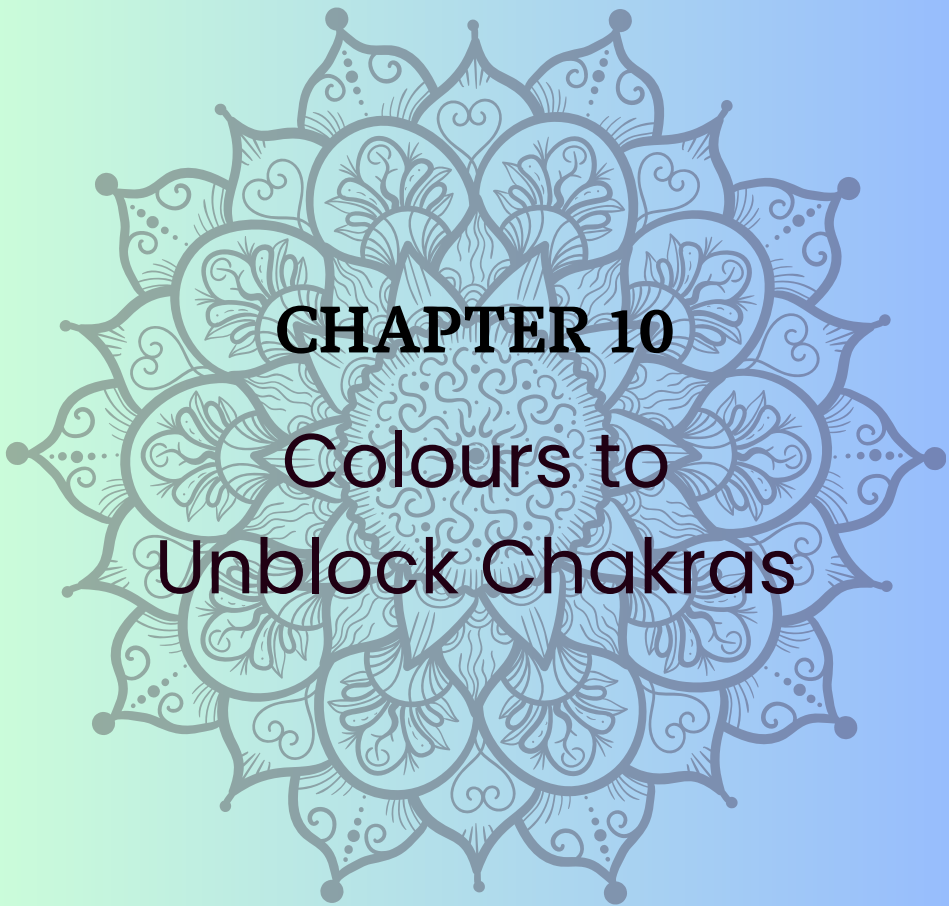
This process goes beyond mere positive thinking; it delves into the very essence of your being. By excavating and transforming these deeply ingrained patterns, you empower yourself to create a life that resonates with your truest essence.

Dr. Len also suggests putting drinking water into a blue bottle in the sun for at least ten minutes in the morning to charge the water and enable the user to cleanse oneself of deep-rooted subconscious memories and reset the body to a pure 'zero' state of love. We will discuss more ways to 'charge' your drinking water in a later chapter as well.

## **Ho'oponopono Prayer:**

Say 3 times every night before bed:

- I'm sorry.
- Please forgive me.
- Thank you.
- I love you.



## CHAPTER 10

# Colours to Unblock Chakras



Like the heart Chakra meditation exercise previously discussed, ground the body first. Instead of bringing white light through the crown Chakra just to the heart, bring it to each of the Chakras in this order, starting from the Root Chakra, then individually working on the others above and ending with the Crown area. The colours you visualize will correspond to each Chakra.

- Root Chakra: focus on red.
- Sacral Chakra: focus on orange.
- Solar plexus Chakra: focus on yellow.
- Heart Chakra: focus on pink or green.
- Throat Chakra: focus on blue.
- Pineal Gland/Third Eye: focus on indigo.
- Crown Chakra: focus on violet/purple.

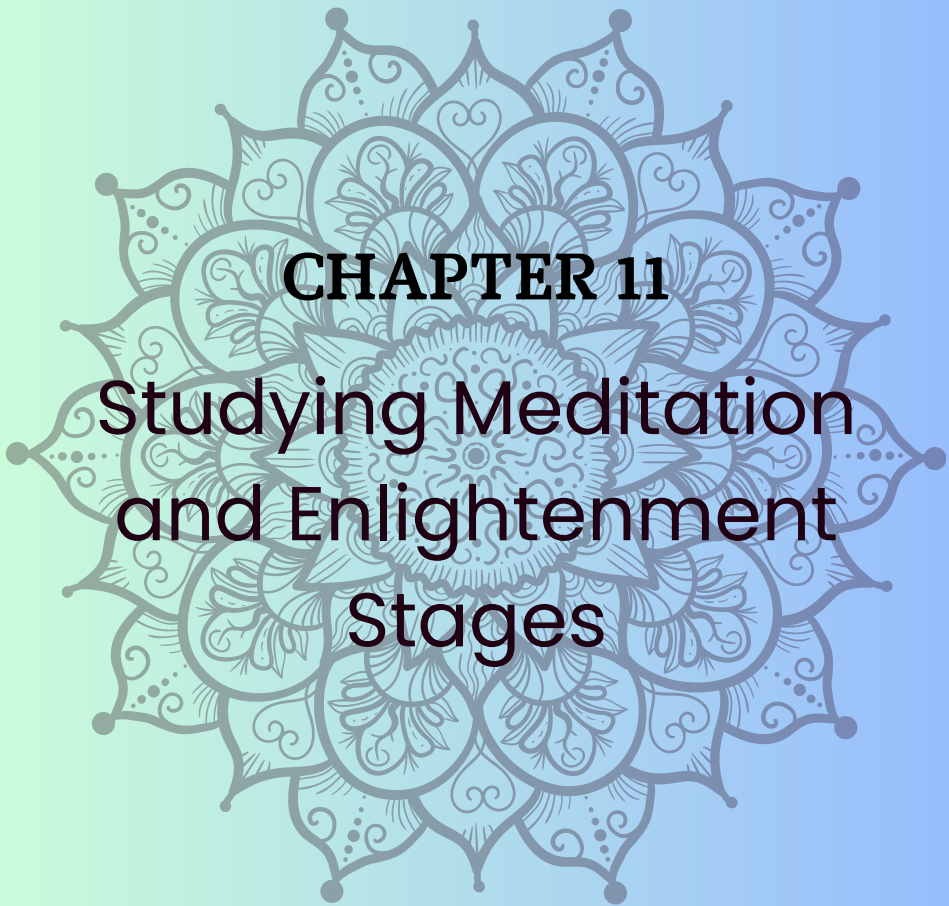
## **Meditations Positive Effects:**

Studies from the National Library of Medicine explain the benefits of long-term meditation and the health of cultures like India and Tibet. Long-term meditation is seen as a path to achieve enlightenment and higher states of human functioning. Studies of experienced meditators show practical benefits for health and well-being. In the Western world, long-term meditators have shown significant reductions in health expenditures, with potential savings of up to 50% in various disease categories.

This reduction takes time to fully develop, around 7 years. Heart disease costs were reduced by 87%, which is crucial considering the rising healthcare costs and heart-related deaths.

Traditional medicine systems like Ayurveda and Traditional Chinese Medicine also value meditation and mind-body techniques. These practices help maintain subtle aspects of physiology and aid in pain relief. Even Chumash Indians in North America have integrated similar techniques into their medical practices.





## **CHAPTER 11**

# Studying Meditation and Enlightenment Stages

Modern mind-body medicine aims for improved psychophysiological states like enlightenment. Traditional descriptions emphasize changes in awareness and cognition, but scientific research relies on objective measures correlated with subjective experiences. Accessing authentic subjects with such experiences is rare and often requires the permission of enlightened masters.

## **Specific Mental Techniques For Meditation:**

This article reviews studies on advanced Tibetan Buddhist meditators and practitioners of Transcendental Meditation™ (TM). Both traditions employ different yet related techniques. Tibetan Buddhism uses techniques like the 'Yoga of the Clear Light,' while TM involves effortless mental techniques using the phonetic qualities of a mantra. These practices aim to enhance focus, compassion, and other mental abilities, leading to positive changes in health and consciousness.

## **Meditation and Youthfulness:**

Studies show that regular meditation can have anti-aging effects. Auditory threshold sensitivity tends to improve with longer meditation practice, unlike the usual age-related decline. Systolic blood pressure, auditory threshold, and near point of vision are used to estimate biological age. The Transcendental Meditation program counteracts aging in these areas and more.

Long-term consistent meditation practice of seven years or more shows very high cognitive processing, mainly due to increased blood flow in the brain areas that centre on cognitive functions. So, now that you know about the vibration of thought and the power of meditation, let's put this into practical use. You only need to meditate twice a day for 20 minutes. If you can fit in more time that's a bonus. The following Chapters go into depth with sample guided meditations for you to use.

## How to Heal the Heart Chakra:

This is the most important Chakra area to balance because the bioenergy emanating from the heart Chakra is 60 times more powerful than the energy output of every other Chakra combined. With any Chakra clearing, I always suggest grounding the body first, begin on the root Chakra and work your way up to the Crown Chakra last.

When your heart Chakra is activated, it feels like butterflies swirling around the heart—a fluttering feeling of warmth. When our heart feels grief, sadness, or pain, we need to increase the energy vibration and heal it. You may think, for example, that you're protecting your heart from being hurt by someone (rejection, a failed relationship, betrayal, etc.). You protect your heart and put up blocks. You visualize your heart as if encased in a shell or bricks put up around it like a house. But if you do this, you're also blocking love from flowing INTO you as well as residual pain from *leaving* you! You think you're protecting your heart. You're NOT protecting it. You're trapping the hurt inside and blocking it from receiving love.

We are not instinctively born with blocks and walls around our Chakra points. A baby doesn't decide, oh, I'm not worthy of love because I just spat up on myself. We often grow up hearing and internalizing narratives that lead us to wrongly perceive ourselves as inadequate, often due to the hurtful words or actions of others. We may have been told that we're not enough or experienced neglect or abuse that left us feeling unlovable. It's crucial to challenge these false beliefs because the truth is far different: You are inherently deserving of love and happiness, just as you are, without any need for validation from others.

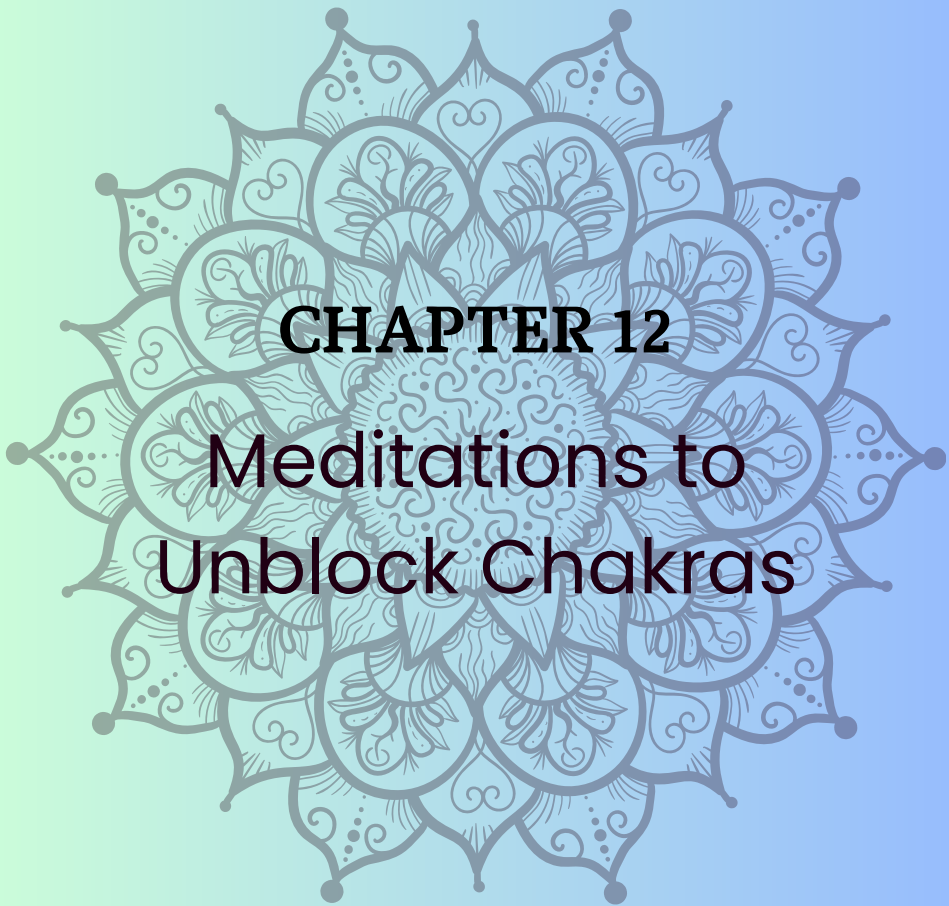
We are born open and flowing with love. Our environment shapes us. What you're doing is holding the negative experience or energy IN your heart Chakra, and it can't flow freely or spin properly. You're holding it as if making a tight fist with your hand.

Unfortunately, when you have a blocked heart Chakra, the person you're hurting the most is yourself. It often doesn't have the slightest effect on the other person that 'broke' your heart. They don't care or even know about it. Others around you who care will feel your indifference and closed energy. You're the one walking around with it. You're the one going through life emotionless, distant, hard to reach, and cold. And you will view everything in life with LESS love and acceptance because of it.

In addition, it may just be your perspective. You may feel hurt by something that wasn't intended that way. Or feeling hurt by someone who has issues and problems and you just happened to be in their path to vent at the time. It may not have been personally directed towards you; you just happened to be in the way. They could easily have done the same thing to someone else, but you happened to be conveniently there for them to abuse. You were in the wrong place and at the wrong time and in their way. In the end, you're deciding if the negativity remains with you or not.

For optimum health, we know that walking through life and seeing everything as LOVE is the best way to be. Your perspective is your choice. Every perspective in life is either from the viewpoint of LOVE or FEAR. You either lead with one or the other or keep operating back and forth. Indeed, I'd go so far as to question whether love is merely an emotion. Ultimately, love transcends emotions; it's a potent force, a profound energy. English lacks a word that can truly capture the essence of love. It's a state of being.

Begin by acknowledging that the negative energy got in there and trapped. Realize that it's been churning around in that area and blocking your energy flow. Pretending it's not there, ignoring it, distracting yourself with other things, or not acknowledging it's there is not moving you forward. And yes, that includes the self-destructive habits you may have, like emotional eating, abusing drugs or alcohol, and other self-medicating distractions to cope. Your subconscious mind knows these distractions aren't getting to the root of the problem. Your inner YOU knows better, and that's why you can't fool it! Tell yourself it's no longer needed. Ask your higher self to assist you in letting it go. Release it.



## **CHAPTER 12**

# Meditations to Unblock Chakras

Let's start with a Heart Meditation since this is the most commonly requested area people want unblocked.

First, ground your body. This is necessary so your body can handle the energy stream you will draw into the Chakra area. Sit comfortably with legs and arms uncrossed (we don't want left or right hemisphere meridians crossed up). Ensure a quiet space where you won't be disturbed. Turn off or remove your phone and anything plugged in, and keep them in another room away from you. Ideally, turn off Wi-Fi and all electronics as you do meditations.

First, we will say a blessing: "Divine source, please bless my body, mind, and soul and assist me in connecting to healing energy and wisdom. Enable me to heal and balance my body so that my cells vibrate at a perfect healing frequency, allowing me to feel well, at peace and function better than ever before. I am love, I emanate love, and I accept love. I am so grateful to give and receive love, and moving forward, I wholly embrace a life of love. Thank you."

Read the steps first, then repeat them with your eyes closed so you don't have to refer to this text each time you meditate.

## HEART MANTRA MEDITATION:

### Heart/chest

**Signs of imbalance:** inability to love yourself or others. Depression, grief, selfishness, jealousy, hatred. Try burning candles or use essential oils: rose, lavender, orange, jasmine, or sandalwood. Related to the colour green and an air element.





- Eyes closed, take a deep breath through your nose and exhale through your mouth. Repeat the breath three times.
- Imagine a red globe of light from your root Chakra at your tailbone. Draw it down your legs and out your feet.
- Drop the red globe of light into the floor and into the ground beneath your feet.
- Let the red light drop down into the centre of the earth. The light will fill with the energy and resonance of the core of the earth. Envision the globe of light pulsating as the same frequency of the earth.
- Bring the red light back up slowly under your feet. Filter it with a turquoise green flame before bringing it back into your feet. (This ensures you filter out any earth energies like war, famine, drought, death etc.)
- Draw the red light up into your heart Chakra. Let it spin there clockwise. Visualize a spinning, whirling red light. Ask for it to spin at exactly the speed you need today.
- Now draw white light energy into your crown Chakra from Source in the form of a bright orb of white light. You can draw this energy from God if you're religious or from the One Source, creative energy where all life began. Let this white orb drop into your head and down your spine to your heart. This connection of source energy from the spirit will connect to your heart Chakra. You may ask for your Guides or Angels to also connect to the white light that is swirling down to your heart. Repeat: "I love myself. I am open to love." Hum "ommanipadme hum" aloud or in your head silently.
- Mix the white light orb with the red globe creating a pink tone of combined energies.
- Let any residual energies no longer needed in the heart fall away like stardust from your body. Imagine any negative energies and emotions just floating away and leaving your body to be recycled by Mother Earth. Energy must always transfer. As they fall away, your heart feels lighter, renewed, and cleansed. Keep visualizing all residual energies falling away until there's stillness and no more dust remaining. This can take anywhere from a few minutes to an hour.

- Now visualize all the tiny spaces where the residual energies left your body being replaced by the bright pink swirling light, filling the holes, gaps, and voids where they had penetrated your heart. The defragmentation is now repaired.
- Take three deep breaths again. Inhale through your nose. Exhale through your mouth. Ensure the exhalation is an audible deep 'sigh' sound.
- Continue deep breaths, and as you exhale, visualize all other residual energies in your body outside your heart, leaving your body and being recycled back to Mother Earth.
- Fill those spaces with pink/rose light as well.
- Visualize the pink swirling healing light expanding beyond your heart Chakra and filling your entire body, starting with expansion in the lungs and chest, expanding to the torso, and expanding to the shoulders, arms, hands, and fingers. Expanding up your neck and filling your head. Then down to your hips, thighs, legs, calves, feet, and toes. Visualize your entire body filled with healing pink light.
- Take three deep breaths again. Ensuring new areas that show up with residual energies are released that may have been buried deeper. Release them. Fill them with a pink light.
- Say, "I ask and command that my heart Chakra be healed, feeling love, giving love, and being of pure love. I am love, I give love, and I readily receive love. I deserve love, I am unconditionally loved, and I love unconditionally. I invite passion and love into my heart. Enable my heart to be protected and strengthened. My heart is healthy and operating at peak capacity. It cleanses my body, mind, and soul. I emanate love. I am healed. I am repaired. My heart is anew. It is so."

The pain no longer wants to be there. It doesn't serve you. Let it pass through you. It's done. You don't want it anymore. It serves no purpose. You're sick of it. Sick of feeling mad, hurt, angry ... say goodbye. Command it leave permanently.

## Heart Healing Techniques:

In addition to the Heart meditation, you can also perform a burning ceremony to rid yourself of unwanted memories, trauma, or undesirable people in your life.

Use a fire-safe dish or bowl, woodstove, or bonfire pit. Be safe. Write down the person or event that hurt you, then rip the paper into small pieces. Set the note on fire and say, "I release you!" Or "I am free. You don't have a hold on me any longer!"

Don't add negative phrasing like cursing them or how you hate them. That's just creating a negative vibe in your space. Bless them and send them on their way. Whatever you wish for yourself at that moment, wish it to them. Since we get back what we send out, this method ensures we receive what we desire.

For instance, if you want a great marriage, kids, a new home, a great career, or another life, wish that for them as well. Say goodbye as you burn that piece of paper. Visualize the hurt going up in flames and turning into ashes and dust. That pain energy has now transformed and dissipated into air. As the smoke rises, imagine the negative energy drifting into the air, where Mother Earth will recycle it.

Say the Ho'oponopono mantra each night for at least 2 weeks before bed after any emotional heart pain. The positive words will balance you and bring you back to zero reset, void of negative emotions.

When you get good at this clearing and Chakra cleansing, your Chakra points will be released within minutes of having your heart emotions negatively affected. The next time you get hurt or angry, it'll dissipate much faster than before because now you know better and can practice this anytime. Imagine the white light flowing through and unblocking your Chakra points.

When you unblock the Chakra, you may feel a tingling in the area, rib cage, or midsection. A feeling as if there's increased blood flow, a swirling feeling, a butterfly fluttery feeling, a lighter feeling like a burden's been lifted, lightheaded or floaty, or another similar movement as stuck energy is released.

You may also feel empty. This is a good thing, though it may be unfamiliar to you. It's the residual energy vacating and leaving space for new energy. In some instances, you will hear and feel a buzzing sound. This happened to me in my root, sacral, and solar plexus Chakras when I was performing a meditation.

Your mood will also immediately improve, and you start to view everything with more love and warmth. This release may energize you as your body adjusts and your frequency vibrations rise. You decide how to feel, and you can decide to be in a good mood, not a bad one.

When I felt distracted or frustrated in my day, I stopped, took a few minutes, and did the meditation and mantras. I needed to concentrate on work. I wanted to move forward with my day in a more positive frame of mind. I would not let an annoying person take a hold over me. I decided that I simply didn't have time for it.

I imagined white light flowing in through my Crown and pushing out the negative energy through my body. I did a minute of deep breathing and imagined the old residual energy I no longer needed leaving my body. Then I just went on with my day and distracted myself with other things so I wasn't feeding it more energy.

A few minutes later, I felt a weight lifting off my shoulders and a light feeling. My mood was amazing! My body responded to the released negative energy and adjusted back to normal. Better than normal, an elevated mood. It was the best mood for the rest of the day as I enjoyed this newly mended heart!

You, too, can feel this and heal your heart. You can also practice this by recording your own voice saying the meditation instructions to yourself. Then, keep it on your phone or laptop and play it back to yourself later.

The morning and evenings are the best times to repeat positive mantras. But also, if something throws you off track mid-day or any other time of the day, stop and pause, move to another room, or go take a washroom break and be alone for a minute. Do some deep breathing and a mantra and reset your energy. The past does not equal the future. The rest of the day will improve and get back on track after a little hiccup or a big drama. Rest and reset. Practice this, and you'll see your mood improve quickly.

Do not go through your day feeling awful or ignore the mood; stuffing it down won't help. Days of that can become months, and months can turn into years. Think of how that blocked energy flow negatively affects your whole being and drags you down? Just learn to get over things, forgive and release it! It only harms you. When you get accustomed to protecting your Chakras, negative events happen and just bounce right off you. They don't get blocked at all. You'll see that the negative events stop happening almost completely. It's really your vibration shifting and therefore the events just don't bother or impact you any longer.

These are universal truths proven throughout time. It doesn't matter what religion you are, where you live, or how old you are. You control your energy by protecting it, blocking negative energy, increasing positive energy, spreading positive vibes, and living life like your Soul energy was designed to function. As a pure soul in a body (our body is just a shell for our divine soul) that sparkles, loves, learns, and grows, we can be challenged to be better beings. As you do little things in your daily life to increase your vibrational energy, get ready to feel the benefits and have others notice it as well.

Next let's utilize what you've already learned about the benefits of colours and sounds and incorporate them into your meditations as an extra layer of healing energy.

## Balancing the 7 Main Chakras Meditation:

The method here is the same as the Heart meditation, starting with grounding, but each main Chakra has a corresponding colour indicated for each Chakra point, as we've discussed before. You can do each one or just pick the one that resonates with you according to the related 'signs of imbalance' list as a reference. You may rest your feet on a bamboo mat or other grounding surface like concrete, stone or grass while meditating.

### Root Chakra Meditation:

Tailbone/pelvic floor area.

- **Signs of Imbalance:** Anxiety, fear, pain, weight gain, feeling disconnected or alienated. Try burning candles or use essential oils: rosewood, patchouli, cloves, ginger, or cedar wood. Reconnect with the earth. Walk barefoot on grass, sand, or stones or indoors. Use a Bamboo mat underfoot. Spend more time in nature. The root Chakra is related to red.



- Eyes closed; take a deep breath through your nose and exhale through your mouth. Repeat the breath three times.
- Imagine a red globe of light from your Root/Base Chakra at your tailbone. Draw it down your legs and out your feet.
- Drop the red globe of light onto the floor and through the ground beneath your feet.
- Let the red light drop down into the centre of the earth. The light will fill with the energy and resonance of the core of the earth. Feel its vibration and how it's very comforting.
- Bring the red light back up slowly under your feet. Filter it with a turquoise flame before bringing it back through the soles of your feet and into your legs.



- Draw the red light up into your Root Chakra. Let it spin there clockwise. Visualize a spinning, whirling red light in your tailbone area. "I am grounded, I am safe, all my needs are met, and more. I'm comfortable with my sexual identity; I lovingly accept my physical body and my soul in this material form. I love my body. I am safe in this home. I am financially secure and always have what I need and more. The planet always provides for me."
- Now draw white light energy into your crown Chakra from Source in the form of a bright orb of light. You can draw this white light orb from God, the Divine, or Source energy from the One. Let this white orb drop into your head and down your spine to your Root Chakra at your tailbone.
- Ask and intend for the light to spin at exactly the frequency you require today at this point in time for optimal healing and benefit. Picture the colour red as you make this intention.
- Let any residual energies no longer needed in the Chakra fall away like stardust from your body. Imagine any negative energies and emotions just floating away and leaving your body to be recycled by Mother Earth. Your Chakra feels lighter, renewed, unwound, and cleansed as they fall away. Keep visualizing all residual energies falling away until there's stillness and no more dust remaining.
- Now visualize all the tiny spaces where the residual energies left your body being replaced by the new swirling light, filling the holes, gaps, and voids where they had penetrated the Chakra. The defragmentation is now repaired.
- Take three deep breaths again. Inhale through your nose. Exhale through your mouth.
- Continue deep breaths, and as you exhale, visualize all other residual energies in your body from every Chakra point, leaving your body to be recycled back to Mother Earth.
- Visualize the white orb of divine light swirling beyond the Chakra area and expanding, filling your entire body. Mix it with the heart Chakra pink light, and it's a bright rose colour representing the highest feeling of love. Expanding to the torso, shoulders, arms, hands, and fingers. Expanding up your neck and filling your head. Expanding to your hips, thighs, legs, calves, feet, and toes. Visualize your entire body filled with healing rose light.

- Take three deep breaths again. Scan the entire body once more, ensuring any deeper areas that show up with residual energies are released. Fill them with rose light.
- Expand the rose light beyond your body to the room you're in. If you're outside, imagine a glass room around you and fill it with rose light.
- Expand the rose light beyond the room to the building you're in and the sky above. Enveloping the light of love into your surroundings.
- Say, "I ask and command that my Chakra be healed, balanced, repaired, and regenerated. Protect me and strengthen my Chakra, allowing it to operate at peak capacity and optimal health. I am healed. I am repaired. My Chakra is renewed. I'm blessed. I'm grateful. I'm thankful. It is so."

## Sacral Chakra Meditation:

Lower abdomen below tailbone, pelvis, womb/genitals.

**Signs of Imbalance:** addictions, compulsive behaviours, sexual dysfunction, low creativity, fear of change, emotionally unstable, infertile, back, kidney or stomach issues. Use candles or essential oils: ylang-ylang, rose, clary sage, mint, eucalyptus, chamomile, or cardamom. This relates to the water element, so be near water or take Epsom salt baths. Relates to colour orange.



- Eyes closed, take a deep breath through your nose and exhale through your mouth. Repeat the breath three times.
- Imagine a red globe of light from your Root/Base Chakra at your tailbone. Draw it down your legs and out your feet.
- Drop the red globe of light into the floor and through the ground beneath your feet.
- Let the red light drop down into the centre of the earth. The light will fill with the energy and resonance of the core of the earth. Feel its vibration and how it's very comforting.
- Bring the red light back up slowly under your feet. Filter it with a turquoise flame before bringing it back in through the soles of your feet and into your legs.
- Draw the red light up into Root Chakra and let it remain there grounding you.
- Now draw white light energy into your crown Chakra from source in the form of a bright orb of light. Let this white orb drop into your head and down your spine to your Sacral Chakra 2 inches below your naval area. Mix the white light with orange light creating a vibrant orange colour.
- **Sacral Chakra:** Feel strong life force energy and physical vitality. Release nervousness or fears. You feel warm and all issues healed and resolved. Your life force energy is confident and strong, and you feel physically revitalized.

- Ask and intend for the light to spin at exactly the frequency you require today at this point in time for optimal healing and benefit. Picture the colour orange as you make this intention. “Sacral Chakra, spin and function at the healthiest level now and from this point onward, maintaining a balanced frequency.”
- Let any residual energies no longer needed in the Chakra fall away like star dust from your body. Imagine any negative energies and emotions just floating away and leaving your body to be recycled by Mother Earth. As they fall away your Chakra feels lighter, renewed, unwound, and cleansed. Keep visualizing all residual energies falling away until there’s stillness and no more dust remaining
- Visualize all the tiny spaces where the residual energies left your body being replaced by the new swirling orange light, filling the holes, gaps, and voids where they had penetrated the Chakra. The defragmentation is now repaired.
- Take three deep breaths again through your nose and out your mouth.
- Continue deep breaths and as you exhale visualize all other residual energies in your body from every Chakra point leave your body to be recycled back to Mother Earth.
- Visualize the orange orb light swirling beyond the Chakra area and expanding filling your entire body. Mix it with the heart Chakra pink light so it’s a bright peach tone of the highest feeling of love. Expanding to the torso, shoulders, arms, hands, fingers. Expanding up your neck and filling your head. Expanding down to your hips, thighs, legs, calves, feet, and toes. Visualize your entire body filled with healing peach light.
- Take three deep breaths again. Inhale through your nose. Exhale through your mouth.
- Scan the entire body once more; ensuring any deeper areas that show up with residual energies are released. Fill them with peach light.

Expand the coral light beyond your body to the room you’re in. If you’re outside, imagine a glass room around you and fill it with peach light. Expand the light beyond the room to the building you’re in and the sky above. Enveloping the light of love into your surroundings and home.

Say, "I ask and command that my Sacral Chakra be healed, balanced, repaired and regenerated. Protect me and strengthen my Chakra, allowing it to operate at peak capacity and optimal health. I am healed. I am repaired. My Chakra is renewed. I'm blessed. I'm grateful. I'm thankful. I'm feeling better than ever before. It is so."

## Solar Plexus Chakra Meditation:

Abdomen area above belly button.

**Signs of Imbalance:** Aggression, overly dominating towards others, low self-esteem. Pessimism, cynical, over-active ego or sensitive ego, ulcers, hypoglycemia and diabetes, digestive issues because tension is held in the lower abdomen. This is a fire element Chakra area. Related to the colour yellow. You may infuse the room with essential oils of saffron, musk, ginger or cinnamon. Anything earthy and fiery.



- Eyes closed, take a deep breath through your nose and exhale through your mouth. Repeat the breath three times.
- Imagine a red globe of light from your Root/Base Chakra at your tailbone. Draw it down your legs and out your feet.
- Drop the red globe of light into the floor and through the ground beneath your feet.
- Let the red light drop down into the centre of the earth. The light will fill with the energy and resonance of the core of the earth. Feel its vibration and how comforting it is.
- Bring the red light back up slowly under your feet. Filter it with a turquoise flame before bringing it back in through the soles of your feet and into your legs.
- Draw the red light up into Root Chakra and let it remain there grounding you.
- Now draw white light energy into your crown Chakra from source in the form of a bright orb of light. Let this white orb drop into your head and down your spine to your Solar Plexus, 2 inches above your naval area. Mix the white light with yellow light creating a bright gold tone.

**Solar plexus:** Feel your intuition strengthened and release your imagination. Let go of restrictions by others or on yourself. Visualize yellow and gold colours spinning in this Chakra. You feel creative and open to new inspiring ideas. You have increasing confidence and purpose. Repeat: "I am ambitious and creative. I have purpose and stand in my personal power. I learn from past mistakes and embrace ambition and determination."

Ask and intend for the light to spin at exactly the frequency you require today at this point in time for optimal healing and benefit. Picture the colour yellow as you make this intention. "Sacral Chakra, spin and function at the healthiest level now and from this point onward, maintaining a balanced, healthy frequency."

- Let any residual energies no longer needed in the Chakra fall away like star dust from your body. Imagine any negative energies and emotions just floating away and leaving your body to be recycled by Mother Earth. As they fall away your Chakra feels lighter, renewed, unwound, and cleansed. Keep visualizing all residual energies falling away until there's stillness and no more dust remaining.
- Visualize all the tiny spaces where the residual energies left your body being replaced by the new swirling gold or yellow light, filling the holes, gaps, and voids where they had penetrated the Chakra. The defragmentation is now repaired.
- Take three deep breaths again through your nose and out your mouth.
- Continue deep breaths and as you exhale visualize all other residual energies in your body from every Chakra point leave your body to be recycled back to Mother Earth.
- Visualize the yellow orb light swirling beyond the Chakra area and expanding filling your entire body. Mix it with the heart Chakra pink light so it's a bright coral orange colour of the highest feeling of love. Expanding to the torso, shoulders, arms, hands, fingers. Expanding up your neck and filling your head. Expanding down to your hips, thighs, legs, calves, feet, and toes. Visualize your entire body filled with healing coral light.



- Take three deep breaths again. Scan the entire body once more; ensuring any deeper areas that show up with residual energies are released. Fill them with yellow or coral light.
- Expand the yellow and coral light beyond your body to the room you're in and into the sky above.

## Throat Chakra Meditation:

Throat/jaw/neck/mouth/thyroid.

**Signs of Imbalance:** Unable to communicate your truth and desires. Hiding your opinion, gossiping, difficulty listening, dominating conversations, fears of expressing ourselves, neck/shoulder pain or fluctuating hormones. Ether element. Related to colour blue. Infuse the room with essential oils of ether, frankincense, geranium, clove, tea tree, lavender, or jasmine.



- Eyes closed, take a deep breath through your nose and exhale through your mouth. Repeat the breath three times.
- Imagine a red globe of light from your Root/Base Chakra at your tailbone. Draw it down your legs and out your feet.
- Drop the red globe of light into the floor and through the ground beneath your feet.
- Let the red light drop down into the centre of the earth. The light will fill with the energy and resonance of the core of the earth. Feel its vibration and how comforting it is.
- Bring the red light back up slowly under your feet. Filter it with a turquoise flame before bringing it back in through the soles of your feet and into your legs.
- Draw the red light up into Root Chakra and let it remain there grounding you.
- Now draw white light energy into your crown Chakra from source in the form of a bright orb of light. Let this white orb drop into your head and down to your throat. Mix the white light with blue light creating a bright blue tone.

- **Throat:** Repeat to yourself, "I am balanced in speaking and listening. I can speak my mind confidently. I communicate with ease. I have clear boundaries." Visualize blue colours spinning in the throat, neck and mouth. "I'm an active listener and comfortable speaking my mind".
- Ask and intend for the blue light to spin at exactly the frequency you require today at this point for optimal healing and benefit. Picture the colour blue as you make this intention. "Throat Chakra, spin and function at the healthiest level now and from this point onward, maintaining a balanced, healthy frequency."
- Let any residual energies no longer needed in the Chakra fall away like stardust from your body. Imagine any negative energies and emotions just floating away and leaving your body to be recycled by Mother Earth. As they fall away your Chakra feels lighter, renewed, unwound, and cleansed. Keep visualizing all residual energies falling away until there's stillness and no more dust remaining.
- Visualize all the tiny spaces where the residual energies left your body being replaced by the new swirling blue light, filling the holes, gaps, and voids where they had penetrated the Chakra. The defragmentation is now repaired.
- Take three deep breaths again, and inhale through your nose. Exhale through your mouth.
- Continue deep breaths and as you exhale visualize all other residual energies in your body from every Chakra point leave your body to be recycled back to Mother Earth.
- Visualize the blue orb light swirling beyond the throat/neck area and expanding filling your entire body. Mix it with the heart Chakra pink light so it's a bright purple colour of the highest feeling of love. Expanding to the torso, shoulders, arms, hands, fingers. Expanding up your neck and filling your head. Expanding down to your hips, thighs, legs, calves, feet, and toes. Visualize your entire body filled with healing purple light.
- Take three deep breaths again. Scan the entire body once more; ensuring any deeper areas that show up with residual energies are released. Fill them with purple light.

- Expand the purple light beyond your body to the room you're in. If you're outside, imagine a glass room around you and fill it with the light. Expand it beyond into the sky above.

## Third Eye/Pineal Chakra Meditation:

The cross-intersecting point between the ears and behind the forehead. The pineal gland.

**Signs of Imbalance:** Unable to trust your intuition. Cynical, pessimistic, and overly attached to external things. Tension may be stored in the head causing headaches or vision strain. All elements are represented here (earth, fire, water, ether, and air). Related to colour indigo. You may use candles, incense or essential oils: sage, bay, nutmeg, St. John's Wort, myrrh or sandalwood.



- Eyes closed, take a deep breath through your nose and exhale through your mouth. Repeat the breath three times.
- Imagine a red globe of light from your Root/Base Chakra at your tailbone. Draw it down your legs and out your feet.
- Drop the red globe of light into the floor and through the ground beneath your feet.
- Let the red light drop down into the centre of the earth. The light will fill with the energy and resonance of the core of the earth. Feel its vibration and how comforting it is.
- Bring the red light back up slowly under your feet. Filter it with a turquoise flame before bringing it back in through the soles of your feet and into your legs.
- Draw the red light up into Root Chakra and let it remain there grounding you.
- Now draw white light energy into your crown Chakra from source in the form of a bright orb of light. Let this white orb drop into your head and down to your pineal gland/third eye. Mix the white light with indigo light creating a bright silvery indigo tone.

- Bring the white orb light into your centre forehead between your eyes and between your ears. Focus on the colour indigo flowing into the pineal gland, opening up your intuition. Your sensitivity, clairvoyance and mental activity are active and balanced. You may tap or rub on your third eye (middle space between your eyebrows) as you repeat to yourself, "I have amazing intuition and psychic senses. I follow my inner wisdom. I'm connected to my spiritual path and source." Visualize indigo colours spinning in the forehead, behind the eyes and in the middle of the head.
- Ask and intend for the indigo light to spin at exactly the frequency you require today at this point in time for optimal healing and benefit. Picture the colour indigo as you make this intention. "Third eye Chakra, spin and function at the healthiest level now and from this point onward, maintaining a balanced, healthy frequency."
- Let any residual energies no longer needed in the Chakra fall away like stardust from your body. Imagine any negative energies and emotions just floating away and leaving your body to be recycled by Mother Earth. As they fall away your Chakra feels lighter, renewed, unwound, and cleansed. Keep visualizing all residual energies falling away until there's stillness and no more dust remaining.
- Visualize all the tiny spaces where the residual energies left your body being replaced by the new swirling indigo light, filling the holes, gaps, and voids where they had penetrated the Chakra. The defragmentation is now repaired.
- Take three deep breaths again through your nose and out your mouth.
- Continue deep breaths and as you exhale visualize all other residual energies in your body from every Chakra point leave your body to be recycled back to Mother Earth.

- Visualize the indigo orb light swirling beyond your third eye/pineal gland, expanding, filling your entire body. Mix it with the heart Chakra pink light so it's a bright indigo-purple colour of the highest feeling of love. Expanding to the torso, shoulders, arms, hands, fingers. Expanding up your neck and filling your head. Expanding down to your hips, thighs, legs, calves, feet, and toes. Visualize your entire body filled with healing indigo-purple light.
- Take three deep breaths again. Scan the entire body once more; ensuring any deeper areas that show up with residual energies are released. Fill them with indigo-purple light.
- Expand the light beyond your body to the room you're in. If you're outside, imagine a glass room around you and fill it with the light. Expand into the sky above.

## Crown Chakra Meditation:

Top of the head, centre where the left/right skull meet.

**Signs of Imbalance:** Expecting happiness to come from an external source. Depression, narrow mindedness, greed, materialism, big egos, fatigue, mental illness. This is a cosmic energy sign and related to colour violet. You may wish to burn candles, incense or use essential oils of camphor, frankincense or myrrh.



- Eyes closed, take a deep breath through your nose and exhale through your mouth. Repeat the breath three times.
- Imagine a red globe of light from your Root/Base Chakra at your tailbone. Draw it down your legs and out your feet.
- Drop the red globe of light into the floor and through the ground beneath your feet.

- Let the red light drop down into the centre of the earth. The light will fill with the energy and resonance of the core of the earth. Feel its vibration and how comforting it is.
- Bring the red light back up slowly under your feet. Filter it with a turquoise flame before bringing it back in through the soles of your feet and into your legs.
- Draw the red light up into Root Chakra and let it remain there grounding you.
- Now draw violet light energy into your crown Chakra from source in the form of a bright orb of light. Let this violet-coloured orb drop into your head at the crown and remain there.
- **Crown:** Bring the violet light around your head and let it swirl clockwise. Focus on the colour violet flowing through your head, skull and brain, opening your intuition. Your higher self is connected to you. You're capable of enlightenment and spiritual connection. Repeat to yourself, "I am connected to my higher self. I am connected to source and the universal matrix. I am one with the divine. I receive guidance from my angels, guides and higher self." Visualize violet colours spinning in the forehead, behind the eyes and in the middle of the brain.
- Ask and intend for the violet light to spin at exactly the frequency you require today at this point in time for optimal healing and benefit. Picture the colour violet as you make this intention. "Crown Chakra, spin and function at the healthiest level now and from this point onward, maintaining a balanced, healthy frequency." Feel the violet light emanate from your head around the crown. You're feeling spiritually connected and entwined with universal consciousness. You're connected to your angel and spirit guides, feeling in touch with your higher self.
- Let any residual energies no longer needed in the Chakra fall away like stardust from your body. Imagine any negative energies and emotions just floating away and leaving your body to be recycled by Mother Earth. You feel lighter, renewed, unwound, and cleansed.
- Visualize all the tiny spaces where the residual energies left your body being replaced by the swirling violet light, filling the holes, gaps, and voids where they had penetrated the Chakra. The defragmentation is now repaired.

- Take three deep breaths again through your nose and out your mouth.
- Continue deep breaths and as you exhale visualize all other residual energies in your body from every Chakra point leave your body to be recycled back to Mother Earth.
- Visualize the violet orb light swirling beyond your head, expanding, filling your entire body, letting the light drop down into your chest, torso, arms, legs, feet, and hands. Mix it with the heart Chakra pink light so it's a rich magenta colour of the highest feeling of love. Expanding to the torso, shoulders, arms, hands, fingers, neck and head. Expanding down to your hips, thighs, legs, calves, feet, and toes. Visualize your entire body filled with healing magenta light.
- Take three deep breaths again. Scan the entire body once more; ensuring any deeper areas that show up with residual energies are released. Fill them with magenta light.
- Expand the magenta light beyond your body to the room you're in. If you're outside, imagine a glass room around you and fill it with magenta light. Expand it beyond the building you're in and into the sky above.



## **Energy Ball of Light Technique:**

Whenever you'd like to focus energy of healing on a specific area of your body this is a great tool. Do any of the aforementioned meditations and bring a ball of white light through your Crown Chakra down your body, into your hands instead of into a Chakra meridian.

Clasp your hands together as if making and rolling an imaginary snowball. Intend for the energy to magnify into a ball in between your palms. Keep focusing on your breathing and drawing white light into the ball. Imagine the ball of energy pulsating and glowing. You'll notice this in your palms first, then your fingers. Feel your palms pulse. Now match the pulsation of the energy ball with your heartbeat. Grow the pulsation larger and stronger, feeling it pulse brighter. Focus and play with this for a minute or two.

Now place the energy ball into your body wherever you wish. You could place it into your Heart Chakra or an area in need of healing. If you have a headache, place it into your pineal gland/third eye or the back of your head at the base of the neck.

You can also do this with another person and place the energy ball of light into their body. This is a technique you can use safely on children or pets in need of healing or calming.

## **Energy Ball of Light Technique**





## CHAPTER 13

# Laws of the Universe: The Kybalion; Effect on Our Bioenergy Field

Our universe has several laws which we can use for our benefit; an array of unchanging laws governs the fabric of reality. These laws are steadfast and remain regardless of our acknowledgment. When we grasp their essence, we unlock the potential to harness their power to our advantage, rather than struggling against them. Now that you've hopefully done several Chakra meditations and energy clearings using the tools already provided, your body and mind are ready and clear to CREATE and expand beyond your current reality.

This knowledge empowers us to navigate life's currents in alignment with these laws, paving the way for a life infused with elevated vibrational frequencies. The main laws you may have heard of already are the law of gravity; as in an apple falling from tree to ground. Or the law of polarity: opposites attracting each other like that of a magnet (positive and negative sides) or opposite people being attracted to each other.

But there are also laws of correspondence, mentalism, gender polarity, rhythm, cause, and effect, law of momentum, law of attraction, law of assumption and the most important we will delve into deeper, the law of vibration. There are many other 'laws' as well depending on how far back you reference them in History. I've listed the most important ones that are popular today. Here are some as summarized in *The Kybalion: a study of Hermetic philosophy of ancient Egypt and Greece*.

1. Mentalism: "All is Mind; the Universe is mental."
2. Correspondence: "As above, so below, so above."
3. Vibration: "Nothing rests, everything moves, everything vibrates".
4. Polarity: "Everything is Dual; everything has poles; everything has its pair of opposites".
5. Rhythm: "Everything flows, out and in; everything has its tides; all things rise and fall".
6. Cause and Effect: "Every Cause has its Effect; every Effect has its Cause; everything happens according to Law."
7. Gender: "Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes."

## **Law of Attraction:**

The Law of Attraction operates on the principle of "like attracts like." It's akin to a cosmic mirror. When you radiate love, the universe reflects love back to you. Conversely, if negativity is your focus, that's what you'll encounter. Essentially, it's a reminder to treat others as you'd want to be treated, echoing the saying, "like attracts like," or the idea that similar energies naturally come together.

This is a secondary law to the Law of Vibration. For the purpose of creating a higher vibrational healthy energy, these two laws are the most important to us and the ones in which we delve into the greatest later in more detail.

## **Law of Gestation:**

Everything takes time to come into being and transform from thought/idea into fruition of something tangible. An incubation period from seed to physical form. The length of time your goal forms from thought to reality. In some cases, this is instant, in other cases there is some time delay. The universe does not know the difference between something small or something large, it's the same. If you believe a goal will take time, work or effort, it will.

Conversely, if you believe it's instant, it will be very quick. With most testing of this theory by myself and colleagues in the energy healing industry it's usually a few days to a few weeks and some a few months. If it takes longer, you've likely done the process incorrectly or manifested some blocks in the middle that delay or cancel the manifestation.

## **Law of Relativity:**

All the laws mentioned above are in harmony with each other and interact in synchronicity with each other in all ways. Compare and relate yourself to others acknowledging your skills and strengths rather than comparing yourself to those of greater skill and mastery. Acknowledge how far you've come and what you are already a master at. Do not relate and compare yourself to the person you've yet to become or feel small or insignificant to others you perceive to be more learned than you.

## **Law of Transmutation:**

Energy is always moving and in constant flux, ever changing and evolving, developing, and transitioning. It's never stagnant and never destroyed. Just as we are spirit in a body, we are never destroyed, when our human body decays and we die, our subconscious, spirit and soul remain and transmute back to pure energy form. Embracing the Law of Vibration is what I believe is the most important law; a principle that underscores the universal truth that everything possesses a measurable frequency. From the sentient to the inanimate, every entity contributes its unique notes to the cosmic composition.

When you encounter new individuals, have you ever experienced an unspoken connection, an intuitive resonance that prompts you to exclaim, "I like their vibe!?" This visceral perception arises from the depth of your being, attuning to the vibrational frequency that emanates from them.

In the labyrinthine realms of vibration, perception unveils an astounding truth - everything resonates, pulses, and communicates through its vibrational signature. This ethereal dance transcends the boundaries of the tangible, infiltrating our experiences and impressions. It beckons us to cultivate an awareness that stretches beyond the surface, enabling us to embrace the unseen forces that shape our existence. As we attune our senses to the rhythms of vibration, we become attuned to the cosmic symphony that weaves the threads of our reality.

Have you ever talked to someone on the phone who's in a good mood and you can feel their smile? Their vibration and good mood is evident in their voice. All your thoughts have a vibration to them as well. Everything vibrates!! Even the table you sit at or the chair you're seated in has a vibration. Of course, it's a much lower vibration to your body or a plant or live organic substance, as its job is much simpler than yours. It just must 'be'.

EVERYTHING has a vibration that can be measured. Part of being you is also learning to just BE in your vibration without resistance.

## Law of Free Will:

Lastly the law of free will is in place in this Universe. You have free will to choose and so do others. You cannot interfere with another's free will. Attempting to force, bend, or coerce another is the same assault as physically forcing someone to do something. Live your life and let others live theirs. Encouraging, suggesting, supporting and showing by example are better methods.

Our lives exist on many different paths running parallel to us. As we make decisions, we branch off into another reality in the matrix. Time is a construct of this 3D world.

For instance; if you want to attract a certain partner into your life do not think that you're manipulating a person to like you, simply ask that the version of that person you want that already likes you will be a part of your life. Imagine it's already so and already happened, then the moving parts will follow suit. Envision the final puzzle and the pieces fill in by themselves. Someone will get an impulse to do something or be somewhere at a certain time that seems random but isn't. These 'impulses' seem our own but are part of the reality we are constructing that's falling into place. Somewhere out there is a version of your current partner that doesn't even like you and you don't like them. But also, a version that completely loves you for who you are. In this reality, draw the version of that person to you that makes you a good 'team'. A good 'partner in crime' so to speak. Teamwork implies to another and the universe that you work cooperatively together with the same goals in mind. This is more powerful than operating as two separate people just 'being' a couple.

People must be permitted to choose their own path on their own timeline. Individuals should have the freedom to chart their unique life journeys at their own pace. Each person has their own karma to resolve, just like we do. Even if we believe we know what's best for them, they must arrive at their own conclusions in their own time. Attempting to manipulate or control someone's path only generates tension and resistance, which can ultimately push them away energetically.

Manipulating anyone's choices is an assault of their free will. If it's a friend in need that is playing 'victim' mode and they're not in high vibration but negative all the time, distance yourself from them. Remain neutral or positive. Don't feed into their drama. In the meantime, simply be present or available to assist when and if required and asked to do so. It's a form of 'tough love' when we allow another to learn without interference. If we interfere, we stunt their growth and prevent them from learning and maturing

Often, the person will seek advice or help later and appreciate you're around to assist. In other cases, they must learn to do things completely themselves, making mistakes along the way, because that growth is in their best interest. They have their own life to live and their own lessons to learn. Their suffering or challenges are a part of their growth. Focus on YOUR life and let others live theirs.

What you can ask for is manifesting people into your life and dimension that are in line with your greater good. You can manifest the version of others that assists you in your life path. You can manifest a new partner in your life if you're seeking one. Envision who they are and assume they're already your partner. Imagining the end result assists the universe to construct the moving pieces together to make it so.

## **Law of Assumption:**

Neville Goddard's Law of Assumption is a powerful principle in manifestation and conscious creation. All his advice comes from interpretations from bible stories based on the concept of "I Am". You are the creator, you are God, or Source. Many laws of assumption coaches today base their teachings from him and he really has amazing advice.

Neville, a spiritual teacher and lecturer, born in Barbados in 1905, later moved to the United States and settled in Los Angeles. During the 1940s and 1950s, he garnered a following, primarily in the Los Angeles area.



Goddard's profound teachings revolved around the incredible potential of the human imagination to shape our reality. He considered imagination a core aspect of our spiritual essence, a gateway to tap into the boundless creative force of the divine. His lectures and writings delved into practical techniques for nurturing and employing the imagination to manifest our deepest aspirations.

Central to Goddard's teachings was his use of biblical narratives and verses as evidence of the imagination's potency and its direct link to the divine. He advocated that by harmonizing with the creative energies of the universe, we possess the ability to construct the life we truly desire.

It can be summarized as follows:

1. **The Power of Assumption:** Neville Goddard's teachings emphasize the importance of assuming the feeling and belief of already having what you desire. This assumption acts as a magnetic force to draw your desires into your reality.
2. **Living in the End:** To apply this law, you must vividly imagine and emotionally experience your desired outcome as if it's happening right now. This mental state is called "living in the end," and it aligns your consciousness with your goals.
3. **Dissolve Doubt:** Doubt and conflicting thoughts can hinder the manifestation process. Goddard's approach encourages you to persistently focus on your desired reality, dismissing doubts and fears.
4. **Techniques and Visualization:** Techniques like creative visualization and mental rehearsals are used to impress your desires upon your subconscious mind. These practices help solidify your assumptions and strengthen your connection to your desires.
5. **The State Akin to Sleep:** Neville Goddard often spoke of the drowsy, relaxed state just before sleep as an ideal time for mental programming. During this state, your subconscious mind is highly receptive to suggestions and assumptions.
6. **Faith and Persistence:** Faith in the process and persistence in assuming the desired state are crucial. Consistency in your assumptions and emotional engagement are key elements in manifesting your desires.

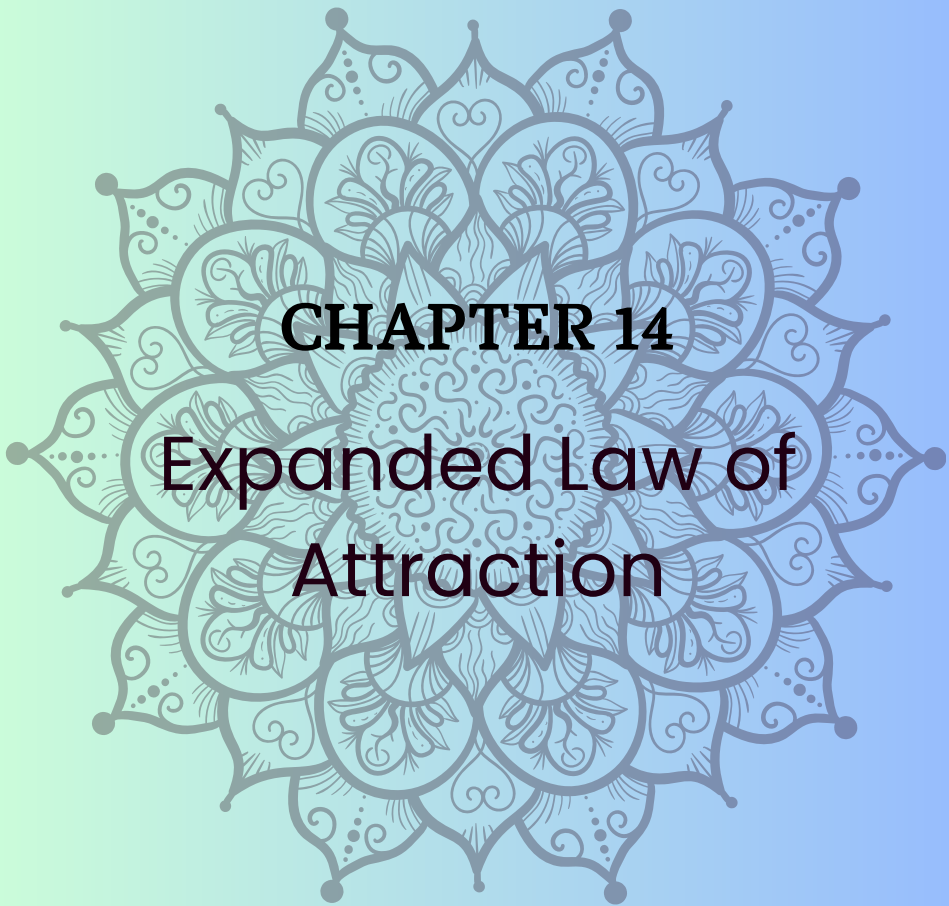
In summary, Neville Goddard's Law of Assumption revolves around adopting the mindset and feelings of already having what you desire. By persistently assuming this state, you align your consciousness with your goals and open the door to manifestation.

## **Difference Between Law of Attraction And Law of Assumption**

The Law of Assumption, often linked with The Law of Vibration and The Law of Attraction, offers a holistic perspective on manifestation.

The Law of Vibration suggests that your outer world mirrors your state of consciousness, reflecting your current vibration. Meanwhile, The Law of Attraction governs the energies you draw and the pace of your progress.

The Law of Assumption complements these principles by asserting that assuming the feeling or vibration of your desired outcome empowers you to achieve any goal. It enables you to work in harmony with the laws of vibration and attraction to manifest your intentions. So, it's a culmination of both those laws working together therefore that are the basis for effective manifesting.



## **CHAPTER 14**

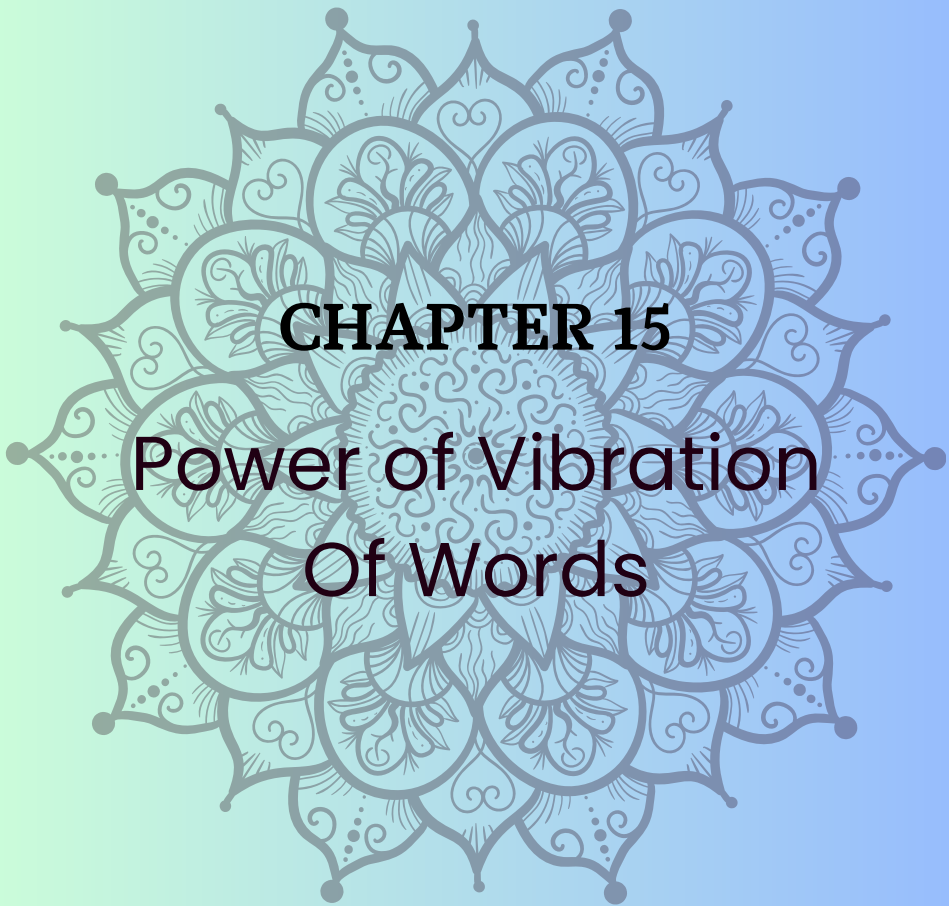
# Expanded Law of Attraction

Let's look at the Law of Attraction further since this law has gotten so much attention since the movie "The Secret", by Rhonda Byrne (2006). I want to expand on this and show other concepts and ideas to you and how these tie in together with vibration, manifestation, and strengthening our electromagnetic field.

I like Dr. Joe Dispenza's approach to this law as its comprehensive and thoughtful. I've summarized it here:

1. **Electric and Magnetic Thoughts:** Thoughts are electric, driven by our conscious desires, while emotions are magnetic, arising from our subconscious feelings.
2. **Our Electromagnetic Field:** Thoughts and emotions blend to create an electromagnetic field around us, known as the aura, with real scientific backing.
3. **Connection to the Quantum Field:** This field connects to the Quantum Field, the wellspring of infinite possibilities.
4. **Law of Attraction in Motion:** By reshaping our electromagnetic field through thoughts and emotions, we draw corresponding experiences from the Quantum Field.
5. **Alignment of Thoughts and Emotions:** Successful manifestation requires thoughts and emotions to harmonize, thinking and feeling alike.
6. **Maintaining the Desired State:** Sustaining this resonance increases the likelihood of manifestation. It necessitates reprogramming habitual thought and emotional patterns.
7. **Meditation and Mindfulness:** These practices help establish and maintain alignment with the Quantum Field, aiding positive change in thought and emotion.

In essence, Dr. Dispenza's approach harnesses the electric-magnetic nature of thoughts and emotions to shape our electromagnetic field, paving the way to communicate with the Quantum Field and manifest our desired reality.



## **CHAPTER 15**

# Power of Vibration Of Words

Another natural rule of Mother Nature: Nothing enters your life except what you're vibrationally in tune with. In other words, if your vibration is the same frequency match then naturally it is attracted to come to you. This means positive or negative things can be matched to us. We want to ensure the positive aspects match us, not the negative ones. Our thoughts, words, and actions all affect our frequency alignment.

For instance, if you feel unwell it means you allow it to enter your body. Or, in essence, your vibration matched the vibration of that illness, so it easily came into your Aura and then your body cells. You may wonder how did I want or attract this cold. If your vibration signature is running low due to stress, the lower vibration of disease easily enters the energy field of your body. Have you had this happen right before vacation? If you've been saying, "I can't wait for vacation, I can finally relax!" You're subconscious mind interprets this as you're stressed and NOT relaxed now at all and won't be until your vacation begins. It's your body's way of taking time off to rest.

If you told your mind a strong command (it believes everything you repeat to it!) like 'this traffic is killing me!', or "my boss is driving me mad!" or, "I really don't want to speak at this meeting tomorrow!" Guess what? Your subconscious mind says ok, I can make you so sick you won't get out of bed! And you'll get the runs, or a migraine or something else making you bed ridden. Well, you said the job was killing you and you'd do 'anything' to get out of the meeting. Our subconscious listens to our words, especially words repeated daily or habitually.

Your automatic routines are embedded in your subconscious mind. Like after you've learned to drive, you don't have to think about what way to steer the wheel or how much pressure your foot is using on the gas or brake pedal. You just automatically do it. But it took repetition for it to become an automatic habit. It's the same with the subconscious mind when we need to reprogram it with positive thoughts and beliefs. When we rearrange our thoughts and beliefs in line with higher vibrational ones, we are less likely to get sick at all. We don't vibrationally match with illness, we match with wellness.

## Repetition Reaps Reward:

The subconscious mind is ruling and guiding you all the time in many other ways, including acting out whatever your beliefs are. It takes your words quite literally, whether it's true or not. So, TELL it good stories!

Whatever you felt and focused on before sleep the night before is what you scripted for your life today. To change the script, (YOU are the Director!) ensure before you sleep that you focus on what you're grateful for, imagine what you desire as if you already have it and feel what that is like for you to already possess it.

Be thankful for all the little and big things that happened in your day. If you can't find anything to be grateful for be thankful you have lungs to breathe, a bed to sleep in, a roof over your head, people that care about you, a pet you may have that loves you or general good health.

When you talk to yourself about the negatives in your day you may have told lies to your subconscious mind but it believes what you told it. Your boss isn't actually driving you mad. The traffic isn't actually killing you, but you TOLD your mind it was, so it reacts as if that is true.

It follows what you command if your words are said with meaning. What you really wanted may have been to stay home and do nothing because you're sick of your job and the commute. Therefore, because you stuffed down this desire and ignored this truth, your body responded by getting ill. You told your body you'd do anything to avoid work. It's now responding to your command. When you feel tired or unwell say to yourself, "I'm healthy and my body recovers quickly!" Command positive words so the outcome is positive as well.

The formula I would suggest you do is trick the mind into believing your desired outcome. Your boss may be annoying, demanding, frustrating et cetera but it's not personal. They're likely that way to EVERYONE. And, when you're home or in your car they're not there anymore. They're out of sight, out of mind. So stay in the moment.



Tell your mind, "I can get through any workday! I can manage to work with any kind of person! I'm great at getting things done no matter what!" Tell yourself exactly the opposite of what you might fear regarding your work life. The subconscious mind is listening. It will respond to your command if said with repetition and meaning.

Long term look at a draining environment and consider it may be time for a change. Please consider the importance of following your true gifts and sharing your talents. It's so imperative to do work that is in tune with your true desires. Or until you can transition into work you enjoy you must find the positive opportunities where you currently work and do tasks in a mindful and high energy way.

Engage with your co-workers and clients in a friendly and positive manner, ensuring they perceive you as a delight to work with. Strive to offer value and go beyond the essential services, leaving your clients with a sense of receiving more than they expected for their investment. Look for outside work or hobbies or volunteer work that resonates with you. When the opportunity arises and it will, you will transition into something that you're better aligned with.

And keep in mind, every field needs someone high vibrational doing good work. Look at ways to make people's lives easier and better where you are. The energy returned to you will come back ten-fold. Your small hobby, side job or volunteer work will present an opportunity for income down the road, and you will meet like-minded people that share your beliefs. When we start to develop a circle of people around us that are in tune with us, opportunities start flowing in. The 'puzzle' pieces start coming together.

Feel and act as if you are already in the place or position you want to be. Dress and behave as if you're already there. If you want to manage, dress as if you're the manager NOW. People will respond to you as if you're in charge because you dress and carry yourself as if you are. Natural leaders do this all the time. Do you want to be wealthy? Dress in a neat, clean, simple manner, clothes ironed and steamed. No wild colours or trendy styles. Dress the wealthy part.

Ask yourself what would you be doing to make a difference in the world in that task? Begin working towards that now even if it's only in a small way. As you become in tune with what you want to be, your vibration shifts and moves towards the goals you're manifesting. ACT the part, then you'll FEEL the part. When you FEEL the part, you start to ATTRACT the part to you! Your goal is also attracted to moving towards you too, in a magnetic way. It is also seeking YOU out so it can manifest into form.

Embrace the assumption that you are already the person you aspire to be. The truth is, you're that person at your core; you just haven't fully realized your potential yet. You are already whole, deeply connected to your inner source, and a complete individual. External circumstances don't transform you into a new person; they simply reveal the confidence you need to embrace your authentic self. Cultivate that confidence within yourself now.

Did you experience a pleasant day? Announce to everyone that you had an amazing day! It will significantly enhance your overall well-being. Consider the difference in how it feels when you inquire about someone's day and they respond with "it was all right" or "fine." It can be rather uninteresting, can't it? Doesn't it feel much more invigorating when you hear, "I had an incredible day!?" Don't you yearn to hear the details and partake in your friend's elation? Indeed! Heightened levels of energy are highly attuned to the universe.

When embarking on any new endeavour, describe it as remarkable, fantastic, marvelous, and the like. The universe delights in hearing these powerful, positive words, and your body does too. Your body will feel better when you describe yourself as amazing rather than just 'fine'.

Take another example of the power of words and sounds from "Ut Queant Laxis," a well-known hymn in the Middle Ages that was chanted for vespers. Each succeeding line of the song started one note higher than the previous one:

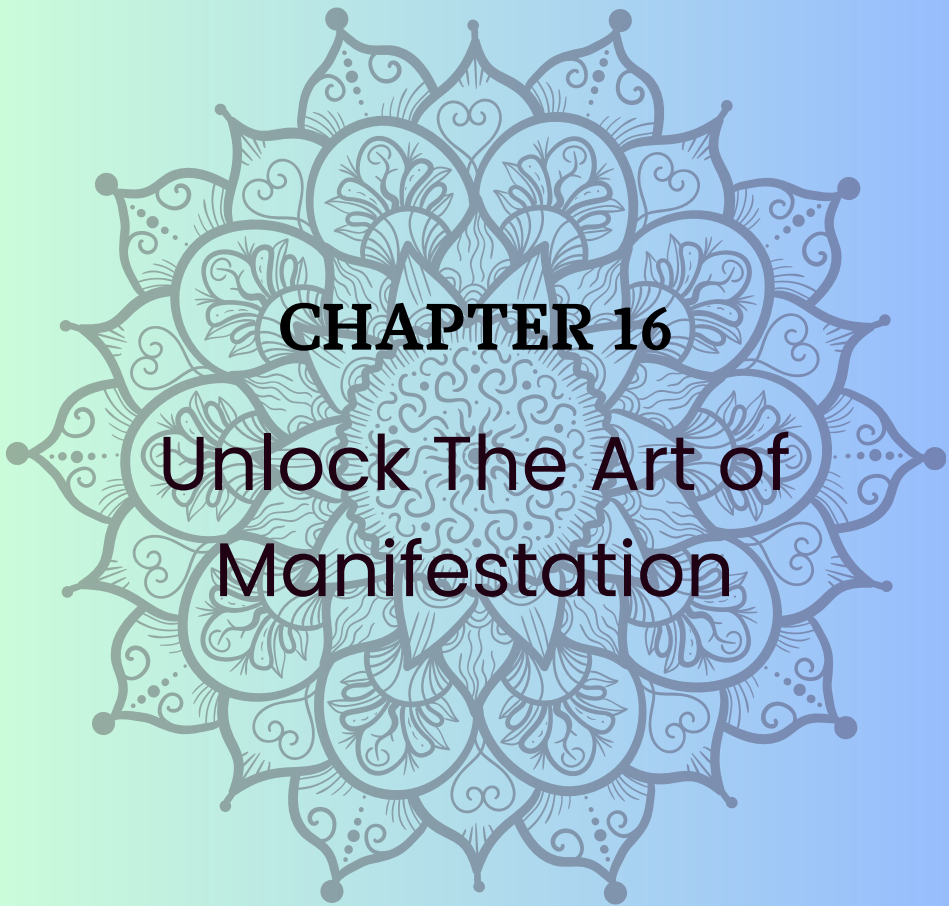
## **The Latin Origin of Do Re Mi**

- DO or UT-quent laxis
- RE-sonare fibris
- MI-ra gestorum
- FA-muli tuorum
- SO-lve polluti
- LA-bii reatum
- TI or SI-Sancti Iohannes

## **Translation of Hymn**

- DO let our voices
- RE-sonate most purely
- MI-racles telling
- FAr greater than many
- SO let our tongues be
- LA-vish in Your praises
- SI or TI Saint John the Baptist

These notes correspond to the Chakras as demonstrated in previous chapters. With “Do” matching the note C, then ascending to A/Ti.



## **CHAPTER 16**

# **Unlock The Art of Manifestation**

## **Step 1: Crystal Clear Desires:**

Using the principals of the Law of Assumption manifesting is in your hands.

Picture this: You're about to place an order with the universe and it's crucial to be specific. So, take a moment to precisely define what you want to manifest. Think details, colours, smells, sounds, feelings, textures - the whole sensory experience. Be as clear as a sparkling diamond. Imagine and feel it in your grasp today. Imagine it's happened and you're dressing the part, wearing those clothes, living in that dream home, working in that ideal career, with your dream partner and being that person, you wish to be. Dress and act the part. Create a vivid vision board with pictures of what you desire (more on vision boards later).

Your mind is a remarkable instrument, and it has been shaped by various influences, some of which may have introduced blocks into your subconscious. These mental barriers often reside deep within your subconscious mind, making them challenging to access and modify.

However, there is a highly effective technique for reprogramming these patterns: by engaging with repetitive meditations or mantras while you sleep. This approach leverages the Theta brain wave state, which is the optimal condition for information to permeate your subconscious memory, facilitating the process of reprogramming.

Imagine, for instance, your desire to enhance your wealth and abundance. You can create a personalized mantra, recording it in your own voice, and make it a nightly ritual to recite this mantra before sleep.

Research has shown that it typically takes approximately 21 to 30 days of consistent repetition each night to effectively reprogram your subconscious mind with these new directives and dismantle any destructive thought patterns. Repetition is key! Manifestations can happen after ONE night of creating your new script. But, old destructive beliefs may take a few weeks to rewrite so believe you're *worthy and deserving*.

You don't have to continuously reiterate your manifestation throughout the day. Your subconscious mind isn't receptive during your waking hours, which should give you some welcome respite. The thoughts and feelings you concentrated on before going to bed the previous night are currently unfolding in your reality. It's akin to starring in a pre-recorded movie or a computer program that saves data only at the day's end before shutting down. Everything else is like typing on a screen without saving or downloading.

Your bedtime beliefs shape what plays out the following day. Clearing and understanding the origins of any mental blocks that hinder this process is crucial. They are often instilled during childhood, from birth up to the age of seven, when your brain operates mainly in the receptive Theta brain wave state. During this formative period, your subconscious mind absorbs information from your surroundings like a sponge, shaping your beliefs and behaviours. Reprogramming your subconscious mind is akin to revising an old script, aligning it with your current desires and aspirations to lead a more fulfilling life. It's important to manifest using these key steps:

## Manifesting Key:



1. Write out or 'script' the words of the manifestation you want. Perform this in the minutes before sleep so the brain is more 'open' to the image. Write it in PRESENT tense and first person as IF IT ALREADY HAPPENED. Use "I am" statements because they claim ownership to the manifestation. Example: I'm so grateful and happy I received my new car. It was easy for me to get it and I love it! I'm so glad it's here for me to enjoy!" Make a note in your journal or piece of paper what the date and time is of your manifestation 'video' and details you wrote in your script. This way you can go back later and compare the time it took for it to manifest. You may find there's no set pattern and it doesn't matter if it was a big or small manifestation.
2. Say the words of the script in your mind or out loud slowly with **meaning, intention and feeling**.
3. Draw an image or symbol with the text. Example, a sketch of the car, the colour, and it parked in your driveway. Now put it all together in your mind in a simple 3 to 5 second video, like a movie reel. But one where you're watching it in first person, through *your* eyes.
4. Fill in any detail of conversation dialogue as IF you have it. Example: image of you in your new car parked in your driveway. The dealership has delivered it to you and hands you the keys, "Here are the keys to your new car! Enjoy it!" You might reply, "I love it! I can't wait to drive it! It's just what I wanted! I'm so excited it's here!"



5. Let your subconscious mind play this over in a loop at night while you sleep.
6. There's no need to think about this video image the next day. Do not add the HOW it comes to you at all in the video. If you add how it's supposed to come to you, you're complicating the manifestation and will likely cancel it out because you're adding too many elements in the middle or 'rules of restriction'. This can cause energetic resistance. The how and when is not your part to worry about. It's irrelevant as long as it shows up. The result is to imagine as if you have it already. That is the KEY to manifesting quickly.
7. Lastly, envision what happens next, and take it one step further. So, the next night before bed, picture and script what happens after the manifestation. For instance, you already envisioned having a new car sitting in your driveway. Now what? Where are you driving and who are you enjoying your new car with? Your enjoyment of the new car is likely not just the vehicle itself, but the experiences and adventures that are attached to it.

Using words with the correct meaning is imperative. Earth's languages were corrupted by the Draco Reptilian E.T's, so that the meaning of words was altered, thus slowing down our manifesting. They also constructed the corporation structures on the planet. A pyramid shaped hierarchy where only a small number on the top control the rest below (often referred to as the 1%) and their governance is shrouded in secrecy. That is where we get the expression "Draconian". They also tinkered with our DNA and put 'reptilian' traits in our frontal cortex. We still refer to primitive traits as our "reptilian brain". They are also shape shifters and have been influencing the leaders of earth for a long time. Their exposure is coming soon because as our frequencies rise, they can't hide in shape shift form as long as before. Earth military programs have hunted most off our planet since the 80's and 90's.

Many other (friendly or neutral) E.T's visit Earth cloaked to look like humans, they apparently enjoy Disneyland, Comic Con events, gambling, smoking and drinking at casinos and hanging out in busy cities 'people' watching. They are allowed certain Galaxy Credits to visit Earth (in disguise or costume). Most are telepathic so you can use your mind to say "Hello, I see you!" in crowded places - then see who turns around to look.

You're constantly manifesting, even if you're not consciously aware of it. Your entire reality is a reflection of your thoughts and emotions, and you might not have realized that you've been manifesting all along. Neville frequently states: if you resist the current script you stay trapped in the current reality. Don't 'oppose', 'compose'. Don't 'resist', 'persist'. Don't 'wait', 'illuminate'.

### **Imposed 3d Matrix from the Moon-Base:**

This idea is from the Taygeta-Pleiades people as referenced on [www.swaruu.org](http://www.swaruu.org). Their native language is similar to Earth Navajo language with a touch of Japanese. It is verbal-telepathic. You can read the detailed transcripts on that site. Here is a summary of the ideas and information they want us to know:

In essence, nearly the entire Milky Way, including Earth, exists in a 5D state, although our senses perceive a 3D hologram superimposed over this reality. This holographic Matrix was established around 12,500 years ago from the Lunar Space Station as a means to contain Reptilian souls. The moon is NOT a planet. It is a space station parked there. There was a Reptilian war and they fled to earth. The Original Matrix operates through the Law of Attraction, responding to our thoughts and emotions by manifesting matching frequencies. The Matrix was vulnerable to hacking by the Reptilian forces, who later gained access to its computers on the Moon. When the system was hacked the collective was controlled and influenced with limiting beliefs. Essentially, the 3D Matrix conceals the broader 5D reality from our limited senses, yet it all affects us in various ways. This manipulation transformed what was once a normal 3D world into the challenging environment we know today. Lyrians, whom we are descended from, got stuck on earth in the 3D trap too.

The hacked system affects aspects like accelerated aging. Normally earthlings are meant to live over 300 years of age minimum, not average 85 years. The challenging world they created further reinforced this belief in aging, Earth's scientists may identify genes related to aging, but it is **consciousness**, (as explained by Dr. Bruce Lipton), that controls these genes.

In the realm of 3D suppression, the Moon plays a crucial role by emitting a frequency that hinders our ability to perceive certain frequencies. To achieve this, a simple principle known as destructive interference is applied. When a particular frequency, let's say 9.12 MHz, needs to be suppressed, an opposing frequency, precisely -9.12 MHz, is transmitted. The result is that these two frequencies cancel each other out, yielding a net frequency of 0. This process allows the Moon to effectively block out unwanted frequencies, making them imperceptible. The Moon's computers operate on a primitive binary system and are powered by aging and hazardous nuclear reactors fueled by uranium, emitting ionizing radiation. These computers control electromagnetic generators, regulating the precise frequencies they emit. Importantly, the Matrix isn't uniform worldwide; it varies by region. Most intensely in the USA, Canada and Europe, and least in regions like Africa, Brazil, and Asia, where nature's influence is stronger, reducing electromagnetic impact. Due to system deterioration, energy conservation and management are underway. Initially, there were 12 nuclear reactors, but now only 4 remain operational, and their age raises concerns about sudden failures. Dislientplex (Arcturian) technicians are addressing the issue, seeking alternative power sources. This 12,500-year-old system is showing signs of weakness, causing numerous glitches for those within it.

When collective consciousness reaches a sufficiently elevated level, it has the inherent capacity to automatically recalibrate the Matrix to 5D. This transformation liberates individuals into the original 5D "natural" Matrix. Since the Matrix operates based on people's desires, it will naturally manifest the 5D reality if that aligns with their wishes.

It's important to note that manually shutting down the moon base computers at this point would likely lead to chaos, as most individuals are not yet prepared for 5D. The Taygeta-Pleiades race are attempting to assist Earth by dialing the frequency up (from their spaceships that orbit earth at 490,000 km away). Many people are awakening and seeing strange creatures because 3D is now overlapping with 4D lower astral. Which is why it feels like time is speeding up so much too. Manifest, "All Shift Happily Now" to assist the awakening process for earth.

You came to Earth from pure spirit consciousness. You decided you had a purpose and goal on earth or 'work' to do to help the planet or other people and you wanted to experience the 'human' life. You chose what family to be born into so you could have the challenges that make you who you are today. All your thoughts and imagination impress upon the thinking substance in space and that forms into your reality in the physical plain. The thoughts form particles which then evolve into objects, events and people - the essence of how the Law of Attraction and the Mirror Effect work.

In the grand scheme of the universe, everything already exists. What you're essentially doing through the act of manifestation is attuning yourself to the very same frequency as your desires, which brings them into your conscious reality. All answers exist. If you can ask the question, the answer is there ready to be pulled into your reality.

These desires, whether it's the car you yearn for, the house you envision, the person you hope to attract, or the career you aspire to, all have their existence in the vast cosmic tapestry. Imagine it like this: the car you dream of driving was already assembled in a factory, the house you've been eyeing was listed for sale or already built, the person you wish to connect with was born and living somewhere, and the career you aspire to pursue already has its place in the professional world. The key lies in realizing that they've been in existence all along, just not within the scope of your personal reality. You must fix your vibration FIRST then you can attract what you desire.

By aligning yourself with these desires, you're essentially opening the door for them to step into your life. It's akin to magic as they start manifesting right before your eyes. As you look closer, you'll realize that they were already created, and it's now a matter of them synchronizing with your unique frequency.

Intentional and thoughtful creation is our goal here. We want to organize and construct the manifestations with more intention and purpose in a way that doesn't just benefit the individual, but the whole planet and cosmos.

Moreover, the energy you contribute to or draw from others returns to you due to our interconnectedness within the same energy matrix. When you share positive energy, it circles back to benefit you. Conversely, if you take or harm, you're essentially causing harm to yourself in the long run.

When you love another person or animal you increase their soul energy. You also enable a person or animal with no soul (puppet bodies born without a soul incarnate) to develop "I am" awareness and a soul. Which greatly benefits them to become more enlightened and higher vibrational. The more we raise the vibration of everything on planet Earth, the faster we will ascend to 5D earth - our enlightenment stage. There are many background humans with no soul on earth whose purpose is to fill in the human experience for us as 'filler' or characters. They still feel pain or pleasure with a human body but they tend to react and copy others and don't think for themselves. When you look into their eyes you'll see a very 'blank' expression.

The Draco Reptilian E.T's corrupted the languages on Earth to make many words mean something other than the original intention. This was designed to suppress us, slow us down and make manifesting harder. So choosing the correct words is important. Once they're sent out to the universe, the feedback causes it to return with a certain vibration which is what causes the manifestations.



## Manifestation Test:

Do a quick manifestation test to see how long it takes for you to manifest. Start by focusing your imagination before sleep on something simple and unimportant. Pick a yellow duck, a red ball or a green feather for instance.

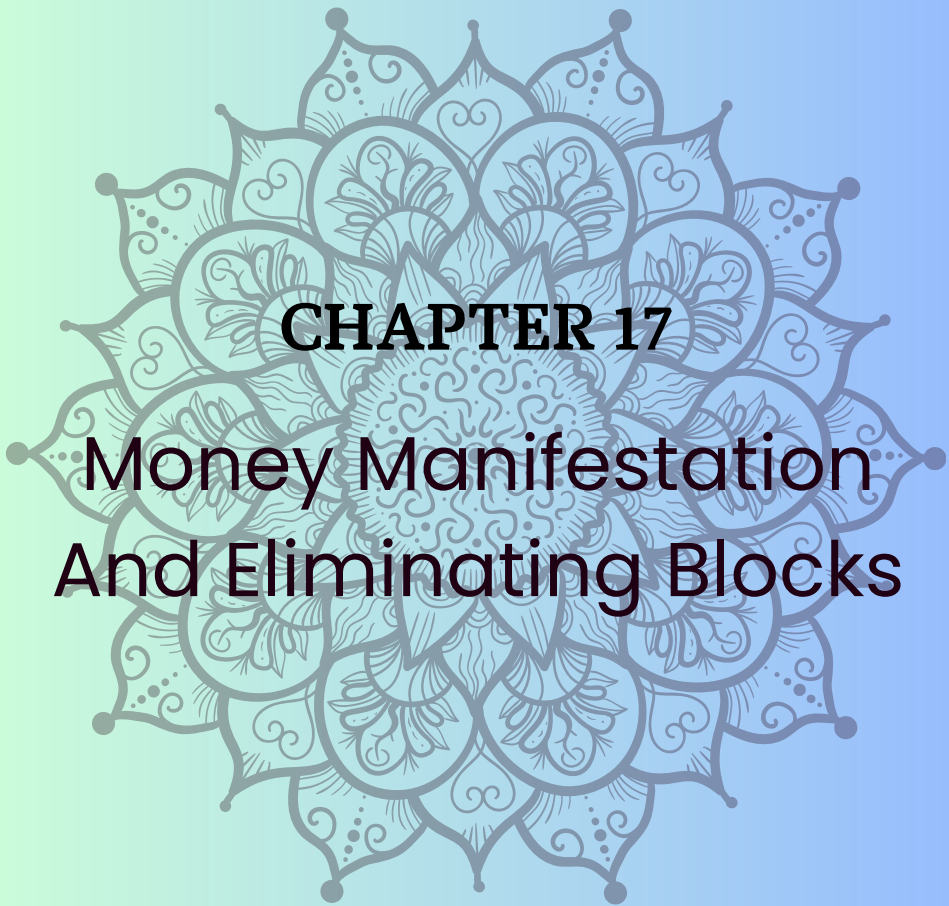
Trying with a simple object means you have no meaning or real importance attached to it (less resistance to the process). It's something random that can show up out of nowhere. Script it out on paper, "yellow plastic rubber duck" for instance. Make a note in your journal of the date and time and details you wrote about the object.

Imagine the texture, colour, shape, smell, feel of the object. Imagine holding it in your hands. What is the size and shape and how does it feel? Now imagine you've received it already, it's right in front of you and you say, "I'm so happy and thankful I received this \_\_\_\_ (object) today! I love it! It's exactly what I wanted! It's right here in my hand, in front of me."

Feel as if you have it NOW and create the video clip of 3 to 5 seconds in your mind of holding it, picking it up, looking at it from every angle etc. Infuse the video image in your mind as if it's in high-definition detail. Make it really clear.

Now memorize the video clip of those seconds and play it on loop in your mind as you go to sleep. If you think or dream about it at night, even better, that's when the subconscious mind is wide open for manifesting. It puts it out to the universe as an 'order' and then comes back to you.

By embracing the mindset that you already possess what you desire, you set forth a powerful intention that resonates with the universe, setting the stage for it to manifest in your life. Don't dwell on the specifics of "how" it will come to you; instead, give it some time, a few days perhaps. You might stumble upon it in a store window, glimpse it in a magazine photo, or even encounter it in an online post, a gift, or a TV commercial – the avenues are boundless. Release your fixation on the object, carry on with your daily life, and prepare to witness its enchanting appearance, seemingly out of the blue, like a touch of magic.



## **CHAPTER 17**

# **Money Manifestation And Eliminating Blocks**

In the realm of manifestation, money often tops the list as the most sought-after desire. It's a subject deserving of an in-depth exploration, as many of us unknowingly harbor subconscious barriers that shape our financial experiences.

Consider this scenario: I pull out a stack of cash, kiss it, and declare, "I love you, money! I adore you!" If your reaction to this image involves judgment, criticism, disdain, or discomfort, it's a clear indicator of a money block. Another simple example to know if you have any money blocks: Do you have everything you want right now so you're living extremely comfortably? If not, then you have money blocks. God wants abundance for you, not lack or poverty.

Limiting beliefs can often be traced back to your family's history, especially if they lived through challenging times like a war when resources were scarce. Perhaps you've absorbed notions that associate wealth with greed or negativity. The key is to rewrite this narrative and establish your own set of beliefs, distinct from the past or anyone else's perspectives. Recognize that many affluent individuals make significant contributions to society.

Remember, you're not aiming to manifest physical money itself; it's a symbol for what you truly desire. Instead of fixating on currency, focus on the experiences or events you wish to enjoy. It might be more quality time with family, reduced work hours, the freedom to travel or pursue hobbies, and strengthening your existing relationships.

To manifest financial abundance, you must cultivate a deep and unconditional love for money, or at least the symbolic representation of it, much like the love you feel for your dearest person in the world. Money has a peculiar trait—it gravitates toward those who genuinely cherish it and resonate with its energy. Abundance, in its essence, starts with aligning your vibration with the presence of wealth. Money is energy, like everything else. It's a neutral energy. It is neither good nor evil. Only the belief YOU attach to it makes that so. If you're not in tune with or in vibration with it, it will not come abundantly to you. Why would it flow to someone who doesn't love and completely embrace it? It can't!



Imagine money as an adorable child in front of you wanting to give you a big loving hug, but if you view it with an aloof or fearful manner, the child feels and senses this and hesitates to come towards you. The child doesn't want to hug you if your body language or energy is not 100% accepting and loving. It's the SAME way with money and wealth. It will resist you unless you absolutely love it and are excited every time you receive it!

When dealing with money, always be thankful and positive about it, including when PAYING your bills. The goods and services you receive in exchange for your money should be viewed with thanks and a blessing. A benefit that you paid your utility bill is you have heat and electricity. Look for the benefits to everything you buy. When you purchase an item at the store, say, "Thank you, it was worth every penny!"

You can also play a money game and imagine that the cheque you write or bill you pay is coming back to you and add a few zeros on the end of it. So, a \$50 bill, imagine getting that money back plus an extra zero or two, like \$500 or \$5000 coming back your way.

Say, "My money always comes back to me multiplied!" Or "I always have more money coming in than going out." Visualize stacks of money before sleep as if in a 3-to-5-minute video. Imagine stacks of cash. What dialogue is involved? Write that down. For instance: "I love having all this money. I'm rich. I'm wealthy. I'm abundant!"

Ensure you always have larger bills readily available in your wallet and scattered around your home. This practice will familiarize you with the presence of money, making it feel abundant and easily accessible. Think about the stark contrast between the emotions you experience when you open your wallet to find a handful of bills versus just a few pennies. Even spotting a coin on the ground should be seen as a fortunate sign, a reminder that money can unexpectedly materialize in your life.

By keeping an assortment of bills in your wallet, you'll develop a sense of financial readiness. As you stroll through stores, you can confidently think, "I have the means to purchase that." Even if you don't physically use the money, your energy exudes the belief that you can if you choose to.

Strive to handle your expenses with cash or debit as much as possible, not borrowing or creating credit card debt. This practice communicates to the universe that you possess money and trust in its continuous flow into your life.

Don't procrastinate when the bill arrives at a restaurant; settle it promptly, sending out a clear signal of your delight in using money! Whether you're at the grocery store or making any purchase, whip out your card or cash right away when dealing with the cashier.

Money, referred to as 'currency,' is intricately connected with the Water Element, embodying a constant desire to flow. When you hold money in your hands, visualize a radiant white arch of light through which funds are received. Set the intention for this currency to undergo a thorough cleansing, purging it of any lingering negative karma. By purifying your money, you align your body with the energy of receiving it, as no one prefers to handle tarnished funds carrying the weight of countless hands and their accumulated karmic energy. Coins, in particular, tend to reflect rather than absorb energy, reminiscent of a time when society relied on gold coins. Therefore, it's beneficial to cleanse all the currency that comes into your possession. When you subsequently spend it, whether at a store or on groceries, this money carries a fresh positive energy, akin to a pristine, glistening waterfall, ready to benefit the next recipient, as opposed to the murky currents of untamed currency.

Picture money as a versatile tool—a means to unlock freedom, leisure, travel, hobbies, quality time with loved ones, and less toil, more joy. Embracing wealth is your birthright, and the more at ease you are with it, the more you can share your unique talents and gifts with the world, an act that both honours your true self and acknowledges the divine order of abundance. How can you help others in the world if you have little to give? The more you have to share, the more you're benefiting those around you. So, chant with enthusiasm, "I adore money, and money adores me!"

Money, in the grand scheme, is simply a conduit for realizing your desires and expressing your authenticity. So, envision money as that energy symbolizing time with loved ones, freedom and a joyful life.

When you're perfectly in sync and vibrating with your desires, that's when manifestation becomes supercharged. Picture yourself already living that goal. Now, if you're wrapped up in feelings of scarcity, guess what you're attracting more of? Yep, more scarcity. But, if you genuinely believe you've got all you need and want, voila, you're in alignment with abundance.

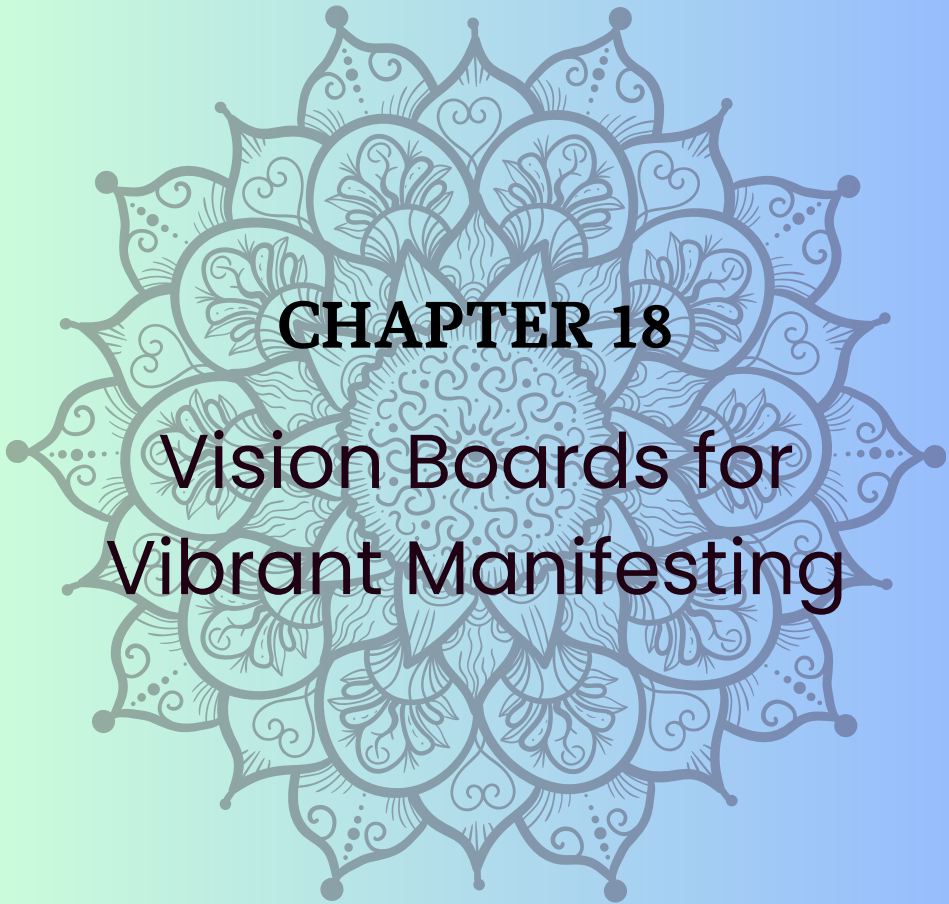
Nature's a fantastic teacher in this abundance game. Just take a look around. Our planet, operates in an abundant mode. Think about trees. When they decide to bear fruit, it's not a one-fruit-per-tree deal or one leaf per plant; it's a whole bunch! Take a cue from Mother Nature herself; she flaunts abundance, not scarcity, and you can too.

Imagine your desires as radio stations, each broadcasting at a specific frequency. To tune in and hear a particular station, your radio needs to be set to the exact same frequency. Similarly, to manifest something, you need to "tune" your thoughts, feelings, and beliefs to the same frequency as your desired outcome. Imagine it, send it out, and watch it come back. Consider it akin to adjusting the dial on an FM radio. When you precisely tune into a station, you're immersed in its music. However, attempting to capture two distinct stations simultaneously on the same radio results in them fading in and out or producing a fuzzy, indistinct sound.

In practical terms, this involves maintaining a positive and unwavering belief in the possibility of your desire becoming a reality. Feel it as if it's with you NOW! Then, take inspired action that aligns with your goals. When you are in this state of alignment and resonance, the universe responds by helping you manifest your desires. In contrast, if you hold doubts, fears, or conflicting beliefs about your desires, your vibrational frequency is out of alignment with what you want. Any trying to control HOW it comes to you is not your business! This can hinder or even block the manifestation process. Any mixed messages and you may cancel the request or desire and confuse the broadcast channel. You're restricting the flow for the outcome. If you want it but a part of you feels you don't deserve it, that's a mixed message that cancels the request (a block). Sometimes you feel lack, sometimes you feel abundant, and the universe doesn't know what to send you. Be clear!

The concept that being spiritual is synonymous with being poor is a misnomer. The universe wants you to be abundant, it's your birthright. Therefore, the key to successful manifestation lies in cultivating the right mindset, maintaining a positive emotional state, and taking actions that align with your desires. Feel abundant now, that you have everything you need, and you're already well taken care of. Then the universe will bring you more of the same. It mirrors back what you feel. This is often termed the 'Mirror Effect'. What you project outwards, is shown back to you inwards.

The fundamental principle of manifestation, no matter what you desire, whether it's money, wealth, abundance, a healthy body, a new job, is that to bring your desires into reality, you must align your thoughts, emotions, and energy with them. In essence, you need to resonate with the very essence of what you want to manifest. This means cultivating a mental and emotional state that matches the outcome you seek.



## **CHAPTER 18**

# **Vision Boards for Vibrant Manifesting**

Use a Vision board and view it every day so you feel positive and upbeat. Put it in your office or bedroom or pin some items on your mirror. When you're in a good mood, manifesting comes faster and you raise your wellness vibration. Pin several words handwritten or printed out on the board. I like to use a Cork board and pin things up.

Use BIG positive exaggerated words to elevate your mood. Pin some vibrant photographs of what you desire. The best quality ones are from bookstore magazines like a finance magazine can have some money goal pictures, a home renovation and décor magazine might have a picture of your dream home. A family magazine might have pictures of couples with children or a baby playing with their family, whatever it is you desire, pin it up.

Also, pin up some images of your accomplishments. By looking at these and the positive words first, you'll feel really pumped up and smiling and in a positive vibration. Then look at the goals you desire and imagine being in that place, time, and event as if it's happening *now*. Feel how amazing it is.

To take this one step further I would then imagine what happens *after* that manifestation. This really embeds it in your mind that it's happened already and how your life is playing out after you've received it. Again, review before sleep and upon waking so the subconscious is most activated.

1. Review past accomplishment images
2. Visualize and speak the positive words.
3. Review the images of your future desires as if you feel you have them already. Do this before sleep and as soon as you wake up.





## **CHAPTER 19**

# **Maintaining Manifestation Magic**

Let's break this down into four steps:

## **Step 1: Feel the Magic**

Envision what you desire, then attach strong emotion to your manifestation. Close your eyes and dive into the world where your desire is already in your hands. Feel it deep in your bones - the joy, the gratitude, the love - as if it's happening right now. Emotion is the secret sauce that makes this recipe work. Its imperative you feel and act as if it's already happened right now in this moment. To the sub conscious, there is only NOW, and manifesting is about bringing it to the current moment in time.

## **Step 2: Stay in the Vortex**

You've stirred up those elevated emotions, and now it's time to stay in that magical vortex. Keep that high-vibe state going. It's like riding a wave of positivity, and the longer you ride, the closer your manifestation surfs towards you. Stay grounded, thankful, positive, expectant, joyful and ready to receive.

Make these practices a daily routine. It's perfectly normal to occasionally falter; in such instances, promptly counter any negative words or thoughts with three positive ones. If you find yourself engaged in negativity, judgment, criticism, or pessimism, pause whatever you were doing. Physically relocate to another room, your car, or venture outdoors if you're indoors. Changing your physical environment and taking a few deep breaths will induce an energetic shift. Immediately articulate several positive words that stand in contrast to the preceding negative occurrence.



## Step 3: Embrace the Surprise

Ah, the final step is the sweetest. Now that you've set your intentions, drenched them in emotion, and ridden the wave, it's time to play the waiting game. But it's not just waiting; it's eagerly anticipating. Imagine a beautifully wrapped gift on its way to you. You don't know exactly when it'll arrive, but you know it's coming, and it's going to be marvellous. Prepare and expect its arrival. It's coming, get ready, prepare, pack your bags for the trip, make room in your closet for that relationship, wear the clothes for the promotion, and organize your life as if it's coming now.

Don't wait with tension and impatience or that creates resistance. Know that it is YOURS and let it come in whatever way or manner it needs to. "I always get everything I want exactly when I need it". Behave with alignment to your goal.

Many desires manifest instantly. I do not believe in an incubation period. If there's a time delay, it's because you BELIEVED it would take time or work before you receive it. Or you weren't ready for it to arrive quickly. Look at your belief system. Acknowledge you manifested a time delay, and say to yourself, 'I release the time delay and any restrictions on my wish and know things always come to me at exactly the right time.' Or "Everything comes to me at just the right moment".

You can also employ a form of reverse psychology to address the issue of delayed manifestation caused by excessive strain and resistance to immediate results. In such cases, divert your attention to another task and casually remark, "Well, I don't need it right this moment anyway!" Proceed to engage in a different activity. By doing so, you effectively eliminate the resistance, alleviating the tension and prompting a swifter manifestation.

Consider this scenario: Imagine someone who ardently seeks your attention and becomes rather bothersome. Your natural response might be a desire to distance yourself. Yet, when that person grants you space, you experience relief as the tension dissipates. The momentum has already been adequately generated for your desire to return to you.

## Step 4: Maintain and Remain

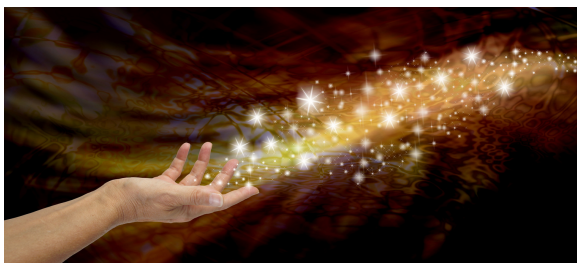
Stay in the frequency receiving mode. Be thankful and grateful for what you already have and practice giving and receiving. The more you're thankful and grateful for what you already have, the more the Universe is excited to bring you more.

Create a gratitude journal that sits by your bedside, ready to receive your daily additions. Before you drift into slumber each night, take a moment to jot down the things you're grateful for. On those days when life seems to veer off course, this journal will be your guiding light. A quick read through the list will swiftly realign your perspective, reminding you of the abundance in your life.

In addition to your gratitude journal, maintain a separate log of your accomplishments. Even the seemingly small victories that catch you by surprise deserve a special place here. Perhaps a colleague or a friend noticed your efforts and bestowed upon you a heartfelt compliment or praise. These unexpected moments of recognition are worth commemorating

You can list the amazing consistent workouts you're doing at the gym, or the healthy eating habits that maintain your body. Pat yourself on the back! This interplay keeps the give-and-receive wave flowing to you.

Repeat to yourself: "I'm thankful and grateful for all I have and continue to receive. I know that everything I need and more is coming to me in expected and unexpected ways. I'm open to receiving in any way so that my greatest wishes and desires manifest before my eyes. I move forward with thanks, grace, gratitude, and joy. I deserve this or better! I'm abundant and grateful!"



A way to speed up your manifesting is to give more to others. Give some money or time, a compliment, a smile, a kind word. Giving to others brings you more in return. Avoid seeking a reward when you give.. Remember the 'mirror effect'. Offer your kindness without any expectations of receiving something in return. Embrace gratitude for any gifts that come your way. Refrain from dismissing a present with phrases like, "Oh, you shouldn't have!" or "You didn't need to get me anything!" Such responses unintentionally reject the gift, as the universe interprets them as, "I don't want gifts, so don't send me any more." If this is a habit of yours, it's time for a change. Even if you can't fully embrace gratitude in the moment, a simple "Thank you!" will suffice.

So, there you have it - your four-step recipe for manifesting your desires. Be clear, feel deeply, stay high vibration, remain in the receiving zone, and brace and prepare yourself for delightful surprises from the universe.

## **Ordering from the Universal Store:**

### **More Manifesting Methods**

Imagine the Universe as a vast online store, where you can place orders for the experiences and things you desire. Just like shopping online, you add your chosen items to your Universal Shopping Cart and provide your address. Once your order is placed, you receive a confirmation, and now it's time to eagerly await its arrival.

### **Envision with Excitement and Gratitude**

Each day, envision the arrival of your desired manifestation with excitement and heartfelt thanks. Picture it as if you've just received the best news ever. Feel the joy and gratitude in advance, as if it's already here.

## Let go of the "How":

Here's the essential part—release your need to control the "how" of its arrival. Much like when you order online, you don't fuss over which shipping company or route is used to deliver your package. You trust that it's coming from the warehouse to your doorstep. Similarly, trust that the Universe will orchestrate the perfect way for your manifestation to arrive, whether it's through people, opportunities, or events. Your job is to maintain faith in the process.

**Understanding the Incubation Period:** Remember, the gestation period for most manifestations can range from instant to infinite. It all depends on your belief of the time delay. During this time, your desire transforms from a mere thought into a tangible reality. Stay positive in your expectation. The more you practice feeling as if you already have what you're commanding, the faster it appears in your life. This is the magic of manifestation at play.

**The Manifestation Rule Exception:** Your higher self, acts as a guardian, ensuring that only what's in your best interest materializes. If your desires are self-destructive or misaligned with your higher purpose, they may not come to fruition. For instance, wishing for wealth with the intention of misusing it does not align with your greater good. The more your commands have meaning for you and for others, the faster they manifest. When they're for your good and the good of other people the universe wants to grant your wish.

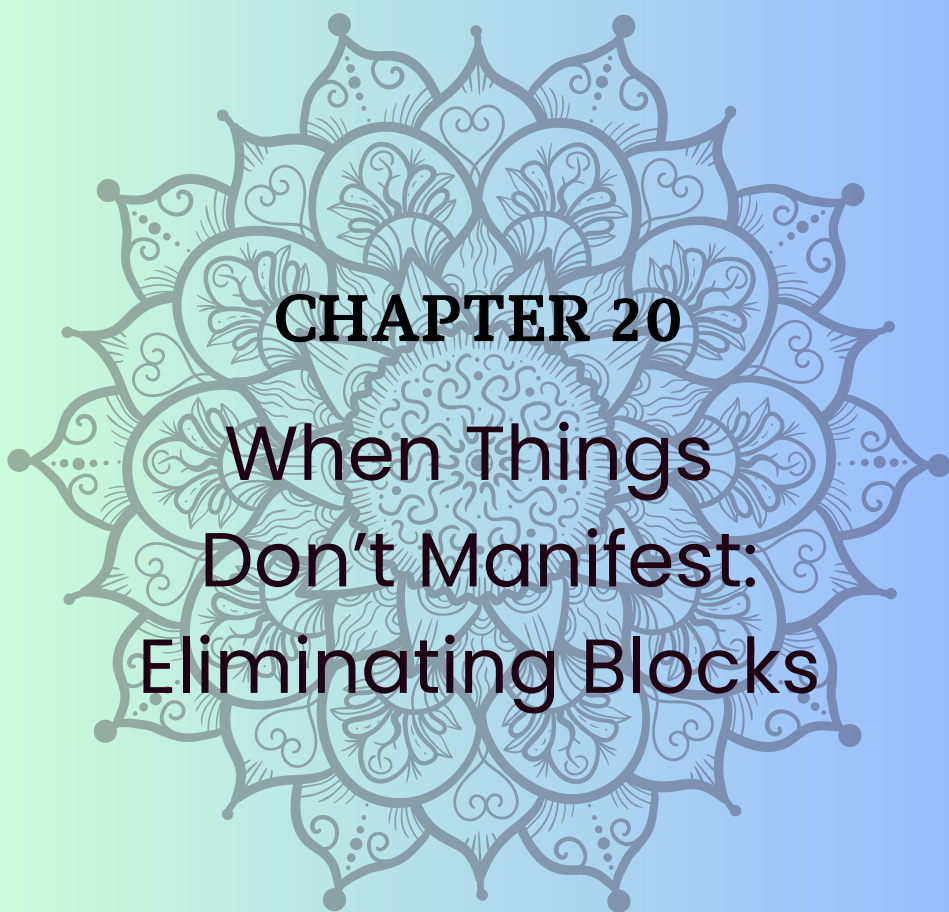
## The Power of Collective Desire

When you share your manifestation goal with others or work together as a group toward a common objective, the manifestation process becomes more potent and expedient. Multiple people desiring and attracting the same "thing" cooperate harmoniously, enhancing the process. This becomes a unified vibration sent out to the field. When you and your spouse desire the same things and work together, you'll notice the outcome is faster.

## **Manifesting for the Greater Good**

Manifesting becomes more accessible when your desires benefit not just you, but others as well. Consider how your desires can positively impact the lives of those around you and humanity. The Universe tends to support manifestations that carry a higher vibrational frequency because they contribute to the greater good of many people and the planet. This holds true for doing successful work. One; choose something you're passionate about. Two; ensure the product or service solves a problem or pain point for the buyer. It must incorporate BOTH or you'll be doing work you love that doesn't make you money. Or doing work you dislike that does make you money. Why not have both?

In essence, manifesting is akin to ordering from the Universal Store, with the Universe as your faithful provider. Trust in the process, maintain your excitement and gratitude, and let go of the need to control how your desires materialize.



## **CHAPTER 20**

# **When Things Don't Manifest: Eliminating Blocks**

If things aren't manifesting you're doing the process wrong or creating too much tension after you manifest. Here's a checklist:

## **To Do:**

- Manifest before sleep.
- Manifest upon waking.
- Review your vision board before bed/upon waking.
- Review all blocks and rewrite them into positive statements.
- Review your belief systems and any new blocks that were hiding.
- Take actions that are in alignment with your goals.
- Continually add to your Gratitude list.
- Surround yourself with other positive people, reduce interactions with and ignore negative people.
- Play positive mantras and affirmations during sleep every night using present tense.
- Play classical/binaural beat/nature music.
- Take care of your physical, mental and emotional health.
- Embrace assistance from experts in the field of personal development, coaching, or manifesting.

## **Do Not List:**

- Don't script in future tense.
- Don't use poor quality/fuzzy or black and white images on your vision board.
- Don't replay words or images all day the next day creating resistance to the manifestation.
- Don't try to figure out 'how' or 'when' it's coming or manipulate it's course
- Don't keep changing your manifestation or try to cancel it (create a new script instead, the original manifestation usually still shows up).
- Don't desire something without thinking about how it aligns with your greater good.
- Don't judge or wish harm to others.
- Don't avoid forgiving others or yourself for past hurts.
- Don't say or do negative things.
- Don't act a victim or leave control of your life in another's hands.

- Don't stay in unhealthy relationships or surround yourself with a group of friends that are of a scarcity mindset, are negative, abusive or narcissistic.
- Don't keep beating yourself up over past failures, leave the past behind.
- Don't have negative self talk.
- Don't pay attention to anyone else's opinion about who you are.
- Don't take on others beliefs that aren't in alignment with yours.
- Don't dress or be messy with no care for your appearance or home.
- Don't take disregard for your health, whether physical, mental or emotional.
- Don't create resistance, tension, doubt or worry.

## Extra Tips:

Is what you're manifesting, for your greater good?

**Lack of Discernment:** Consider your manifestation carefully first. Don't rush it. Thoughtless manifestations may not align with your long-term goals, values, or overall well-being. Do the groundwork first, like acknowledging any blocks. For instance, if you wish for wealth but you're not in alignment with wealth, you will spend it all or lose it very quickly or it won't manifest at all. Statistics show that millionaire lottery winners spend or give away almost all their winnings typically within 5 years' time. Some are inundated by family and friends begging for a handout, others impulse buy and spend poorly, some give away too much too quickly, they're viewed by others or the wealthy as not having earned it. If you're not in vibration with wealth, you will not hold onto wealth. You must have the belief system that you deserve it, can hold onto money easily, can invest it wisely and can multiply it. Clear any money energy blocks you have been programmed with. Don't listen to others that may say, "You don't need all that."

Instead of merely 'wishing' or 'hoping' for your goals, focus on manifesting them with intention. When you use phrases like 'wish' or 'hope,' you inadvertently imply that you currently lack what you desire and that it might only come to you through sheer luck or chance. It's akin to saying, 'I don't have this now, and it's unlikely I'll receive it.' Shift your mindset to one of intentional manifestation for greater success.



## Alignment with Higher Self:

Our higher self, which possesses a broader perspective on our life's purpose and spiritual growth, often acts as a filter for our desires. It ensures that only what's truly beneficial for our growth and well-being manifests. Thoughtless manifestations can bypass this essential guidance, potentially leading us astray. If you're wishing for something that's NOT in alignment with your higher purpose, it will not manifest.

Example: Imagine wishing for a romantic relationship with a specific person without considering whether it aligns with your spiritual path or personal growth. Your higher self may withhold such a manifestation if it knows it won't serve your long-term evolution.

**Manifestation as a Co-Creative Process:** Rather than just manifesting for yourself, you can speed things up if you consider the needs of others in the process as a co-creative journey with the Universe. It involves:

- **Clarity of Desire:** Taking the time to understand precisely what you want and why you want it, ensuring it aligns with your values and higher purpose.
- **Emotional Alignment:** Cultivating the emotions and feelings associated with having your desire, which raises your vibration and attracts what you want.
- **Patient Trust:** Trusting that the Universe is working behind the scenes to bring your desire to fruition in the perfect way and at the perfect time.

Now that we understand our auras and bioenergy field as well as how to do mindful meditations, we are in a better place energetically to move forward to create a better life. Put this together with manifestation tools and you can create the life you truly desire, without distraction.

You've learned to command (not just wish) your goals to manifest. You can reprogram your subconscious mind with better more accurate 'stories'. You understand blocks and old beliefs that need rewriting. The synchronicity between a balanced and high vibrational body and mind is now set in motion and elevating you to greater heights.

To do proper creating, as mentioned, you must FEEL the emotion as if it's ALREADY HAPPENED, along with the intention and let it flow. Your body must believe and feel the words and thoughts. Imagine, visualize, and feel as if you are already in the place and situation you desire to be.

In summary, practice daily habits that support your vibration. From time to time, update your vision board, add to it or adjust goals as necessary. Add more colourful pictures and photos of your lifetime accomplishments and pictures of what you desire to achieve. When you review the positive words, they'll make you feel good. When you're reminded of your achievements, you'll feel even better. Then when you look at the goals and desires you want, you're now in a really high vibrational state. Always use present tense and script out as if it's already happened.

It's not just about using words and imagination to manifest your desires; consider incorporating sketching into your practice.

## **Drawing Manifestation Tip:**

Research has shown that when we draw what we desire, whether it's a house, a car, or a new job, our brains store it as a memory, reinforcing our intentions. You don't need to be an artist for this. Simply take a blank piece of paper and sketch out what you want. Include details like colours, size, and any meaningful symbols. Don't forget to write down today's date or your financial goal amount. You can even draw an image representing your desired bank account balance or a cheque made out to yourself for "services rendered" and paid by the universe. Make that date now. This visual representation can be a powerful tool in your manifestation journey.

Once we store the images drawn as a memory, we fool the brain into thinking it already happened. If we feel it's already happened and it's in our memory recall, we start to operate in vibration with what we desire. The subconscious mind doesn't know it hasn't already happened; it thinks it's a memory now. Tell it what it wants to hear. Do not use future dates or write "I will have \_\_\_ next month, next year etc. The subconscious only understands NOW. If you put a date or timeline on it you must imagine that date has already come and gone and your desire was fulfilled.

Dress accordingly and embody the role you aspire to play. Feel and act as if you're already that person. Instead of waiting for tomorrow, embrace the present moment; it's the only time that truly exists. Take a meaningful step today towards your goals. Hold strong expectations for the outcomes you seek. Your physical state will align with your thoughts and behaviors, gradually instilling the desired feelings within you.

## **Voice Recording Manifest Tip:**

Record yourself speaking positive manifestation phrases and play it back before bed and upon waking. Use an exaggerated positive, excited tone! Even better, replay it during sleep. I've provided several pages of positive mantras you can use in the next Chapter.

As I've mentioned, the Theta state before R.E.M sleep is very suggestive. And the R.E.M state (rapid eye movement) state is the Delta state, which is also greatly suggestible to new stories. When we hear our own enthusiastic voice speaking the command out loud the brain responds with excitement and emotion. This embeds the idea even further into the subconscious mind. After scripting your desire and visualizing it as a short mental video, resist the urge to add "how" it will happen.

Overcomplicating the process introduces resistance. Just focus on the result and let the universe handle the details. Trust the process, and you'll manifest your desires effortlessly.

Manifestation mantra example: "I am so happy and grateful I am receiving \_\_\_\_ and abundance. I deserve this and welcome it with love and joy. Thank you for sending me \_\_\_\_\_. I know I receive all that is in alignment with my higher self and for the greater good. Thank you. It is so."

Repeating "I am" or "my" statements also reframes the subconscious mind. It believes whatever you repeatedly tell it. When you say 'I am' or 'me' words you're claiming ownership to the right to have it.

## Deadline Tip:

The term 'deadline' carries a sense of finality and negativity, as it contains the word 'dead.' It suggests something concluding and unalterable. Instead, opt for more neutral and flexible terms like 'timelines' or 'due dates'.

If you have an upcoming project or a payment due. Instead of feeling anxious about the date, envision having it all sorted out a week or two ahead of schedule. Place a reminder in your calendar a week early and before bedtime, and use a money mantra to request early fulfillment. In the period between the due date and your desired early completion, keep in mind that there are countless ways for the money to manifest.

So, when you have a bill or project with a 'due' date, approach it by looking at it beforehand as if it has already been successfully accomplished. For instance, if it's due on Friday and today is Monday, script it like this: "I am overjoyed and grateful that the project was completed effortlessly and ahead of schedule! Everything was finished before my expected deadline." Example: For a bill due end of week, imagine this on Monday and affirm, "I am delighted and grateful that the bill was paid before its due date. It was a smooth process, and I still have a substantial amount of money left in my bank account!" Do this trick with all things 'due'. Before sleep look at your calendar of 'due dates', pretend that date is here now and the bill is already paid.

Example: "I'm so happy and grateful it's the first of the month and the mortgage/rent/bill is already paid. I feel so relaxed and thankful that it's taken care of!" In short, replace wishes with gratitude. Instead of making a wish on a birthday candle say thank you. When you continually wish and want, you project more 'wanting' not 'having'. However, if you visualize having what you desire and express genuine gratitude, that's what gets reflected to you. Your brain starts accepting this imagined reality as your own, attracting more of it into your life.

## Goal Setting:

In the realm of goal-setting, there's a profound reason to go the extra mile by putting pen to paper or creating a vision board. Drawing wisdom from a Harvard Business Study, we uncover an insightful revelation:

- A staggering 83% of participants had no concrete goals.
- 14% had plans but had not formalized them in writing, yet this group showed a tenfold increase in the likelihood of success compared to the goal-less majority.
- A mere 3% had taken the crucial step of documenting their goals, leading to a *threefold boost* in their chances of success compared to those with only vague plans.

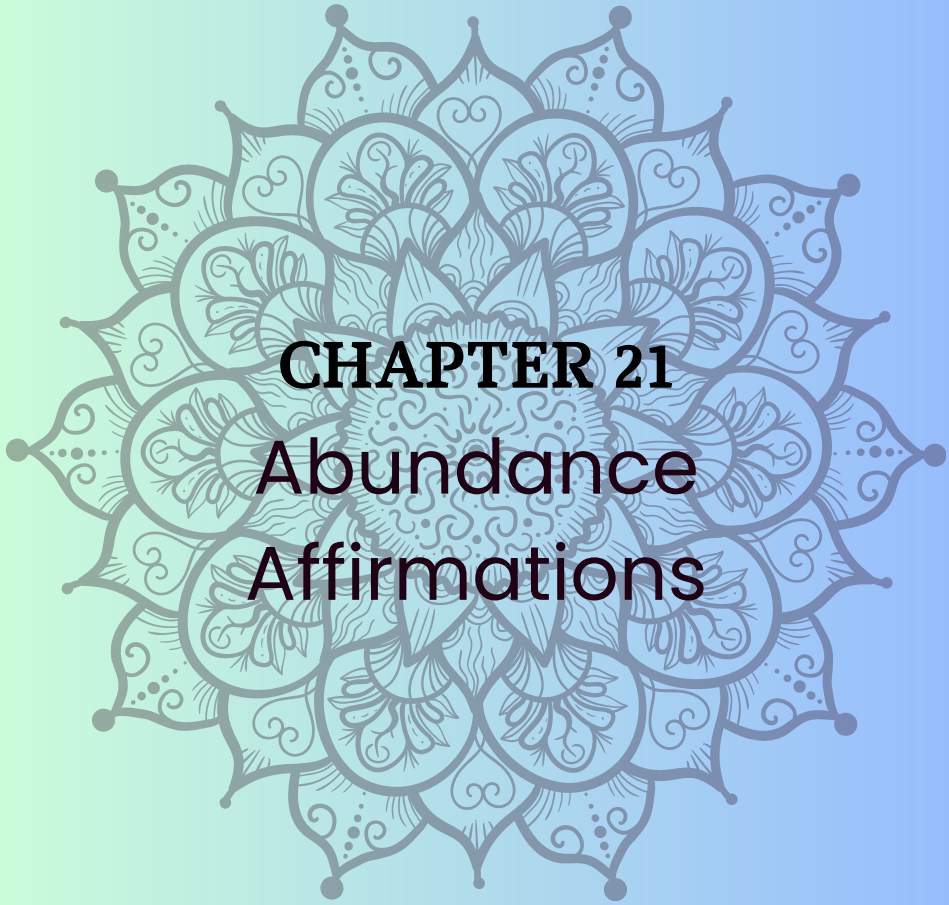
This research underscores the importance of defining and committing your goals to writing.

Further insights emerge from a study conducted by the Dominican University of California, where participants were divided into five groups:

- The first group contemplated their goals and assessed them on various criteria but didn't record them. They achieved 43% success.
- The second group, following the same process, *wrote* down their goals.
- The third group mirrored the second but also *documented* their action commitments.
- The fourth group adopted all of the above steps and additionally shared their action commitments with a friend.
- The final group encompassed all prior actions, but with the added element of sending updates to friends. **Remarkably, this group boasted the highest success rate at an impressive 76%.**

This compelling study underscores the power of committing your goals to paper, articulating your action steps, and engaging in the practice of sharing both your commitments and progress with a trusted friend, offering you the most favorable prospects for achieving your aspirations.





## CHAPTER 21

# Abundance Affirmations

## **Abundance Affirmations:**

- I am worthy and deserving of abundance and prosperity.
- I am in alignment with money.
- My money mindset attracts abundance every day.
- I can't wait to receive more money.
- I know I deserve immense wealth.
- Money loves me and is attracted to me.
- I'm blessed and rich.
- I'm so happy and thankful to have constant money flowing to me.
- I'm in line with the vibration of money
- I'm attracting and drawing money to me right now and it multiplies constantly.
- I'm open to all the wealth life brings me.
- I welcome an unlimited source of income.
- I release any negative concepts of money.
- Wealth constantly flows into my life.
- My income is always growing higher and is more than my expenses.
- I love sharing my money and it benefits many.
- I'm able to handle and manage massive amounts of money.
- I am excited to handle huge success with ease.
- I deserve passive income to pay for my lifestyle.
- Money is a positive energy, and it flows to me freely.
- I'm grateful for all the money I have.
- My money investments grow and make me even more money.
- The more value I provide people, the more money I easily make.
- As I focus on joy, I make more money.
- My capacity to hold and grow money expands every day.
- The universe provides enough money for everyone's needs.
- I celebrate money and life.
- I enjoy investing and spending my money.
- I enjoy sharing and benefiting those around me.
- I have no limiting money beliefs, and no money fears.
- All the money I have brings me joy.
- I'm happy with my money and happy where I am in life.
- My prosperity is unlimited.
- The more I give, the more I receive.

- I radiate prosperity, wealth, money and joy.
- I have no money blocks; I welcome and love all forms of money.
- Money flows to me effortlessly and abundantly.
- My wealth is a reflection of the value I offer to the world.
- I am a money magnet, attracting wealth from all directions.
- Every day, in every way, I am becoming wealthier and wealthier.
- Money is my faithful and loving companion.
- I release all resistance to wealth and welcome it into my life.
- My financial situation is improving beyond my wildest dreams.
- I trust that the universe has endless abundance for me.
- I am financially free and can enjoy life to the fullest.
- Abundance is my birthright, and I claim it now.
- I am open to receiving unexpected windfalls of money.
- My bank account is a reflection of my positive thoughts about money.
- Wealth and prosperity are drawn to me like a magnet.
- Every dollar I spend comes back to me multiplied.
- Money enhances the quality of my life.
- I release all scarcity and welcome abundance with open arms.
- I have the power to create unlimited wealth and success.
- The universe conspires to make me wealthy in every way.
- I am the master of my finances, and I make wise financial decisions.
- My wealth allows me to make a positive impact on the world.
- I am financially secure and at peace with my money.
- Money comes to me in expected and unexpected ways.
- I am worthy of all the prosperity that comes my way.
- I trust that the universe is always working in my favour.
- I am open to receiving wealth from both known and unknown sources.
- I am a vessel of wealth, and it flows through me gracefully.
- Financial abundance allows me to live my best life and I deserve this.

Complete affirmations before sleep. Also, in the morning look in the mirror into your left eye and affirm positive statements again. This is the best bypass direct to the subconscious level.



## Health Affirmations:

- My body frequency is in alignment with vibrant health.
- My body heals and rejuvenates as I sleep,
- I'm so thankful and grateful for my amazing health and strong immune system.
- My healthy body and mind are recharged and running like new every day.
- Thank you, universe, for my strong healthy body, which operates at optimal levels.
- The nutritious food I eat perfectly supports my system and provides me with amazing energy.
- I'm so thankful and grateful to the universe for providing me with everything I require for a vibrant healthy body.
- I always remain well, regardless of sick people around me.
- My immune system is strong and in perfect alignment.
- I'm grateful to bounce back easily from challenges, which are simply learning experiences for me.
- I enjoy eating the foods best for me which support my skin, hair, bones, heart lungs and muscles.
- I'm grateful for my strong back, legs, arms, liver, digestive system, eyesight, hearing and taste.
- I'm feeling more balanced and aligned with great health each day.
- My mind is tuned to vibrant health, and I attract perfect health to me.
- My body heals easily, and rapidly.
- I consume only what my body needs, and I enjoy healthy eating habits.
- I easily disengage from any habits that don't support my healthy body and mind.
- The creator wants me to be healthy and full of energy, so I can readily share my unique gifts with others.
- As I benefit others around me, I feel even healthier than before.
- I breathe in wellness and exhale residual energy I no longer need.
- I'm so happy and grateful to be alive, happy, healthy and whole.
- I am enough. I am love, I give and receive love. I deserve love.
- I visualize and focus on a healthy, youthful body and mind.
- I have a healthy perspective, attitude and belief system.
- I love my body, my size and my shape.

- I create the life I want to live.
- I see myself as healthy and feeling strong.
- I'm so happy and grateful to have all the tools at my disposal to support my vibrant health.
- My body is a temple of health and vitality.
- Perfect health is my natural state, and I embrace it fully.
- Every cell in my body radiates vibrant health and well-being.
- I am a magnet for optimal health, and it flows through me effortlessly.
- I choose thoughts that nurture and support my vibrant well-being.
- I am in harmony with the healing power within me.
- My immune system is a fortress, protecting me from illness.
- Gratitude fills my heart for my body's resilience and strength.
- I effortlessly release any habits that no longer serve my health.
- My body and mind are a perfect team, working together for my well-being.
- I am attuned to the wisdom of my body and listen to its needs.
- My health is my wealth, and I treasure it dearly.
- I welcome health into my life with open arms and an open heart.
- I am fit, toned and the perfect weight.
- My body regenerates and rejuvenates with each passing moment.
- I am a beacon of health and vitality, inspiring those around me.
- Every breath I take fills me with vitality and life force.
- I am blessed with boundless energy and enthusiasm for life.
- My body responds to my thoughts of health and well-being.
- I honour my body with nourishing food and loving self-care.
- My health is my greatest asset, and I invest in it daily.
- I release any tension or stress, allowing my body to relax and heal.
- I am surrounded by an aura of vibrant health and positive energy.
- Every day, in every way, I am getting healthier and stronger.

## Receive and Transform Affirmations:

- All the inspiration I need is available to me.
- I receive everything I require in life to feel successful, fulfilled and happy.
- I choose happiness, no matter what happens.
- I choose a positive perspective.
- I get through challenging tasks quickly and easily.
- I'm always learning, growing and maturing as a person.
- After any challenge or adversity, I am even stronger and more resilient than before.
- My arms are palm up, in receiving mode with an open heart and mind.
- I receive love, blessings and good fortune.
- I'm so happy and grateful that all my hopes and desires are coming to fruition.
- I deserve my happiness and prosperity.
- There is more than enough for everyone to be abundant and choose happiness.
- The sun shines down on me, nurturing me with warmth and energy.
- Thank you, divine universe for my unique gifts.
- I receive rivers and oceans of money flowing to me.
- I'm in vibration with wealth, money and prosperity and they are magnetically drawn to me.
- My vibration is ready to receive all I require and more.
- I am in alignment with wealth and success.
- I am open to unlimited potential.
- I am enough as I am.
- I deserve all the wealth and abundance I can create.
- There's more than enough on this earth for everyone.
- I remove any feelings of lack and only align with abundance.
- I am worthy of love and readily give it to others around me.
- My wisdom and intuition lead me towards my goals.
- I embrace and welcome a life of ease, joy, and peace.
- I feel fulfilled and able to manage massive levels of success.
- The more I share my gifts and talents joyfully, the more others value and reward me.

- I choose not to be stressed; I find immediate creative solutions to any challenges that come my way.
- I surround myself with and attract like-minded high vibrational successful people.
- I peacefully detach myself from people and situations that do not support my best interests.
- I manage and take care of my life, and let others take care of theirs.
- Everything always works out for me.
- I have exceptional coping skills and see opportunities in everything.
- My inspiration is leading me in the best direction for what I need.
- My life has amazing synchronicity.
- I am worthy and deserving of a beautiful, amazing life right now.
- I feel grateful and abundant now therefore I do not have to wait to be happy.
- I live in the present and am a good friend and a good listener.
- People value and respect me.
- My opinion matters and I share my truth freely.
- I live in gratitude now and my feelings and vibration match with abundance.
- No outside forces control my life or future, I am the creator of my life.
- I feel bliss and serenity flowing into my heart.
- I'm grateful for love coming into my life.
- I have beautiful harmonious relationships, romance and friendships in my life.
- I have a deep connection to the divine and other people.
- I have complete freedom to be me.
- I am safe and secure in my life and accept myself exactly as I am.
- I am worthy and ready for many great things.
- I am connected to the universal matrix.
- My higher self-guides me, and I hear and see the wisdom provided.
- I wake up every morning grateful for each new day.
- I am receiving new insights every day.
- Everywhere I go I find joy and love in everything.
- I joyfully accept the abundance that flows into my life from all directions.

- With an open heart, I embrace the love that surrounds me.
- I trust in the divine timing of my desires manifesting into reality.
- My life is a masterpiece in progress, and I am the artist of my destiny.
- I am open to receiving all the miracles and blessings the universe has for me.
- My thoughts and emotions are like magnets, attracting the life I desire.
- I am a vessel of love, and I radiate it to myself and others.
- Abundance and prosperity are my birthright, and I claim them now.
- In the flow of life, I find serenity, happiness, and success.
- I am a magnet for positive people and experiences.
- I release the need for control and allow life to unfold beautifully.
- My intuition is a guiding light, leading me toward my highest good.
- Every day is a new beginning, and I make the most of each moment.
- I am a powerful creator, and my thoughts shape my reality.
- In gratitude and joy, I manifest my dreams effortlessly.
- I am worthy of love, success, and all the good things life has to offer.

## Manifestation Summary:

By following this process, you not only manifest what you desire but also ensure that it contributes positively to your life journey.

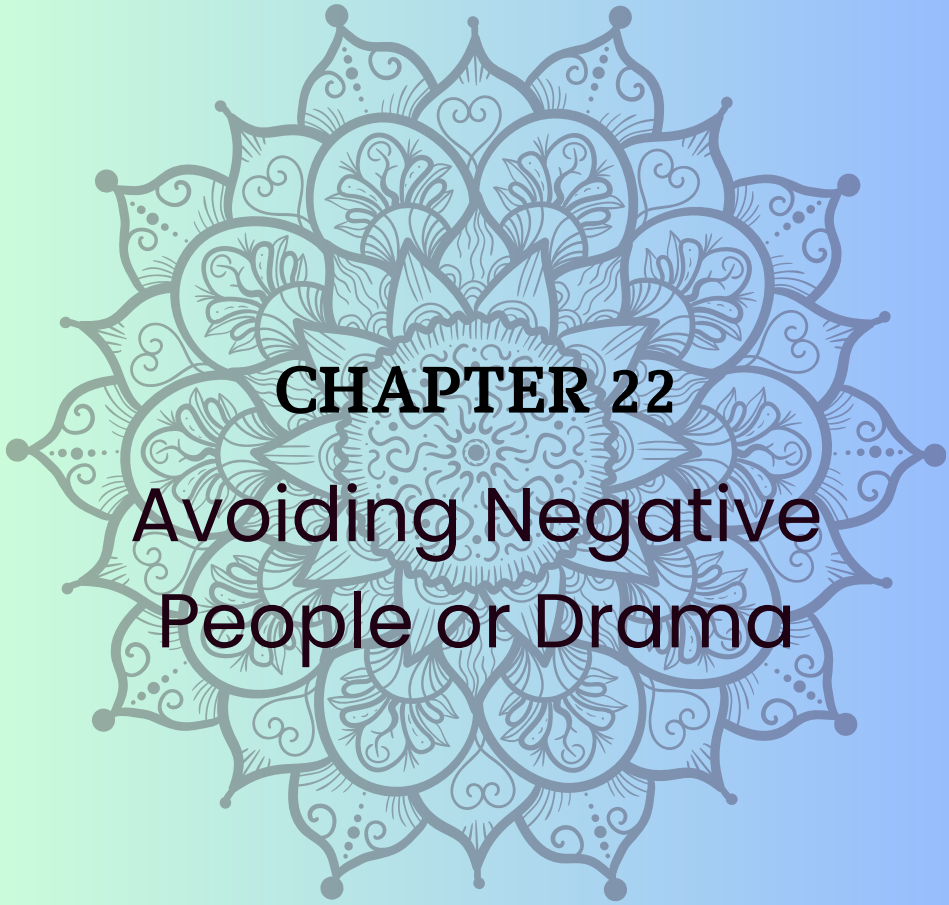
It's a harmonious balance between setting intentions and allowing the Universe to respond in a way that's in your highest and best interest.

In summary, thoughtless manifestations that are not in your best interest can lead to undesired outcomes due to the lack of discernment, alignment with your higher self, and potential harm. If the manifestation is for your good and others, then the universe *wants* you to have it right away.

The best reprogramming of the mind of the old wiring is to train the subconscious with repetition and be in Delta or Theta brain wave state when doing so. Most of our old programming hasn't been updated since about seven years of age.

Frequently, we find ourselves living by narratives that originated in our childhood, narratives that require revision to align with our present-day adult experiences. This is where our 'blocks' often lie hiding, but you can pick them out and command a new truth and new story. Repeat, "I decide my own beliefs and values."

Finally, embrace the power of collective desire and focus on manifestations that benefit not just you, but the world around you. For instance, if you desire more wealth or money, it will benefit your family, not just you; therefore it's in the greater good for others as well. And if you have plenty to spare, you have more to share, which will benefit others tremendously.



## **CHAPTER 22**

# **Avoiding Negative People or Drama**

To further explore the Aura energy of our bodies, you need to be aware that we are all CONNECTED. Everyone's energy affects everyone else's in some way or another. There's individual energy and group energy. Even whole countries have their own energy which you can see in their projected belief systems.

You have the ability to safeguard your Aura from individuals who radiate low vibrational energy, often associated with negativity or drama. Have you ever encountered someone and thought, "I don't like their vibe!?" Congratulations, you've intuitively sensed their aura energy. This is nature's built-in mechanism to provide you with valuable information for protecting yourself from potentially harmful individuals and situations. Trust your intuition and gut instincts—they're guiding you for a reason.

Here's a tip to intend your bioenergy field to be protected. Imagine a mirrored eggshell around you. Only allow your energy to be given to others with your permission, don't allow others to take it. Anything you don't permit inside your energy field is now deflected away and mirrored back to others. Anything you allow to enter your field may pass through.

People with lower vibrational energy are often drawn to those with higher vibrations, seeking to absorb some of their positivity—a phenomenon sometimes called 'energy vampires.' This explains why kind or healing individuals may unintentionally attract those dealing with issues or drama. Some people with negative or malicious intentions may also be drawn to your positive 'light,' evident by a heavy or dark aura around them.

Have you ever felt drained after talking to someone? Perhaps there's a friend or colleague who always leaves you feeling exhausted. They might be draining your energy as if you're their source. To prevent this, protect your white and gold energy by visualizing a mirrored egg-shaped shield around you. Intend that their energy simply bounces off your Aura. When they realize they're not getting the response or energy they seek, they'll likely move away.



You'll find as well once you protect your energy all the time, the drama people will fall away from your life. When I mention "drama," I'm referring to individuals who perpetually play the victim, shift blame onto others, and avoid taking responsibility for their actions. This often includes narcissistic, self-centered, or entitled behavior—essentially, those who take without giving. They're not in your reality anymore. You could phone them or go visit them, but you feel no need to. The reason is that you're now operating on a higher energy vibration, and it doesn't match theirs. It's like being on a different radio frequency band. You're no longer on the same wavelength. This is a very good sign that your energy shield is working. This means your vibration is healthier and you don't need all the silly drama anymore! It serves you no purpose.

Some individuals are drawn to drama because it's what they know and find comfort in. It often stems from their upbringing, where drama and conflict were the norm. They may even create and repeat drama in their adult lives because it feels familiar. They're attempting to recreate the same scene with a different outcome. Quiet and calmness can seem unsettling to them.

However, it's essential to remember that it's their choice. They must learn to trust and practice new, healthier habits through repetition. Some people choose to lead dramatic lives, attracting more drama, only to complain about it later. It's their choice, and they have the right to it.

If you find drama follows you wherever you go, it's because YOU are in alignment with the drama. If you choose to leave this drama world behind you, you can. You're staying in it because it's familiar to you, not because it's healthy for you. You can choose NOT to have it anymore.

If you encounter such drama in others, you have the option to distance yourself from it. Those who persist in drama will do so, while those seeking change will reach out when they're ready.

I've personally distanced myself from many drama-prone people due to their constant negativity. Occasionally, they return with questions out of the blue, asking for guidance on issues or seeking advice. It's only when they're truly prepared to listen and change that they do so. Until then, offering advice can feel like it goes unheard, as they can't resonate with your higher vibration.

Lead by example, and you'll find that others will either align with your positive energy or naturally move away.

Keep in mind that the dramas others embrace do not affect your own journey. Everyone has their unique karma and lessons to undergo. Some individuals may find solace in the familiarity of drama, and that's their choice.

Have you ever felt disconnected from someone? It's likely because you're operating on different vibrational frequencies. Remember, they're not better or worse than you; they're simply at a different level.

Avoid preaching to them or making them feel inadequate. People transition to higher energy levels when they're ready, and it's a gradual process that can't be rushed. Some prefer to stay in their comfort zones because change can be intimidating.

There are some people we are stuck working with, living with or family members we can't get away from that may have negative drama energy. Stay high vibe and protect your aura energy. Command yourself that they don't bother you. "They don't affect me; I can get along with anyone." And your body and mind will believe it with enough repetition.

Practice energy protection, observe people's drama from the outside rather than let it personally affect you. You can watch and observe without owning their emotions. You can still love those people (your spouse or friend or family member) and just be there for them without them draining you. Yes, it may take practice at first. But stepping back, not participating in drama, and remaining an observer that responds rather than reacts, will keep your sanity.

Observe and be aware but non-judgmental. Once you move to a higher conscious level of thinking and are more present, you can step out of all that nonsense and see it clearly more as a bystander. Use the Protecting Spell (next Chapter, page 152), to keep your Aura and bio-energy field unaffected by other's drama or negativity.

If you're in the drama vibration, choose to leave it. Become familiar with peace and ease. Once you get familiar with a new story, you will stay there if you know and feel you *deserve* IT.

We all have those old wired-in stories that are dysfunctional. You can give drama or negative people the tools when they're ready and looking for them. Be a good example in your own life. Also, remember that when you have a positive vibe, you will spread that feeling to others and positively affect them. This is a wonderful gift to give to everyone you come in contact with in your day. You leave a little of your positive energy wherever you go, the store, your work, the gas station, the person you smiled at passing in the street - everything!

Let them hear you practice your commands. If they say, 'oh what a glum gloomy rainy day isn't this awful? Why did it have to rain on the day I chose to walk to work?'" You could respond, "OH, I LOVE IT! My cars getting washed clean in the rain, the sound of the rain on the roof tops is so soothing when sleeping don't you think? All the flowers in my garden are getting watered and will look wonderful once the sun comes out. There's no glare when driving in on my commute today. I love the smell of the air when the rain clears because it's grounded all the dirt and grime....." and so on.

They may respond, 'oh, I never thought of it that way.'" You may just see they agree with you because you're enthusiastically demonstrating a different, positive perspective.

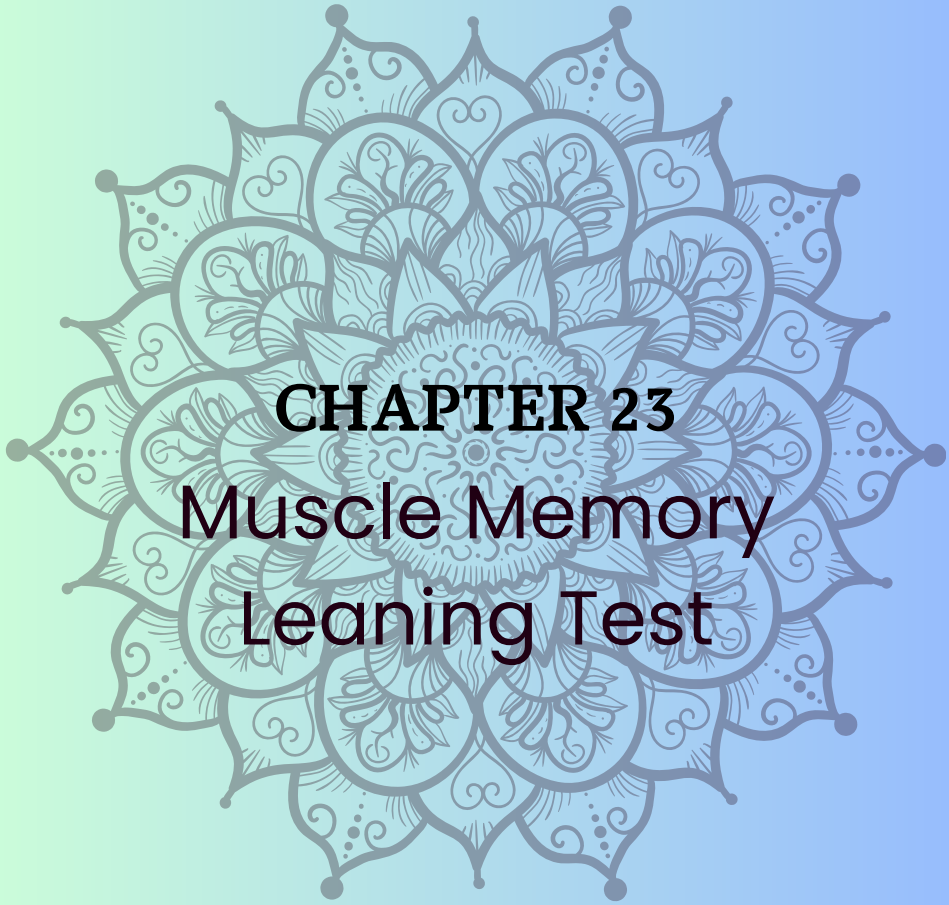
This goes for phobias and fears too. Like fear of flying. Don't tell yourself stories of death and crashing, 'Oh my god, I hate flying, and we might crash over the ocean!' Get on the plane and tell yourself, "I will sleep soundly during this flight, and then enjoy breakfast in the clouds! How wonderful! I can read a book and watch a movie and not worry about driving. I can completely check out and relax. When I arrive at my destination, I will feel amazing!". Act as 'if' it is so. The brain will magically follow suit. You can talk to yourself in a way that removes negativity and drama and shifts you to calm and peace.

## **Karma – Breaking the Cycle of Life's Repeated Patterns:**

Let's talk about Karma again for a moment. Karma often manifests as recurring patterns in our lives. These patterns persist until we glean the valuable lessons they hold, like finding ourselves repeatedly drawn into similar kinds of relationships. It's fascinating how people narrate their stories, often unaware of the repetitive cycles. To an observer, it's as if Karma is trying to get their attention with a resounding wake-up call. Yet, when immersed in these patterns, clarity eludes them. The key is to step outside of your situation, viewing it from a fresh perspective. What insights can you gather? Once you acknowledge the lesson within, you can break free and move forward, neutralizing that karmic cycle.

Repeated patterns signify that you might be caught in a specific vibrational frequency, and life is urging you to learn and evolve. As you embrace the lessons, you release negative energy, elevate your vibration, and enhance your overall well-being.

Moreover, it's worth noting that sometimes, you encounter individuals who have already learned their karmic lessons, and you become a part of their journey, contributing to their growth. You'll recognize this when you witness they're enduring challenging issues and evolving. In such cases, all the intertwined dramas might have served to teach them profound lessons, and you played a role in their transformative narrative.



**CHAPTER 23**  
**Muscle Memory**  
**Learning Test**

A useful tool when deciding what your manifestation should be if you're choosing between several paths is this: Write your statement on a piece of paper in front of you. Stand in front and ask the question:

"Is this decision best for me at this time?"

Be specific and ask about now. If your body leans in towards the paper the answer is 'yes'. If you remain in a neutral position, it is of no consequence either way or neutral so ask another specific question. If you move and shift away from the paper the answer is 'no'. Your energy is repelled so it's pushing you away. This is your body's energy reacting to the words by attracting or repelling to the frequency.

DO: For instance you might ask,

"Should I take this job offer of \_\_\_\_\_"?

DO ASK: "Is this the right career for me now at this time in my life?"

Notice if you lean in/away/no change.

DON'T ASK: "Should I take job A or job B?"

Don't ask two questions in one or anything confusing.

DO ASK: "Is now the right time to move house?"

DON'T ASK: "Should I move now or next year?"

Avoid being ambiguous, be clear and direct and simple in your message. You can also apply this technique to food or products while shopping at the store before making a purchase. For instance, as you stand in front of an aisle, you can inquire, "Is the vitamin I need located on the first/second/third/top/bottom shelf?"

It's essential to ask about one shelf at a time and progressively narrow it down. For example, you might ask, "Is it one of these on this shelf?" (Observing whether you lean in or away). Select a specific item from the shelf, place it in front of you, and then inquire again to confirm, "Is this the best choice for me today?" Take note of whether you lean in or away in response.

Similarly, some people use a finger clasp test. Holding the thumb touching against the middle finger, clasp the right hand fingers inside the left hand like a lock of two loops. As you ask the question, pull the fingers apart quickly. If they stay locked and strongly clasped the answer is yes. If the feedback loop is a no, the energy is weak, and the fingers unclasp easily from each other. Any negative or wrong statement and the clasp weakens and opens. You can test this with a positive word like 'love' and feel the clasp is strong. Then say 'hate' and the clasp will be weak.

You can use this method to determine what your body needs each day, even with supplements or food you already have at home. Some days, you might notice that your body consistently leans away from a particular item. This could be a sign of a food intolerance or something to avoid.

You can apply this to dairy, meats, vegetables, fruits, or anything else you consume. It becomes more challenging when dealing with foods containing many ingredients because you won't know which one is causing the issue. This process works more effectively with whole foods. For instance, your body might lean away from a jar of mayonnaise, but within that product, it could be the egg, dairy, oil, salt, or another ingredient causing the reaction.

Muscle testing, also called Applied Kinesiology, is a method developed by a chiropractor named Dr. George Goodheart in the 1960s. It checks the strength of muscles to find imbalances in the body and diagnose health issues. Often, it's used for identifying food allergies and sensitivities.

In this test, a person holds a food or substance while the practitioner applies gentle pressure to their extended arm. If the arm weakens, it suggests an allergy or sensitivity to that substance. It's essential to understand that muscle testing isn't scientifically proven for diagnosing food allergies or sensitivities. Blood IGG testing is more accurate. But you may like this technique for questions and finding an energetic answer instantly until a blood test result is received.

Another quick method to test self-questions (yes/no, lie/truth) is called 'sticky fingers'. Rub your thumb and middle finger together quickly. State your name (truth). Example: "My name is \_\_\_\_"

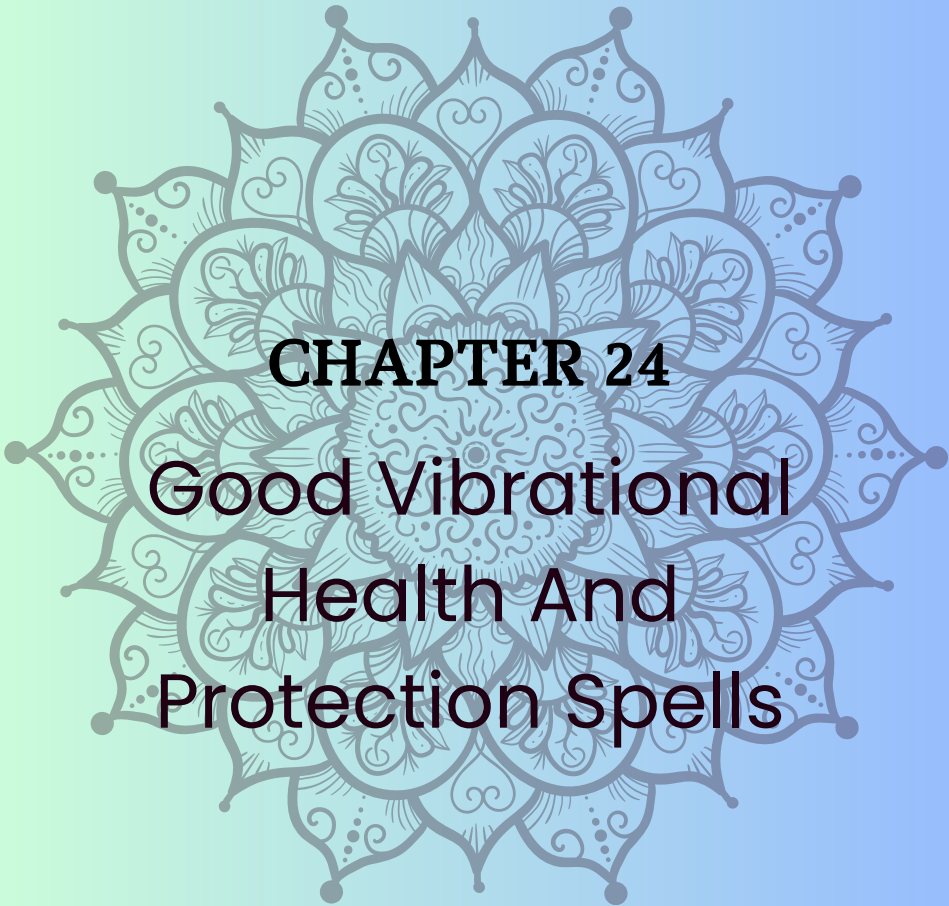
The rubbing should be smooth with no resistance.

Now test it with a negative statement or a lie: "My name is Monday" (the lie statement.)

Observe that as you perform this exercise, the motion of your fingers gradually slows down until they come to a complete stop. You'll likely sense an increase in friction between your fingertips, sometimes causing them to halt altogether. This phenomenon can also be tested using words associated with positive and negative energies. For instance, when you utter the word "love" while rubbing your fingertips, you'll notice a smooth and unhindered flow. In contrast, when you articulate words like "hate" or "war," you'll find that your fingers tend to stick together.

Some people find they must use their dominant hand for this. So, if you're right-handed use your right middle finger and right thumb rubbing in a circle together. Or test other fingers rubbing with your thumb together and see what works best for you.





**CHAPTER 24**  
**Good Vibrational  
Health And  
Protection Spells**

We've discussed ways to protect our bioenergy field and Auras. We can also protect and bless the rooms and physical surroundings we live in. Not only is it essential to reduce or limit our connection with low vibrational or negative people and situations, but also essential to create a healthy home. We've already discussed clearing a room of negative energy (smudging for instance).

Now let's investigate other ways to keep our vibration high and healthy and protect ourselves from the negative and drama people and situations. So, how can we use the law of vibration to do this? Firstly, since we can measure it and feel it, we need to ensure we operate as vibrationally high as possible and that we are surrounded by others that are vibrationally high too.

You can carry a protection stone with you in your pocket, anything white quartz and a triangle shape or tower shape with a pointed top. This concentrates energy to one point in the crystal. When held in the palm of your hand and pointed away from you, energy is transferred outwards as a buffer.

To safeguard our well-being, we must be vigilant in shielding ourselves from the influence of negativity that surrounds us. One crucial aspect of this protection involves preserving the purity of our aura and bioenergy field. It means consciously avoiding the company of individuals who emit negative vibes, much like putting up an energetic barrier.

We should extend this protective practice to the information we consume, filtering out fear-inducing news and gloomy social media posts, recognizing that these can weigh down our vibrational frequency. Avoid all negative news shows, murder series, or anything violent before bed. Because that's what you'll focus on before sleep. Instead, end the day with a glance at your gratitude list, some positive mantras or a 'feel good' movie. This is the perfect time for a 10 minute meditation.

We also hold the power to control our responses to others, to shape our thoughts into actions. Universal law, akin to a mirror, reminds us that what we project onto the world returns to us, often amplified. At the quantum level, our words' vibrations ripple outward, aligning with the vibrational frequency of our being. To attract positivity, we must emit vibrations that match our desires. Remember, as we've discussed, YOU control your reaction, response, and perspective to every situation unfolding before you.

Understanding this phenomenon unlocks incredible potential. We can elevate our vibrational frequency, fortifying our immune system and reaping two significant benefits: optimal physical and mental health and the realization of our goals. The journey begins with small shifts, initially requiring effort to break free from negative thought patterns deeply ingrained by societal influences and ancestral karma passed through our DNA. Yet, through constant repetition, we retrain our minds to naturally operate at higher vibrational frequencies, fostering an environment where manifestation becomes second nature.

Remarkably, the subconscious mind exerts the same energy to manifest small as well as grand desires. It's the same energy to create \$2 million dollars as it is to create \$2.00. So, think bigger, vibrate higher!

But before growth, we must cleanse ourselves of negative energies and patterns. Only then can we ascend to a higher vibrational state, unlocking our potential to create and manifest the life we desire. It's like creating a clean slate.

You must learn to clear your negative energies and patterns before you are able to move to a higher vibration. Then you're able to elevate your vibration and be at ease to live joyfully and be the creative being you're designed to be! Follow through with protecting your energy too.

## Protection Sphere:

Imagine a white or gold light surrounding your bioenergy field. Your aura is the field that extends several feet outside your body. When it's strong it deflects negativity and extends 8 to 10 feet or more. When it's weak it's very small and thin around us. Now think of the bio field as a light made of a mirrored eggshell, extending to both sides, above and below you, in front and behind you. Picture any energy you do not want to be rejected and bouncing off the mirror energy shield.

Only the energies you allow can permeate your aura field. You may welcome angel and spirit guide energies for example, but command that malevolent energies stay away.

When you enter a crowded room like a store or auditorium, expand your aura field to a huge space 40 to 60 feet around you. The bigger you imagine the field, the more you're protected. Your aura will enter the room before your physical body does. This is also an effective way to ward off aggressive people or bullies. Create a huge bio-field of energy around you. This will disarm and confuse aggressive people and they will direct their drama elsewhere. Cancel any resistance to others that are annoying you by saying, 'I feel great, and nothing affects my mood!'

## Shield Spell:

"Day and night, sun and moon, higher self, divine in tune,  
Encase me in a mirrored shell, in silver hues, protect so well.  
Shield me now from all ill might, guide my way with radiant light.  
Keep at bay what seeks to bind, my purpose, health, joy aligned.  
By your grace, I stand secure, in love's embrace, I'll endure.  
So it is, this spell I cast, in protection strong and steadfast."

If you feel you need an immediate strong protection spell from a negative or hostile person in your aura field use this technique:

Angle your body away from the person; let the energy flow past you. This is what martial artists do to deflect energy away from them. Envision a banishing pentagon shape in front of you and between you and the hostile person(s). Use this in situations of cruelty, someone delivering harm or someone doing damage or abuse to you. It puts up a wall so they can't reach you but doesn't harm them. Of course, if you're in danger, leave the presence of harmful people immediately.

When at home: Mix some cayenne pepper and sage counterclockwise in your palms. Blow it hard away from you as you picture their face/name. After this do not give any energy to them or you feed the negative situation.

## **Protection Spell:**

With power surging, like smoke through air.

Frozen in their tracks, they'll show no care.

Bound in silence, they shall remain,

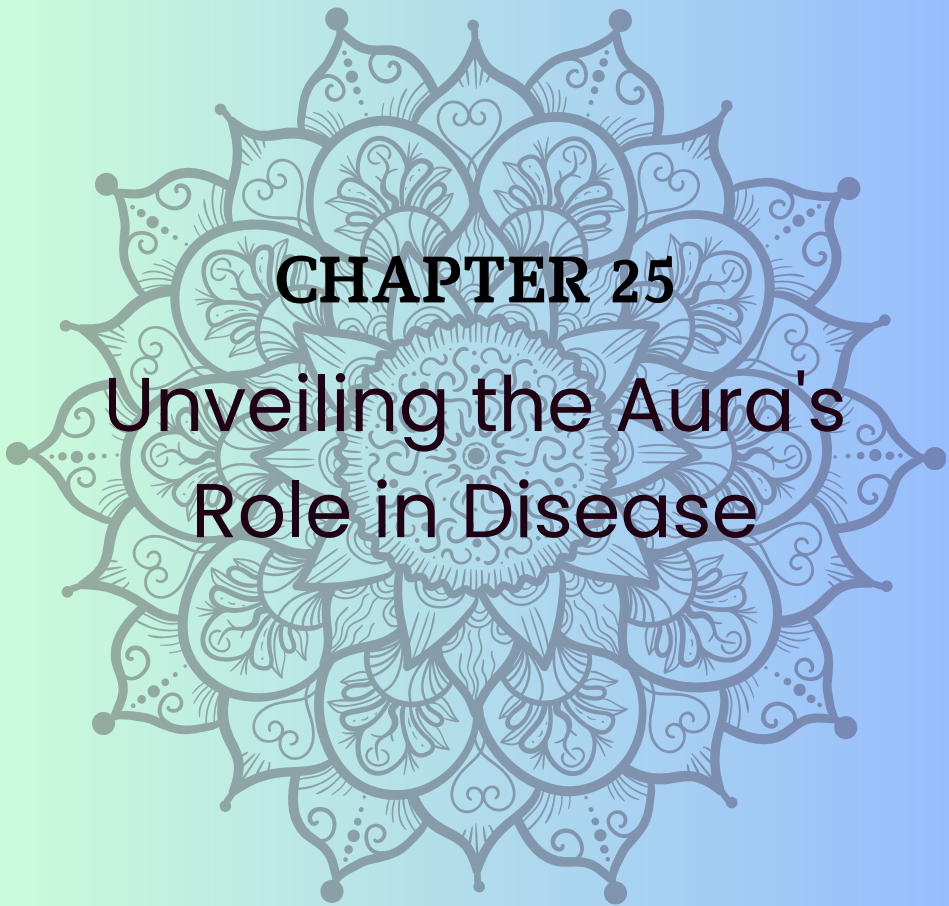
To do no harm, in this protective chain.

No harm to others, the planet, or me.

By these words of magic, so it shall be.

You'll also notice when someone is bored of a conversation, they start to turn their shoulders away at an angle as if getting ready to walk away. Conversely, when giving someone undivided attention, stand squarely in front of them maintaining eye contact and an occasional touch of their arm or shoulder. A tip is look into a persons left eye. According to Neuroscientist, Dr. Tara Swart, parents naturally hold their babies, with the child in their left arm while using their dominant right hand. When a parent gazes at their baby in this position, their right eye aligns with the baby's left eye. As this visual connection travels through the optic nerve and reaches the amygdala, the brain's emotional centre, it creates a profound emotional resonance.

This right-eye-to-left-eye contact forms a crucial element in the bonding process between mothers (or parents) and their babies, making it the most bonding form of eye contact one can have with another person.



## **CHAPTER 25**

# **Unveiling the Aura's Role in Disease**

It's been proven that disease manifests or shows up in the Aura level *before* it shows in the body. A riveting example of this phenomenon emerges through the study of Aura readings. Astonishingly, scientific inquiry has validated that disease often takes its first steps in this intangible sphere before its effects ripple into the material realm. Aura readings showed that they later developed cancer or degenerative problems or disease in those exact areas of dark grey or black shadowy aura spots.

Consider the notion that disease's origins are not confined to the tangible confines of the physical body. Rather, they germinate within the vibrational realms of the Aura, a dynamic field that surrounds and interpenetrates our corporeal form.

This coincides with the Aura health showing signs of imbalance and a lower vibration throwing the Chakra out of sync. The signs are evident in the bioenergy field before the actual body becomes diseased. These inconspicuous markers act as subtle heralds, foretelling the emergence of ailments that, in the future, will find manifestation within the body itself. Delving into this unseen tapestry, individuals deemed healthy based on conventional medical standards may exhibit curious dark hues or shadows near specific organs within their Aura.

Although physically robust at the time of the reading, their vibrant energy field hints at a disharmony within, a lower vibrational frequency that harbors the seeds of future disease. Astonishingly, these very individuals later develop degenerative conditions, cancers, or other ailments that strike precisely within the areas earlier identified as shadowed in their Aura. This means you have great impact on influencing disease *before* it has a chance to enter your body. Do not label or feed energy into a diagnosis. Command amazing health, rather than for an 'ailment' to go away. Envision healthy cells vibrating with beautiful light. Tell your body you won't own the ailment. Instead, just as you need to rest and recharge your body with sleep, you will reset and recharge your body back into alignment.

This heightens the importance of paying attention to our vibrational energy and protecting our bodies from lower, damaging vibrations. Healthy organs resonate at higher frequencies. Also, negative emotions, (fear, anger, hate) resonate at a low vibrational level and healthy emotions (love, acceptance, forgiveness, joy, and gratitude) resonate at higher vibrational levels. It also demonstrates how reducing exposure to damaging electromagnetic waves will support good health.

The significance of this prelude to disease resonates deeply, urging us to embrace a heightened awareness of our vibrational energy. It underscores the imperative of safeguarding ourselves against the onslaught of lower, damaging vibrations that could sow the seeds of future ailments. At the heart of this revelation lies the interdependence between our vibrational frequency and the state of our physical health.

In the intricate symphony of human existence, the Aura emerges as a unique and enigmatic canvas that holds the potential to reveal much more than meets the eye. Beyond its ethereal hues and fluctuating shades lies a profound narrative that intersects with the very essence of our health and well-being. It is within the contours of the Aura that a prelude to disease manifests, an early whisper that often goes unnoticed, yet carries profound implications for our physical bodies.

This intriguing revelation illuminates a critical truth - the Aura serves as an early indicator, a sentinel, offering insight into the impending shifts within our physical health. The juxtaposition of the Aura's hues and the body's subsequent affliction highlights the vital interplay between the energetic and the corporeal. It suggests that the Aura, as a conduit of our energetic blueprint, holds the code of our well-being, conveying vital information that extends beyond the limits of contemporary medical diagnosis.

Indeed, the vibrational composition of our Aura mirrors the symphony of our emotions. It unveils the profound harmony or discord within, acting as a mirror to our inner landscape. Negative emotions - fear, anger, hatred - resonate at a lower vibrational cadence, casting their shadows across the Aura.



Conversely, emotions that align with well-being - love, acceptance, forgiveness, joy - resonate at elevated frequencies, imbuing the Aura with luminosity and vitality.

As we peer into this intricate interplay between the Aura, emotions, and physical health, we stand at the precipice of a new paradigm in health and well-being. The Aura becomes not merely an ephemeral aspect of our being but a portal through which we can glean insight, a gateway that encourages us to nurture higher vibrational states and to create a reservoir of wellness that fortifies our very essence.

This revelation emboldens us to traverse the landscape of our emotions, to kindle the flames of positivity within, and to embark on a journey of vibrational elevation. As we tread this path, we become co-creators of our well-being, attuning our frequencies to the symphony of health that resonates within and around us. Keep your frequency high for wellness.

Dr. David Hawkins summarizes it perfectly in his emotion frequency chart. © Dr David Hawkins, <https://veritaspub.com/dr-hawkins/>  
See below for a sample frequency chart:

**700 + Enlightenment**

**600 Peace**

**540 Joy**

**500 Love**

**400 Reason**

**350 Acceptance**

**310 Willingness**

**250 Neutrality**

**200 Courage**

**175 Pride**

**150 Anger**

**125 Desire**

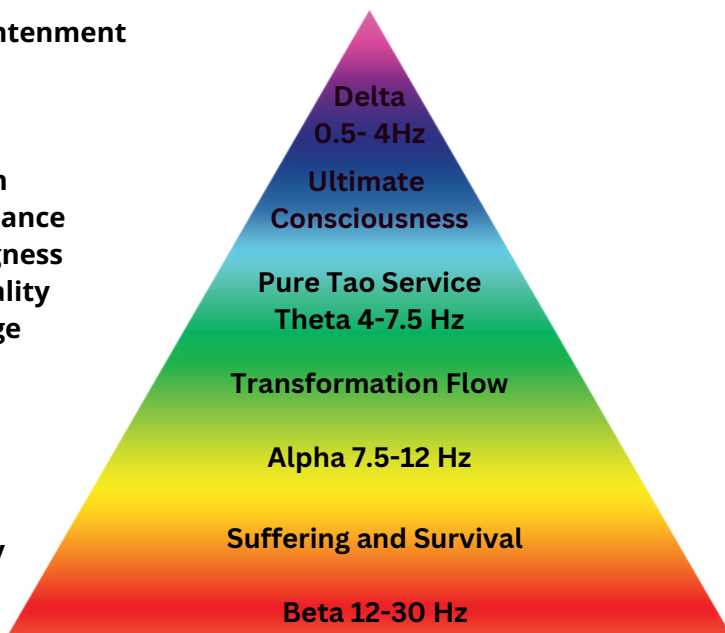
**100 Fear**

**75 Grief**

**50 Apathy**

**30 Guilt**

**20 Shame**

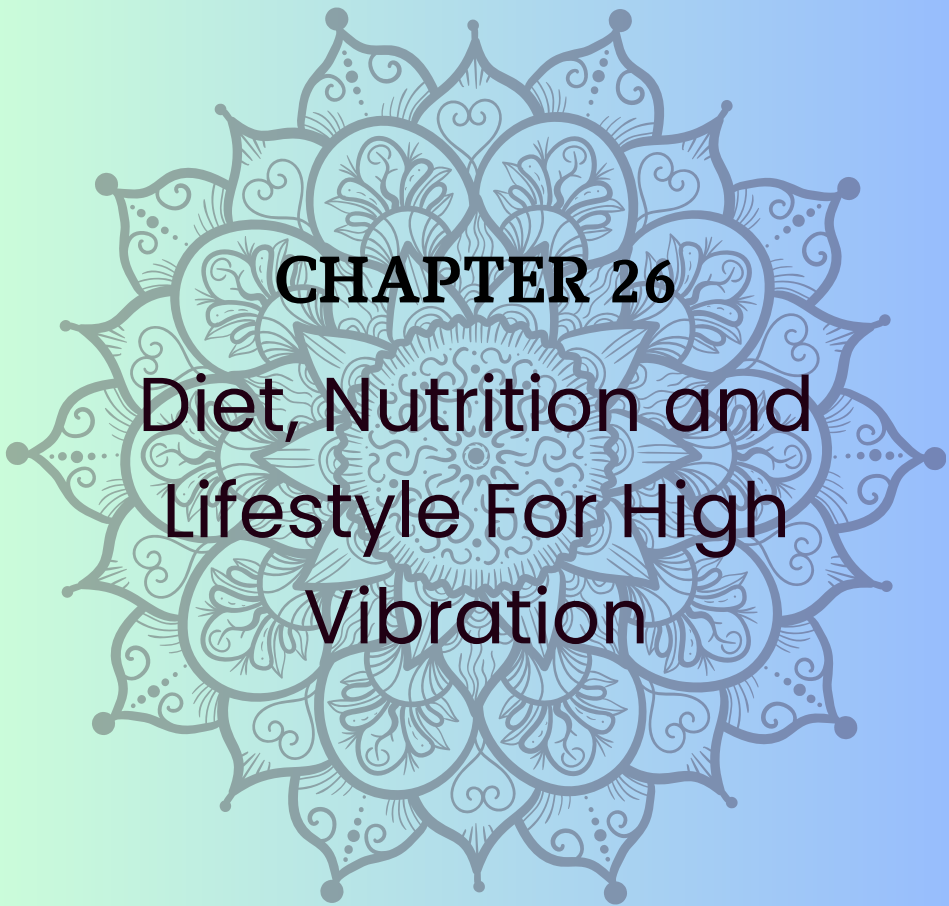


# Ultrasound Wave Therapy:

On October 18, 2023, the FDA granted approval for a groundbreaking cancer treatment known as histotripsy, developed at the University of Michigan. This innovative technique offers a promising alternative to conventional cancer treatments like surgery, radiation, and chemotherapy. Histotripsy leverages precise ultrasound waves to create microbubbles within a tumor. These microbubbles generate powerful forces as they form and collapse, effectively disintegrating the tumor mass and eliminating cancer cells. Subsequently, the immune system plays a vital role in clearing away the debris. Unlike radiation therapy, histotripsy offers greater control, ensuring that it selectively targets the tumor while minimizing damage to healthy tissues. This represents a significant advancement in cancer treatment modalities. Imagine, if utilizing these natural frequencies nature has provided us in treating the whole body for all diseases in this manner. If the whole body is in proper balance, so are the pieces. Nature seems to have all the answers.

**Hollaback Med Beds:** Many physical illnesses can be treated through a revolutionary Holographic Medical Bed, known as Hollaback. It utilizes advanced technology to project a holographic image of healthy cells, instructing your own cells to replicate this ideal state. Your body then naturally follows these instructions, carrying out the majority of the repair process autonomously. By tricking the cells into believing they are already in optimal condition, they regenerate damaged tissue without limitations, resulting in a flawless state of repair. It uses the original coding of your DNA to regrow bone, organs, heal scars, treat many diseases, repair DNA issues, fix birth defects, dental issues, eyesight and hearing problems, schizophrenia, autism and more. Originating from a U.S Secret Space Program (now known as Space Force), they utilize advanced technologies, including space travel and medical advancements far beyond earth technologies. President Trump sought to roll out 1000 of these in 2017, but was shut down from opposition from the intelligence community and his administration was subsequently targeted. I hope to see these available to the public sooner rather than later. The suppression of helpful medical devices is inexcusable when it could assist so many.

Med Beds details from: <https://awakenmymind.com>. Derek Knauss with PrepareForChange.net – January 14, 2022.



## **CHAPTER 26**

# **Diet, Nutrition and Lifestyle For High Vibration**

A healthy body of high vibration is not a host for illness or disease. When your immune system is low (chemicals in the body, eating too much sugar in the diet, etc.), the body has a lower vibration and is open to illness. When it's a strong immune system your body vibrates at a higher frequency.

Eat food from the ground that is whole foods. Avoid all processed foods and snacks. Avoid packaged foods with preservatives, colours, and additives like BHT. Here's the EWG's "Dirty Dozen List":

### **Food Additives:**

1. Nitrates and nitrites (found in cured meat)
2. Potassium bromate (found in bread)
3. Propyl paraben (found in tortillas & muffins)
4. Butylated hydroxyanisole (BHA) (found in chips and preserved meat)
5. Butylated hydroxytoluene (BHT) (found in cereals)
6. Propyl gallate (found in cured meat)
7. Theobromine (found in chocolate)
8. Secret flavour ingredients (found in processed food)
9. Artificial colours (found in processed food)
10. Diacetyl (found in yoghurt and cheese)
11. Phosphates (found in processed food)
12. Aluminum additives (found in processed food)

Try the muscle leaning test or do an IGG blood test to see if you have any food intolerances or sensitivity to the above aforementioned.

An IGG blood test measures the levels of immunoglobulins, specifically IgM, IgG, and IgA, in your bloodstream. These immunoglobulins, also known as antibodies, play a vital role in your immune system's defense against various health conditions, including food intolerances. By quantifying these antibodies, the test can provide insights into how your body responds to specific foods and help identify potential sources of intolerance, ultimately contributing to maintaining a high vibrational state of health and well-being.

## Vibration Frequency of Clothing:

In 2003, Dr. Heidi Yellen embarked on a groundbreaking exploration into the intricate relationship between fabrics and human vibrational health. Her study delved into the profound effects of various textiles on the human body's electromagnetic field. Within our bodies lies a naturally occurring electromagnetic spectrum, where a state of robust health typically resonates at around 100 Hz. Conversely, an ailing or deteriorating body tends to vibrate at a mere 15 Hz.

Dr. Yellen's research yielded a startling revelation—synthetic materials such as polyester and nylon, surprisingly akin to silk, resonated at this lower frequency of 15 Hz. Consequently, these synthetic fibers had a detrimental impact on the body, effectively aligning with the frequency of disease.

In stark contrast, organic cotton emerged as a neutral player in this vibrational symphony, resonating at the harmonious frequency of 100 Hz. This neutrality implied that it neither imposed a positive nor negative effect on the body's electromagnetic field.

However, the true stars of Dr. Yellen's study were linen and pure wool, resonating at a staggering 5000 Hz—50 times the innate frequency of the human body. This revelation hinted at the exponential healing and positive potential of these natural fibers upon the human body.

What added a captivating layer of intrigue to this discovery was the correlation with ancient wisdom. Dr. Yellen's findings mirrored ancient cautions about mixing wool and linen, a practice now substantiated by science. Her study revealed that the energy field of wool flowed in a direction opposite to that of linen, leading to a collapse and mutual cancellation of their fields. The profound implications of this study beckon us to contemplate how our ancestors might have intuited these subtle vibrational truths. Astonishingly, even today, anecdotes persist of linen's miraculous ability to facilitate the healing of various ailments. The study by Dr. Heidi Yellen serves as a bridge between ancient wisdom and modern science, inviting us to explore the profound connections between the fabrics we wear and the vibrational harmony of our well-being.

So there are many tools now at your disposal to assist you in embracing a vibrant frequency alignment. You can even heal yourself to the point where an illness reverses, disappears, and is eradicated from the body.

Aura tests on people that have beaten the disease show healthier colours and higher vibrational energy. When the illness has been eliminated the aura then shows as healthy colours around the organs rather than black or grey shadowy spots.

So, in summary, raising your body's vibration protects you from illness. Wearing pure wool or linen gives your body more energy. Whereas, synthetic fabrics drain energy from you.

Let's look further at the role of diet in more detail in the next Chapter.

## Vibration of Food:

Foods of higher vibration will raise your vibration. When stressed eat lighter foods like chicken, fish, and vegetables. Some fruits are great too if they don't have too high a natural sugar content (bananas are high in sugar for example).

But apples, blueberries, lemons, or limes are low sugar. Also, when you're feeling particularly stressed, eating smoothies or pureed soups (with no bits of food you must chew) very good for you, like homemade broth soups.

Organic, non-GMO (genetically modified organism), free-range or cage-free animals, wild-caught fish (as opposed to farmed fish which swims around in their own feces and is a host to illness), and vegetables are best. A diet void of sugar is also necessary. If you have a sweet tooth, experiment with Stevia or Agave sweeteners instead. Stevia doesn't interfere or contribute to Candida or diabetes. No sugars or sweets are best, but some are better choices than others. Corn syrups and processed sweeteners like Aspartame are the WORST choice and should be avoided at all costs! See more about why next:

### Aspartame:

Back in 1996, Dr. John Olney, a pioneer in the field of neuroscience known for excitotoxicity, along with Attorney James Turner, sought to prevent the approval of aspartame. During this time, the FDA's own toxicologist, Dr. Adrian Gross, testified before Congress, stating unequivocally that aspartame had the potential to induce brain tumors and brain cancer, thus violating the Delaney Amendment, which prohibits the inclusion of known carcinogens in food. According to prominent medical experts and researchers, the consumption of aspartame has been linked to a range of health issues, including **headaches, memory problems, seizures, vision impairment, comas, and even cancer**. Additionally, it has been found to exacerbate or mimic the symptoms of various medical conditions such as fibromyalgia, multiple sclerosis, lupus, attention deficit disorder, diabetes, Alzheimer's disease, chronic fatigue syndrome, and depression.

### Healthy Natural Whole Foods



Furthermore, one of the highlighted risks associated with aspartame is its conversion into free methyl alcohol, leading to chronic methanol poisoning that affects the brain's dopamine system and can result in addiction. Methanol, also known as wood alcohol, constitutes a significant portion of the aspartame molecule and is categorized as a potent metabolic poison and narcotic. It was originally created as an anti-ulcer drug.

In 1985, Monsanto acquired G.D. Searle, the company holding the patent for aspartame, the key ingredient in NutraSweet. This move by Monsanto occurred despite aspartame's controversial history, including a 1980 FDA Board of Inquiry report that raised concerns about its potential to induce brain tumors. Initially, the FDA had banned aspartame based on this report, but Searle's Chairman, Donald Rumsfeld, who was part of Ronald Reagan's transition team, intervened to reverse the decision. Shortly after Reagan's inauguration, an executive order stripped FDA commissioners of their authority to take action. Searle reapplied for aspartame approval, and Reagan's newly appointed FDA Commissioner, Dr. Arthur Hull Hayes, Jr., who lacked prior experience with food additives, played a pivotal role. When it became apparent that the FDA's Scientific Commission would uphold the aspartame ban, Hayes added a sixth member to break the tie in favor of aspartame. Hayes then approved aspartame for use in dry goods in 1981.

Despite controversies, Hayes continued to support aspartame and approved its use in beverages before leaving the FDA in 1983 amid allegations of impropriety. He subsequently joined Burson-Marsteller, a public relations firm serving Monsanto and G.D. Searle. Additionally, it's worth noting that when Monsanto acquired Searle in 1985, Donald Rumsfeld reportedly received a \$12 million bonus.

Since 2018 Bayer acquired Monsanto in a mega-merger and retired the Monsanto name altogether. In summary, it never should have passed approval due to harmful side effects and involved huge 'bonus' payouts.



## **Monsanto: (aka, the 'evil corp.')**

This company has been causing harm to friends, family, and the earth for many years. Monsanto's history is riddled with harm and controversy. They were involved in producing Agent Orange, a toxic substance linked to countless deaths and birth defects. Killing and mutilating millions of people with no conscience, taking zero responsibility, and continuing to create more damage is the epitome of evil.

Despite this, Monsanto has maintained significant influence, leaving questions about their continued prosperity and product availability. Their focus on genetically modified crops, particularly corn, soy, and cotton, has raised concerns, with evidence proving harm to livestock, soil, and water supplies. The introduction of "Roundup ready" crops in 1996 allowed widespread herbicide use, further impacting the environment and communities.

Coffee, one of the most heavily pesticide-sprayed crops globally, is a victim of the drive to protect profits at all costs. The beans' high value leads farmers to employ extensive pesticide and fertilizer use. More alarmingly, Monsanto's parent company, Bayer, faced immense backlash in 2020, as it was compelled to pay a staggering \$10 billion in damages due to lawsuits linking Monsanto's products to severe health issues.

With mounting evidence indicating Roundup's cancer-causing properties, numerous nations have taken the drastic step of banning this harmful product. Monsanto's track record undeniably raises significant concerns. In June 2020, Bayer agreed to pay numerous settlements in lawsuits involving ex-Monsanto products.

They are on my "BAN" list and should be on yours too.

## Say No to GMO:

1. **Increased Herbicide Use:** The widespread adoption of GM herbicide-tolerant crops, like glyphosate-resistant ones, has led to a surge in herbicide usage, notably glyphosate. This has raised concerns about the potential health impacts of increased herbicide residues.
2. **Emergence of Resistant Weeds:** The use of specific herbicides with GM herbicide-tolerant crops has contributed to the development and spread of "superweeds." These are weeds that have evolved resistance to these herbicides, particularly glyphosate. Since 1996, 57 weed species have become glyphosate-resistant.
3. **Resistance in Insects:** Some insects have developed resistance to the toxins produced by GM insect-resistant crops. This leads to "superpests" that are challenging to control.
4. **Genetic Contamination:** The escape of GM plant genes into the wild or non-GM crops can have significant ecological, economic, and social consequences. This genetic flow poses threats to wild and weedy crop relatives, non-GM crops, and organic farming.
5. **Biodiversity Loss:** The expansion of GM herbicide-tolerant crops, like corn and soy, coupled with increased herbicide use, has had detrimental effects on non-target organisms and ecosystems. Like the reduction of habitat for the monarch butterfly in North America.
6. **Gluten Content in Wheat:** Research has shown that the gluten content in wheat has increased over the last 120 years, partly due to hybridization. Higher precipitation during the harvest year also cause greater gluten content in wheat.

## Stop the Sugar!

One teaspoon of sugar lowers the immune system for about 3 hours. Imagine a can of Cola with 10 teaspoons of sugar. Artificial sweeteners are just as bad as they're proven to cause more cravings for sweets and make us feel like we need to load up on carbohydrates. Many have been banned in some countries for causing cancers due to the aspartame ingredient.

Choose unprocessed, unpasteurized (raw) honey. Honey possesses the potential to be therapeutically beneficial in managing various diseases due to its phytochemical content, anti-inflammatory attributes, antimicrobial effects, and antioxidant properties. Within honey, key bioactive compounds such as flavonoids and polyphenols serve as potent antioxidants, contributing to its health-promoting qualities.

Because our bodies must work so hard to flush sugars out of our bloodstream our vibrational energy signature becomes lowered which can make you more susceptible to illness. Better breakfast choices are eggs, avocado, healthy fats like coconut, chia pudding, quinoa, buckwheat pancakes, berry smoothies et cetera.

This demonstrates why feeding your children sugary cereals is a poor choice. Often served in cow's milk as well it is difficult to break down due to the casein and lactate. A glass of orange juice (very sugary and full of preservatives, BHT, mold, fruit flies and fruit fly eggs) is not the best start in the morning either! Make your own juices or just eat the fruit whole.

Coconut milk for instance is a much better option to dairy. Buy the unsweetened versions or they're often loaded with refined sugars. Skip Soy because it's very processed and mimics estrogen in the body and is almost always GMO (genetically modified).

Some people prefer to eat a diet according to their blood type. Or you can get a DNA Health test. Most look at your genetic variants to create a personalized profile for nutrient digestion and can even design meal plans based on a person's genetic profile. They include reports for vitamin intake and processing, ancestry, exercise, and health and wellness.

You must decide what's right for your body type, but whatever you decide, choose local foods. They maintain their nutritional content better and have less oxidative stress when they haven't been shipped far. In this way you are also supporting local farmers and small businesses in your community. When choosing foods here's a general guide on reading the food stickers PLU (price look up) Code:

- The number **9** prefix is **organic**. For example, #94011 is the code for an organic yellow banana.
- A number **8** prefix is genetically engineered (**GE**). For example, #84011 is the code for a genetically engineered yellow banana.
- **Conventionally** grown produce is assigned a four-digit PLU code starting with a **3 or 4**.

If you have a specific medical reason to eat a certain way, always follow your doctor's advice and instructions. Or visit a Nutritionist or Naturopath for diet and supplement advice. I've found what works great for me and you can too.

### **Alkalinity vs. Acidity**

The other aspect of food and diet and how it pertains to health is the alkalinity vs. acidity of the food. The alkaline diet categorizes foods based on their potential to produce acid or alkaline substances during digestion, although this doesn't necessarily correlate with their raw state acidity. Acid-forming foods yield a pH lower than 7, while alkaline foods result in a pH level greater than 7, with neutral foods around 7. The diet advises avoiding acid-forming foods like meat, dairy, fish, eggs, grains, and alcohol while promoting alkaline-forming foods such as fruits, vegetables, nuts, and legumes. The body's pH levels are tightly regulated by organs like the kidneys and lungs, and altering them through diet is challenging. Blood pH typically ranges from 7.2 to 7.45, and the body maintains this balance efficiently. Therefore, adopting a diet rich in alkaline foods is thought to help "alkalize" your body and potentially enhance your health.

Phosphoric acid in Cola for tartness is more acidic than vinegar, but you don't notice because of the high sugar content. That acid also thins the enamel off your teeth, so eliminate this ingredient or use a straw to reduce contact with your enamel. When shipped in liquid form it needs a Hazardous sign because if spilled, it will eat through the road asphalt!

Start the morning right by cleansing the liver so it's operating at peak healthy levels. Fresh squeezed organic lemon juice in a glass of room temperature water (properly filtered water free of chlorine and fluoride etc.) is a great way to bring your body's alkalinity up.

## **Morning Water Cleanse:**

Try this first thing every morning: water room temperature, mixed with a probiotic powder, some cayenne pepper, and a grain of Celtic Sea salt. The salt will carry the minerals to your water cells right away (magnesium is a water-hungry molecule) and to your bloodstream for the fastest hydration. This is a liver cleanse and therefore benefits the whole body.

Try labeling your bottle of water with a positive image or symbol or write a positive word or phrase on the label and stick it to the glass to 'charge' the water. The glass needs to 'read' the word and see it, so tape it word side IN. Any clear glass or bottle will do.

There are many studies that show how positive words increase the vibration of water. You can read more about one, for instance from Doctor Emoto's experiments on water crystals. Water exposed to different music and words responded accordingly. When exposed to classical music and positive words (regardless of the language) the water then frozen and studied under a microscope showed beautiful perfectly formed white crystals like snowflake shaped crystals. Their colour was vibrant white and glowing.

Words such as 'love', 'joy' and 'gratitude' shown to the vials of water proved to be the most helpful in creating beautiful patterns and the brightest glowing shapes. The colours were bright and clear and shapes were perfectly formed in snowflake geometric design patterns. The water crystals exposed to negative words such as 'war' or 'hate' were distorted, brown, and had broken edges, incomplete patterns, and broken designs.

Similarly, studies done on plants exposed to positive words showed they grew better, faster, taller, larger blooms, and healthier. In comparison, the plants exposed to negative words died. And the plants exposed to music they didn't like, actually turned away from the speakers as much as possible. Music, they enjoyed the vibration of, they turned their leaves towards the speakers and leaned into the music.

Other studies were done using rice in a sealed container. The rice exposed to positive words remained fresh. The negative words made the jar of rice rot. It was interesting to note that if the rice was ignored it also suffered and decayed quite rapidly. This coincides with studies on orphaned children; if they're neglected it is just as detrimental to their well-being as being abused.

I did many water freezing tests myself and found amazing letters and images appear which matched the words I exposed to the water before freezing.

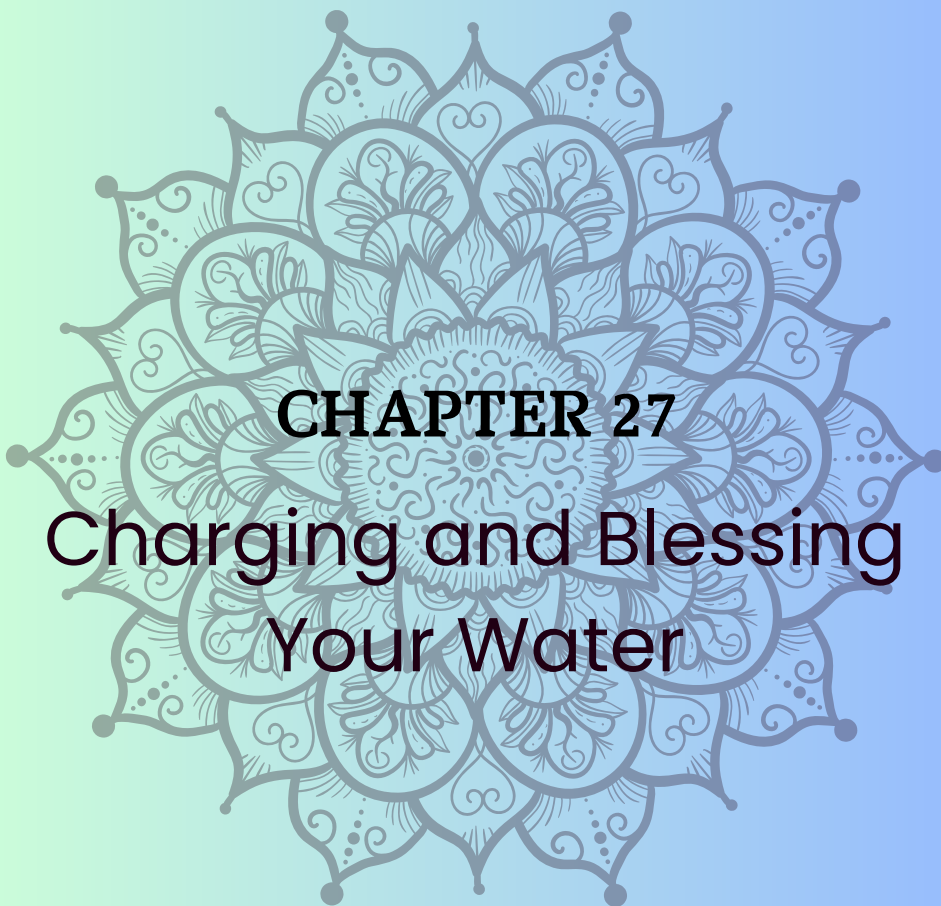
More about blessing and charging water in the next Chapter.

### Charging water



This is water I exposed to the word “Abundance, Wealth” then froze for 10 minutes. Notice the letter “A” and some “W’s” that appeared in the ice formation after a few minutes. This is taken on my android phone and not altered in any way. Also I found if I spoke a word into the water it picked up on the word as well. When I said ‘heart’, a heart symbol would form. I labelled one ‘aliens’ and an image of a UAP craft formed. Try this yourself using water in glass dishes. There were many amazing images, which I will dedicate to another book in future.

My belief is water definitely has memory and can communicate. Your last word before sleep is crucial. The saliva in your mouth is water which will hold the vibration of the word. This is the main reason why ‘scripting’ before sleep works!



**CHAPTER 27**  
**Charging and Blessing  
Your Water**

Water carries energy and when we drink water, we take that energy into our bodies. Modern water collected through pipes and taps is bending a lot before it comes out of the faucet. The natural flow of water should be like from a waterfall or stream, tumbling over rocks and stones freely. We need to reset the water molecules before we drink it. Water holds memory and shape on a molecular level.

Considering we humans are comprised of over 70% water, imagine how beneficial it can be to drink water that's high in vibrational energy? It reminds me of a Star Trek Next Generation episode where an alien called the crew, "You, mostly bags of water!" Funny, but true! We thrive with water. We start our life in water in our mother's womb.

Here are several ways to raise the vibration of the water you drink: Pour filtered water into a water jug or carafe, ensure the carafe is made from glass, crystal or something of a natural earth element (not plastic). If you don't have a jug, charge the water in the drinking glass.

- Stir the water with a long-shaped rod like a straw or chopstick. Stir at least 30 times clockwise. This resets the shape of the water molecules.
- Write positive words on the jug or on a note card facing towards the water so it reads it and picks up the vibration of the words. The best words to use are love, joy, gratitude, thankful, blessed, or similar phrases. Leave it on the jug for at least ten minutes or all day if possible. Just keep refilling the carafe and stir it again before you pour a glass to drink.
- Play classical music that has symphony orchestra sounds. The tone of natural string and wood instruments and their vibration will positively affect the water. The happier the tune sounds to you the better. For example, excerpts from Swan Lake by Tchaikovsky showed beneficial effects on water. Pleasant chords and chord transitions are best. Play music to the water carafe for a few minutes before drinking. The water will mimic the vibrations sympathetically and become more balanced vibrationally.
- Tap a tuning fork or rub a singing bowl beside the water. With a tuning fork you can tap the fork, so it vibrates, and then place the handle end of it against the glass. Or vibrate it close to the water so the water ripples from the sound vibration.



- Place sacred geometry shapes beside and touching the carafe. Like a pendant-shaped tetrahedron or a Merkabah. The vibration of a star, 5-edged or 10-pointed star shape has a healing vibration, and this will positively affect the water. Even drawing the shape of a star, flower of life pattern, or mandala pattern and sticking this image on the glass will transfer high vibrational energy into the water. Use the flower of life, tree of life, or infinity patterns.
- Place a white or clear quartz crystal touching the glass of the Carafe and leave it there for several minutes or overnight. You could place several crystals around the carafe. Quartz has high energy and powers our watches and laptops. It amplifies energy. Do not place crystals or coloured stones directly into the water as it may have natural contaminants such as arsenic which we don't want contaminating the water before consuming.
- Place fresh herbs from a garden, lemon peel, or even flowers into the carafe. Petals from roses or tops of parsley, mint, rosemary, or lavender have a vibration of growth and life and energy which will transfer into the carafe. (Any edible flowers do nicely). Once they wilt or droop, remove them because when they start to die the energy is then a low vibration. So, ensure they're fresh, not exposed to pesticides or fertilizers and leave them in the carafe for about an hour.
- Leave the carafe partially in the sunlight to charge it on a windowsill or place a sealed glass jar in your garden or on the grass for a few minutes in the sun to solar charge it.
- Place a crystal of salt along the carafe spout and one under your tongue before you drink a glass. Celtic sea salt or Himalayan pink salt has many natural minerals that will help carry the water to your cells faster for better hydration. Without good mineral supplementation, the water we drink doesn't absorb into our cells very well.

You can also speak a positive word into some water in a glass, then freeze it for 5 minutes. Observe the ice when you take it out of the freezer. It takes on the shape or symbol of the word. I've experimented with this with the word "Abundance" and the ice formed a clear "A" in the glass. Then eat the ice to take in the energy of the vibration of the word. Experiment with images or words such as 'love', "happiness" etc. You can ask the water a question, freeze it and then see what shows up in the ice formation. Water has memory and is alive.

Now you're ready to pour a glass of high vibration water. You've reset it from the trauma of city pipes where it twists, turns and rests in potentially corroded pipes before reaching your glass. Sipping all day is better than downing an entire glass at once. This ensures a continuous flow of healing water to your body throughout the day and no overload on your kidneys.

When traveling, pour the water into a glass jar or glass sports bottle and put a sticky note with positive words on it or write in permanent marker on the bottle a positive phrase of your choice, "I'm happy and abundant and grateful." Or "Love, thank you, kind, calm, abundant, joyful" etc. Make sure it faces inwards facing the water, rather than for you to read it.

A study of Tibetan monks meditating on polluted water has proven that they can clean the water and rehabilitate it to a healthier state! This is amazing and measurable! Of course, they spend all their lives practicing positive thoughts and meditation. But for the average person, you do not need a lifetime. The biggest benefits seem to show up after 7 years of meditation. Make it your daily ritual and you'll be an expert in no time!

Each night before sleep and upon waking in the morning spend a few minutes, 10 to 15 are enough. An hour is even better. Use the sample Mantras of your choice. Do you understand now, the power of your thoughts? How amazing you are as a human being with this powerful energy?

## **Natural Remedies vs. Treating Symptoms**

Chemotherapy, while effective at targeting cancer cells, also harms healthy cells and weakens the immune system. This leaves the body vulnerable to various other ailments. Unfortunately, many pharmaceutical companies are more focused on maintaining their profits, which discourages exploration of holistic or natural healing methods that could potentially lead to better outcomes. Their aim is to keep you consuming unhealthy products, ensuring that you remain unwell and reliant on medications, which in turn maximizes their profits.

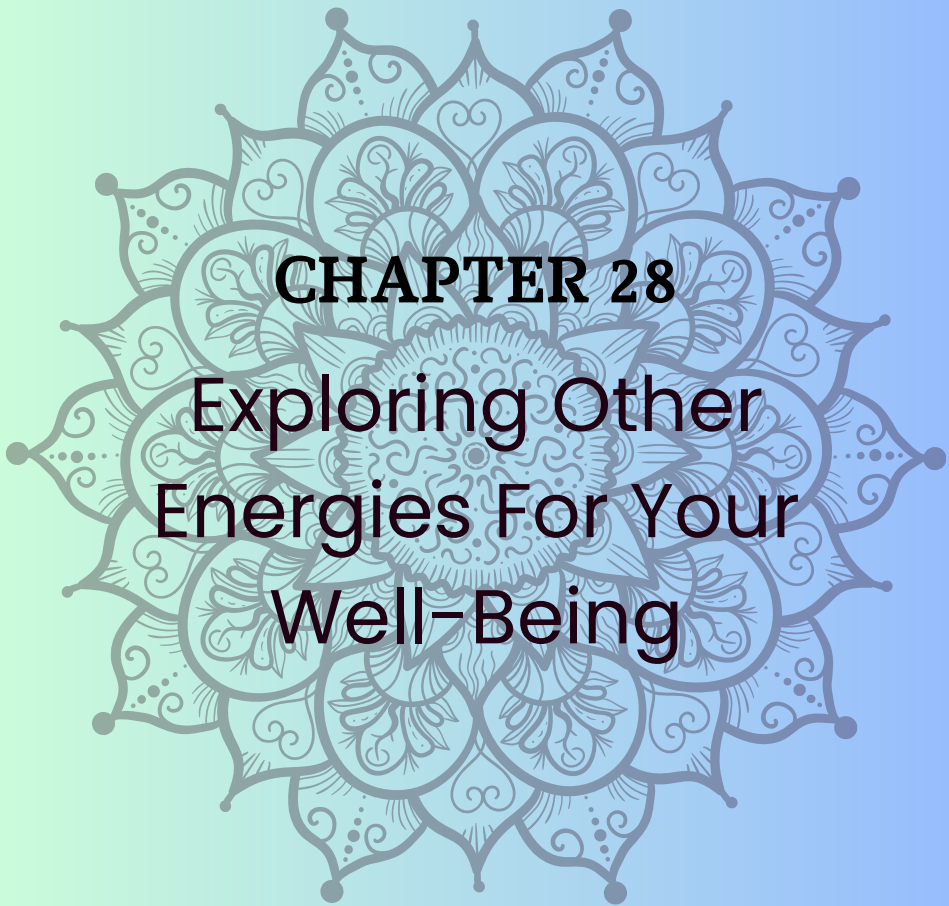
So, most of the ads you are bombarded with on television or radio etc. are to get you to use their drugs and products and keep making them more money. They're not to keep you well! There's no money for them if you're well. Sad, but true. If you stay sick, it's better for their pocketbooks.

Many organizations prioritize profit through patents, often neglecting the promotion of natural remedies that can't be patented. Healing naturally doesn't always grab headlines since natural solutions can't be patented. If you're reading this book, you're an informed and discerning consumer who understands the value of a holistic approach to healing. It involves addressing the entire body, rather than relying solely on pills to suppress symptoms. Collaborate with your healthcare practitioners, but also explore complementary methods and therapies to enhance your overall well-being,

Home devices can significantly contribute to our overall health and well-being. One such device I find particularly beneficial is a PEMF therapy mat, which stands for Pulsed Electromagnetic Field Therapy and operates within frequencies of 1 to 40 Hz. Spending just 20 minutes on this mat twice a day can help recharge your cell membrane walls.

Given that most diseases are associated with cell malfunctions, this therapy is particularly effective. These mats are constructed using Tesla coils, producing a field akin to Earth's magnetic field. Backed by a wealth of research, PEMF therapy has demonstrated its ability to boost energy, alleviate pain, enhance sleep, provide anti-aging benefits, and offer substantial relief for conditions such as MS, Parkinson's, arthritis, cancer, depression, and more. They work amazingly for pets too. Cats and dogs readily take to these compact mats, often enjoying daily use, particularly when recovering from surgeries or coping with various ailments. Importantly, it has been widely and safely used for over 50 years, holding approvals from the FDA and NASA while enjoying popularity in Europe, the USA, and Canada.

<https://www.oxfordmedicals.com/?AffId=390>



## **CHAPTER 28**

# Exploring Other Energies For Your Well-Being

In addition to the well-known energies of the Chakras, there are other forms of energy that affect our bodies and surroundings. These energies, with varying frequencies, can be measured using different instruments. For instance, the ECG (electrocardiograph) measures the heart's rhythm, while the EEG measures brain biofeedback. On a more subtle level, we can perceive energies like Ultraviolet light and other waves, such as Gamma, X-ray, Infrared, Microwave, and Radio Waves.

Being aware of your environment is crucial as well. For instance, microwaves can be harmful, and their uneven heating process damages the nutritional content of food.

The microwave oven's accidental invention in 1945 is credited to Percy Spencer, a self-taught engineer leading a radar project for the defence giant, Raytheon. During his experiments with a new vacuum tube known as a magnetron, an unexpected event occurred. He noticed that a chocolate bar in his pocket had melted due to the heat generated by the magnetron. This serendipitous discovery piqued his curiosity. Intrigued, Spencer decided to conduct further experiments. He placed popcorn kernels near the magnetron and observed as they rapidly popped into fluffy popcorn. The next experiment involved positioning an egg close to the magnetron. The heat caused pressure to build inside the egg, leading to an explosion. To his surprise, Spencer found that the egg yolk had become hot.

It was at this point that he realized the potential of the low-density energy emitted by the magnetron for quickly cooking food. Spencer designed a metal box with an opening through which he directed microwave power. This enclosure trapped the energy within, creating a high-density magnetic field. Thus, the accidental invention of the first microwave oven came to be. However, the process has negative effects on the water molecules because they get ripped apart. This vibration causes heat. But ripping apart and shaking up the water molecules is altering its natural state. We know how important it is to treat our water with respect. And since most food has water in it, we should treat our food with respect too. The vibration of both will affect our health.

Don't stand within 5 feet of your Microwave while it's operating, the rays are damaging. I avoid them altogether and if someone's using one, I stand at the other side of the room. Instead, opt for cooking methods like grilling, stovetop, oven baking, barbequing, steaming, or boiling for heating foods.

Similarly, environmental stresses can impact our well-being, so it's beneficial to create a relaxing space by turning off Wi-Fi when not needed, surrounding yourself with plants, using calm colours, and enjoying your favourite music. An easy way to reduce Wi-Fi damage to your body is have it plugged into a light timer. Set the timer to shut off during the night when you sleep. Ideally, unplug everything in your bedroom at night, and put red bulbs in your night side table lamps. Red lights won't interfere with your sleep cycle and won't activate your melatonin. If you do have an alarm clock with an LED display, make sure it's red-coloured LED. NOT blue. Blue lights are ideal in the morning to wake you up but should be avoided in the evenings. Some people go so far as to create a bedroom with walls that completely block out Wi-Fi and EMF's to ensure a deep uninterrupted sleep. A cool, dark bedroom is best.

Do not leave your mobile phone or other device charging close to you. Every few minutes the cell towers send a signal to your phone to sync your emails and run updates etc. This will disturb your sleep cycle because the EMF is too close to your body.

I use a device pendant called a "Q link" which helps block EMF's. The centre crystal core reinforces the body's resonance, returning it to a clearer and more balanced natural state. Scientific evidence supports their potential to improve wellbeing. Sympathetic Resonance Technology (SRT) is believed to improve mental and physical performance by matching your body's natural energy frequency, producing a similar effect to spending time in nature or with loved ones. When two objects interact sympathetically, just like two similarly tuned tuning forks, their energies interact and amplify each other They have devices that adhere to mobile phones and laptops, as well as pendants that can be worn on a necklace.

<https://share.shopqlink.com/1109.html>



**CHAPTER 29**  
**Infrared and Red-  
Light Therapy**

For improved sleep and many other health benefits I suggest using an Infrared or red-light device. We've discussed how certain frequencies affect our bioenergy field. Infrared and red lights are greatly beneficial for balancing the body and aura field.

[https://redlightman.com/light-therapy/infrared/?wpam\\_id=311](https://redlightman.com/light-therapy/infrared/?wpam_id=311)

## **Benefits:**

- Faster Muscle Recovery
- Heal Injuries Faster
- Anti-Inflammatory Properties
- Promotes Skin Health
- Promotes Restful Sleep/Better Mood
- Promotes Hair Growth
- Improves Fertility
- Boosts Energy and Aids Weight Loss

The primary theory behind infrared light therapy involves the absorption of near-infrared energy by a cellular mitochondria protein pump known as cytochrome oxidase. This is believed to enhance the flow of electrons through the electron transport chain, although alternative hypotheses also exist. Regardless of the precise mechanism, its fundamental principle closely resembles that of red-light therapy.

What sets near-infrared light apart from red light is its superior penetration capability. While red light is predominantly absorbed within the first inch of the skin, near-infrared light can permeate much deeper.

Versatile Applications: Infrared light therapy operates on a mechanism similar to visible red light, but it falls outside the range of human eye visibility. Its deeper penetration into the body allows it to reach muscles, bones, organs, and even the brain. Due to this remarkable depth, researchers have expressed keen interest in near-infrared light therapy for addressing underlying bodily issues. Given a sufficiently intense light source, near-infrared light has the potential, in theory, to penetrate the skull and muscle tissues.



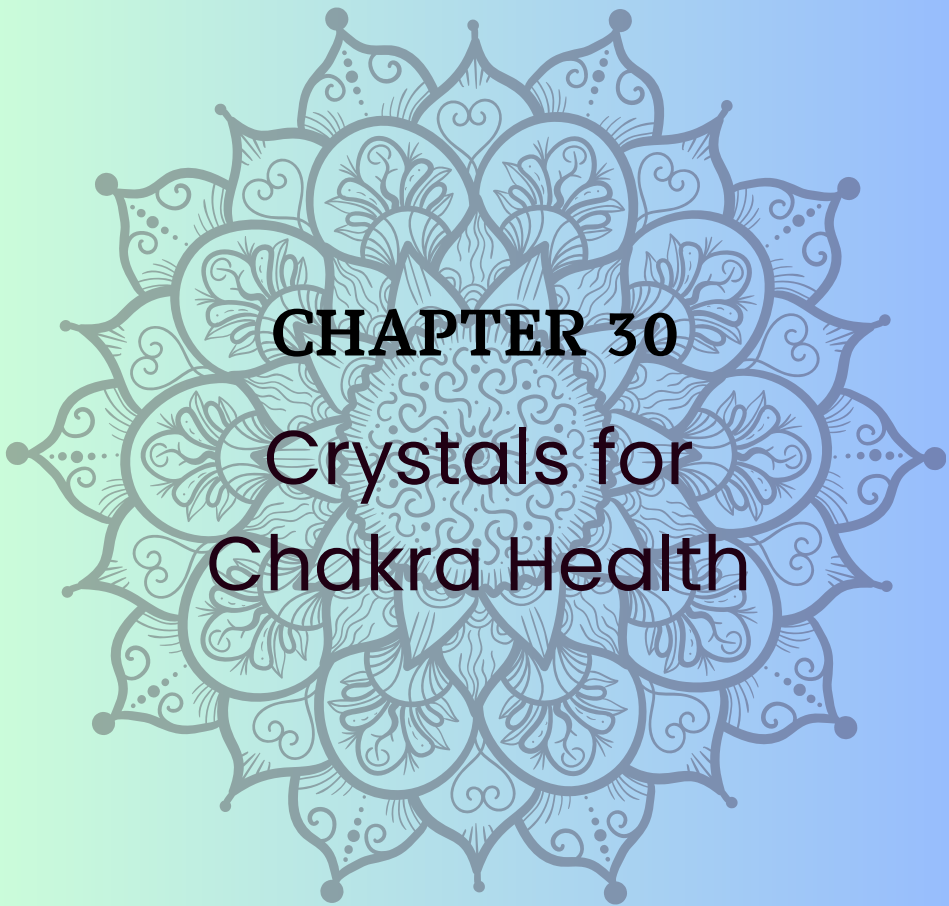
## Wavelengths of Infrared Light Therapy:

In the realm of infrared light therapy, wavelengths between 700 and 1000 nanometers (nm) appear to be the most compelling and well-researched. You can order lights that are on a stand and shine on your whole body. I prefer compact ones that I can place at my head or on a table beside me, pointing to the area I want healing benefits. Use whatever brands you prefer. I've personally enjoyed the price point and compact size of Red Light Man products and their customer service and delivery time is excellent. There are many companies that also make large body size units so as you lay down they shine over the whole body.

TIP: I like to shine it on my water carafe for 30 min before drinking so its 'charged' with healing light.



[https://redlightman.com/shop/?wpam\\_id=311](https://redlightman.com/shop/?wpam_id=311)



## **CHAPTER 30**

# **Crystals for Chakra Health**

There are many ways to use crystal and Chakra stones to benefit your vibrational health:

- Place the crystal on your Chakra meridian during meditation, matching the colour to the meridian, ex: red on root Chakra.
- Keep the crystal nearby during the day to maintain Chakra balance.
- Hold the crystal in your hand during meditations and mantras.
- Place the crystal under your pillow while sleeping.
- Place crystals beside and around a glass of water before drinking it.
- Position the crystal at the entranceway of your home. Hang one from each door frame.
- Place one in your pocket during the day.
- Wear a bracelet or pendant with crystals or coloured stones.
- Place one near your devices like phones/computers to counter act the electromagnetic energy that disrupts your Aura.
- Lay them in a grid formation when meditating.
- Cleanse and recharge them under cold running water or in a bowl of sea salt for an hour.

### **Place crystals on chakra points**



The following demonstrate what crystals and coloured stones match best with each Chakra.

# Root Chakra

**Location:** Situated at the base of the spine.

**Associated Stone Colours:** Red and black.

**Healing Qualities:** The Root Chakra holds immense significance as it pertains to our foundational sense of security. Its vibrant red and black hues signify grounding, self-esteem, stability, and strength. When in balance, it provides us with a solid foundation for life, bolstering our self-confidence and self-worth. Conversely, an imbalanced Root Chakra may manifest as self-doubt and hindered physical activity. Thus, maintaining the vitality of the Root Chakra is crucial for cultivating a strong sense of inner security and well-being. A well-balanced root Chakra with harmonious energy flow will manifest in various positive ways. Confidence: Feeling self-assured and capable. Grounded and Protected: Experiencing a sense of grounding and protection. Stability: Maintaining emotional and physical stability.

## Root Chakra Stones:

- Smoky Quartz
- Red Jasper
- Black Tourmaline
- Garnet
- Black Obsidian
- Smoky Quartz
- Hematite
- Pyrite
- Jade
- Onyx
- Lava Stone



# Sacral Chakra

**Location:** Positioned below the navel, in the area near the belly button.

**Associated Stone Colours:** Radiant orange.

**Healing Qualities:** The sacral Chakra governs your emotional well-being and your pursuit of pleasure, passion, and creativity. It is the energy centre of transformation and movement. Sacral Chakra stones often feature captivating shades of orange, with sunstones being a prominent example. These gemstones possess a unique ability to rekindle your sense of independence and joy for life. The vibrant orange hue symbolizes the radiant energy of the sun, infusing you with enthusiasm and a profound zest for living. When working with these stones, you can experience a revitalizing surge of vitality and a renewed appreciation for the beauty and vibrancy of the world around you.

## Sacral Chakra Stones:

- Amber
- Carnelian
- Tiger's Eye
- Orange Calcite
- Orange Aventurine
- Goldstone



## Solar Plexus Chakra

**Location:** The third Chakra, known as the solar plexus or Manipura Chakra, resides in the upper abdomen region.

**Associated Stone Colours:** yellow and is associated with the element of fire.

**Healing Qualities:** To heal and balance the solar plexus Chakra, working with specific healing crystals can be immensely beneficial. Many of these crystals share the radiant yellow colour associated with the solar plexus Chakra, symbolizing optimism, energy, and joy. These crystals help improve self-confidence, boost self-esteem, encourage personal growth, and enhance personal power. The solar plexus Chakra's essence is closely linked to self-worth, self-confidence, and self-esteem. This energy centre governs personal power and has a significant influence on the digestive system.

## Solar Plexus Stones:

- Agate
- Citrine
- Yellow Topaz
- Yellow Jade
- Rutilated Quartz
- Topaz



## Heart Chakra

**Location:** Center of the chest along the spine. Also known as Anahata, is centrally situated along the spine, governing the heart space and chest area. It serves as a bridge between the lower (root, sacral, solar plexus) and upper (throat, third eye, crown) Chakras.

**Associated Stone Colours:** Green and Pink.

**Healing Qualities:** Imbalances in the heart Chakra often stem from unresolved past issues, like emotional wounds or heartbreak, leading to difficulty in trust and self-expression, which can strain relationships. A harmonized fourth Chakra fosters deeper self-understanding, compassion, optimism, and profound self-love that extend to others. It embodies unconditional love and compassion. When blocked, it can evoke feelings of isolation and loneliness.

Heart Chakra stones, typically green or pink like rose quartz, assist in healing emotional wounds, attaining emotional equilibrium, attracting love, and enhancing self-esteem. To benefit from these stones, place them on your heart during meditation, keeping them nearby throughout the day to nourish emotional healing and self-love. Qualities: Inner peace, joy, love, including self-love, and compassion.

## Heart Chakra Stones:

- Rose Quartz
- Amazonite
- Green Aventurine
- Garnet
- Rhodochrosite
- Peridot
- Malachite
- Unakite



# Throat Chakra

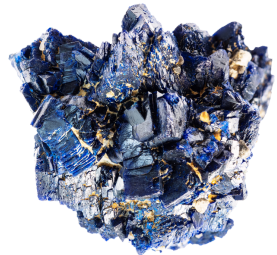
**Location:** Vishuddha, the fifth Chakra, situated in the throat and shoulder area.

**Associated Stone Colours:** Blue.

**Healing Qualities:** This Chakra governs communication and represents the first of the higher, more spiritual Chakras. A blocked throat Chakra can manifest as a fear of expressing oneself freely, resulting in suppressed needs and desires, self-doubt, and anxiety over judgment from others. When this Chakra is open and balanced, you can confidently articulate your true voice, communicate your beliefs, and embrace your uniqueness. You also become an attentive and empathetic listener, fostering an environment where others can express their authenticity. Physical signs of an imbalanced throat Chakra: headaches, neck pain, hoarseness, dental issues/mouth ulcers.

## Throat Chakra Stones:

- Turquoise
- Celestite
- Blue Apatite
- Aquamarine
- Blue Aventurine
- Blue Lace Agate
- Sodalite



## Third Eye Chakra

**Location:** Ajna, between the brows, just above the nose's bridge, between the ears/pineal gland area.

**Associated Stone Colours:** Indigo or purple.

**Healing Qualities:** Ajna, which means "perceiving," aptly describes the sixth Chakra's influence on your perception of the world. It is considered holistic, serving as a connection to inner wisdom and insight, enabling you to transcend the illusions created by the mind. Your third eye provides a vantage point to observe experiences objectively, examine self-limiting beliefs, break free from old thought patterns, and embrace personal growth.

This Chakra is closely tied to the brain, pituitary gland, and pineal gland, serving as the seat of both wisdom and consciousness, where your conscious and unconscious psychological tendencies converge. When the third eye Chakra is open, it fosters heightened spiritual awareness, allowing you to transcend mental constructs and fear, recognizing the boundless potential within you. It becomes evident that you are the sole obstacle to your own progress. However, a blocked Ajna may result in concentration difficulties, fear of the unknown, and a disconnection from intuition and the universe, potentially leading to physical symptoms like headaches, nightmares, depression, and sleep disorders.

Conversely, an overactive sixth Chakra can lead to excessive mental analysis and mental overwhelm.

### Third Eye/Pineal Chakra Stones:

- Sodalite
- Lapis Lazuli
- Sapphire
- Fluorite





# The Crown Chakra

**Location:** Top of the crown of the head. Sahasrara represents the 7th energy centre in the Chakra chart main meridian.

**Associated Stone Colours:** white or violet.

**Healing Qualities:** In contrast to the root Chakra's connection to the earth, the crown Chakra serves as your bridge to the universe and higher realms of consciousness. When fully open, it bestows an elevated awareness of your higher consciousness and establishes an unobstructed channel for communion with your higher self. This state allows you to effortlessly transcend limiting beliefs and patterns, anchoring you firmly in the present moment. The flow of energy through your crown Chakra imparts a profound sense of bliss and interconnectedness with all existence.

The crown Chakra embodies inner and outer beauty, spiritual connection, gratitude, peace, and acceptance. In a state of complete balance, this seventh energy centre grants access to higher consciousness, spiritual realms, and enlightenment. Imbalances in the crown Chakra may lead to feelings of disconnection, heightened negative emotions, a lack of direction, and resistance to new ideas.

A balanced crown Chakra facilitates access to higher consciousness, enlightenment, and a deeper understanding of oneself within the cosmos, along with an awareness of the higher self. Imbalances may manifest physically as neurological or delusional disorders, depression, insomnia, or nerve pain. An overactive crown Chakra can induce detachment from your physical body and worldly concerns, potentially leading to an obsessive preoccupation with spiritual matters. Utilizing crown Chakra crystals, often white in colour symbolizing calm, peace, and light, can aid in restoring equilibrium to this energy centre. These healing crystals promote emotional healing, facilitating inner peace, spiritual connection, and heightened awareness while dispelling negative energy.

## Crown Chakra Stones:

- Clear Quartz
- Moonstone
- Amethyst
- Selenite
- Diamond
- Charoite



## Crystals for Protection:

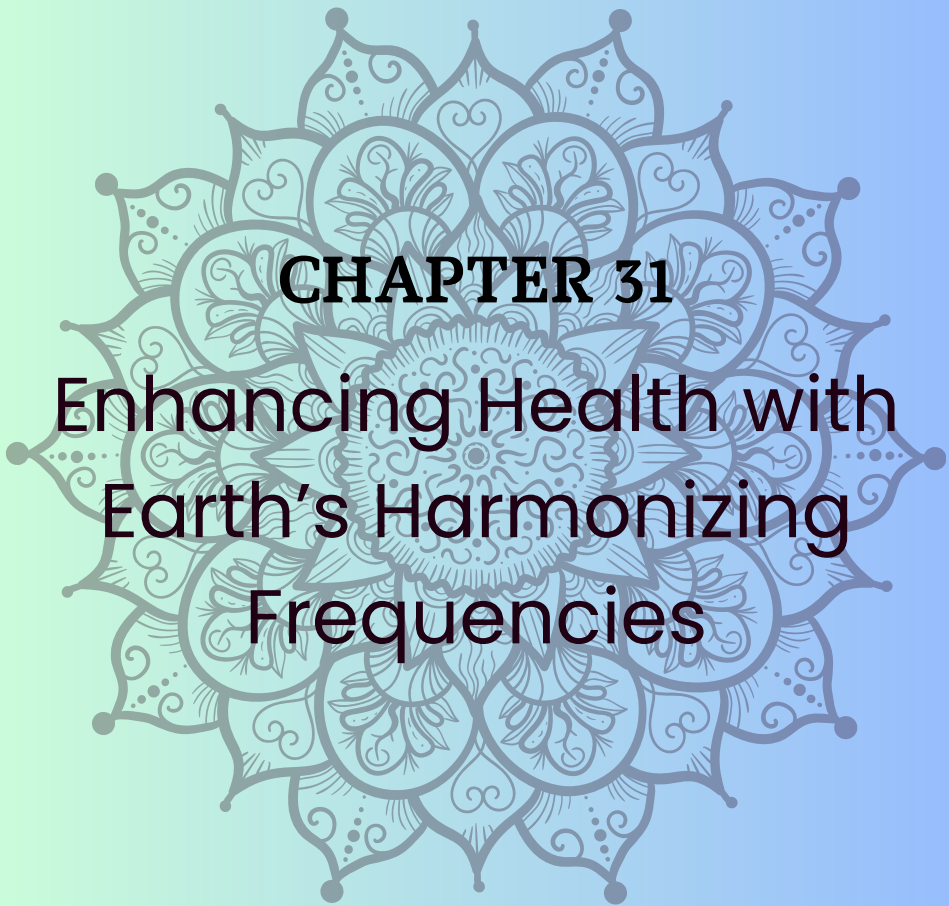
Clear quartz is a versatile and dynamic crystal renowned for its ability to deflect negativity and attract positivity. Its receptive nature makes it crucial to set clear intentions when working with this crystal. To harness its protective power, consider wearing it as jewelry, such as a necklace or ring, throughout the day. Setting a specific intention for how you want to navigate the world with this crystal is essential.

Black tourmaline, on the other hand, is a potent protector crystal known for grounding spaces and purging negativity. To create a more positive living or work environment, place black tourmaline by your front door or in each corner of your home. If you work in a challenging environment or with negative individuals, putting a piece of black tourmaline on your desk can provide an extra layer of energy protection.

When it comes to attracting positive energy, black obsidian is a go-to choice. This crystal emanates a calming and optimistic energy that serves as a reminder to maintain a positive outlook. It can be carried with you throughout the day or placed in your workspace to infuse the area with its uplifting vibes.

In addition to these crystals, other protective stones like black jade, pyrite, and smithsonite can also be powerful allies in maintaining a positive and shielded energetic environment. Remember that while crystals can support your intentions, they work best when used alongside your own efforts to stay positive and shield yourself from negative thought patterns.





## **CHAPTER 31**

# Enhancing Health with Earth's Harmonizing Frequencies

Our body and everything organic on Earth possess an electromagnetic field. Earth itself vibrates at 432 Hz. Consuming items below the 400 Hz range in your diet can negatively affect your health. In previous discussions, we explored methods to energize water, utilizing crystals, and adopting positive mantras and habits. Here are additional tools for elevating your vibrational frequency: grounding with nature, sun gazing and interaction with animals.

Our vibrations must be in alignment with the earth or a higher frequency to be healthy. It's the natural order of things on our planet. So, there are certain frequencies that are beneficial and certain frequencies that are harmful.

**Chakra Earth Elements in Balance**



How does this affect our health and lives, and how can we use this knowledge to improve our lives and lives of those we care for?

**Grounding** is an essential practice to reconnect with the Earth's energy. Walking barefoot on natural surfaces like sand, grass, or soil can help you feel more centered and balanced. If you can't be outdoors, grounding mats can also be used inside, allowing you to stay connected to Earth's energies. Simply use a floor mat or rug made from Bamboo or natural grass. Ensure you're barefoot on the mat while you're seated or standing. The best is of course to walk barefoot on the grass, soil, stone path, concrete or earth for at least 10 minutes a day. It reenergizes the body.

**Sun Gazing**, an ancient practice, can be a revitalizing ritual when done at dawn and dusk. Gazing at the sun for approximately 10 minutes not only fills you with energy but also provides a natural source of Vitamin D. While allowing the sun to caress your skin, it's important to note that the Vitamin D absorption process takes some time. Avoid washing it off with soap immediately; instead, wait for approximately 2 hours to allow your skin to absorb this essential nutrient fully.

# Animals and Pets Reduce Stress:

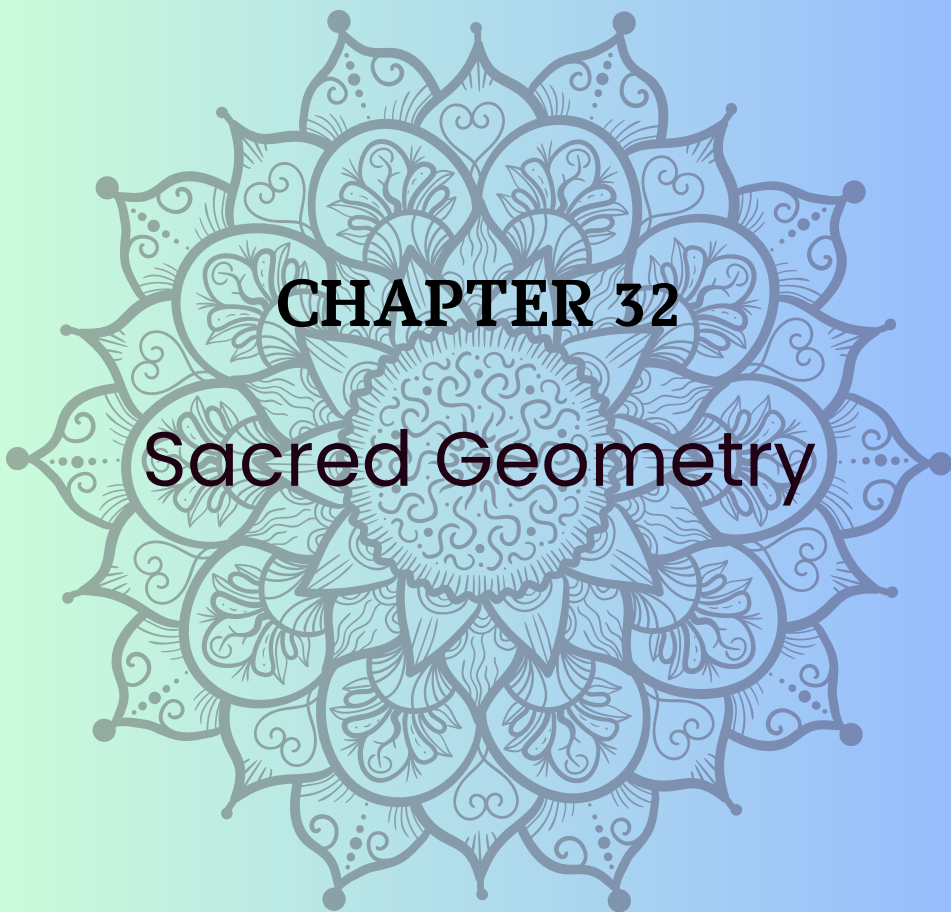
Incorporating animals into your life can also be beneficial. Our furry friends, especially cats, are great for grounding and helping us release negative energy. A cat's purr has been found to decrease one's heart rate and provide relaxation. Additionally, they often mirror our emotions, showing us what we may need to address within ourselves.

Research on cats has revealed intriguing insights into their meowing behavior, particularly when they seek attention. Studies have demonstrated that a cat's meow when they're seeking attention aligns with the same frequency vibration as that of a crying baby. It's truly fascinating how they instinctively know how to capture our attention, using various types of meows to convey different messages.

Certain senior care facilities have adopted the heartwarming practice of having resident dogs or cats on-site. These furry companions not only offer comforting company to residents but also offer a permanent home to these animals, sparing them life in a shelter. Remarkably, in hospice care settings, staff members frequently observe resident cats perching on the beds of patients nearing the end of their earthly journey. Somehow, these intuitive feline friends appear to sense when a person's life force is transitioning from their physical body to a spiritual one. In this poignant moment, they provide companionship that extends beyond the boundaries of life itself.

## Bonnie, Snuggles and Abby Egan





## CHAPTER 32

# Sacred Geometry

## Sacred Geometry, An Ancient Energy Healing Tool:

In the realm of holistic wellness, we encounter an ancient science known as sacred geometry—an age-old exploration and explanation of energy patterns that weave a harmonious tapestry through the fabric of existence. At its core, sacred geometry delves into the profound understanding of how the energy of creation organizes itself, revealing an intricate web of connections that unify all things in the universe.



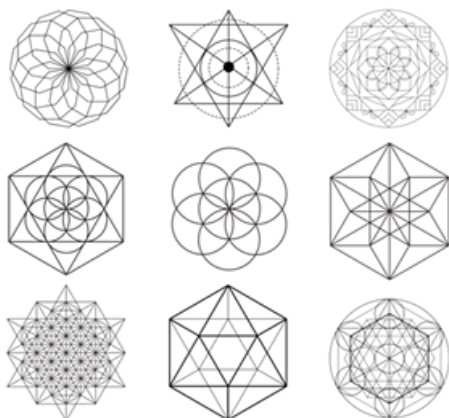
These sacred geometric patterns are not merely abstract symbols or esoteric concepts. They are tangible blueprints, intrinsic to the very essence of our being. They manifest as the templates of the universe, intricately etched into the DNA of life itself. We glimpse their presence in the delicate curvature of the human eye, the symmetrical dance of flower petals, the intricate lacework of snowflake stars, the crystalline formations that grace our Earth, the elegant contours of seashells, and the cosmic choreography of celestial constellations. These are not random occurrences but rather geometric codes that underpin the very nature of our reality.

Take the shape and patterns of flowers or sea shells for instance. The outward flowing spiral is the natural direction of growth and order, always expanding and reaching outwards.

But here's the fascinating twist: these unique geometric shapes hold an extraordinary power, one that nudges our subconscious mind into action. They serve as keys, unlocking the hidden potentials of our inner healing processes. As we engage with these sacred geometric forms, we set into motion a profound transformation within ourselves.



## Sacred Geometry

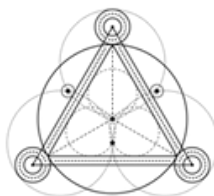


The high-frequency vibrations emanating from these shapes act as a catalyst for our brain waves, inviting a state of heightened awareness and awakening. Post them on your wall or wear the symbol in a piece of jewellery. They emanate amazing balancing energies. This stimulation is not confined to our mental realms alone; it ripples through the very core of our physical being. It ignites a profound metamorphosis, a holistic journey towards wellness.

In the realm of Chakras, the profound influence of sacred geometry shapes becomes vividly apparent. These Chakras, the energy centres that flow within us, each bear a specific symbol intricately linked to their function. And at the heart of these symbols lies a shape that holds a special place of significance: the triangle.



The triangle, a shape that predates the sands of time, weaves its way into the very fabric of our Chakra system. As we delve into the harmonious dance of energy, we discover that this timeless symbol is intimately connected to not one, not two, but five of the seven primary Chakras. The crown and sacral Chakras stand as the exceptions in this symphony of geometry and energy.



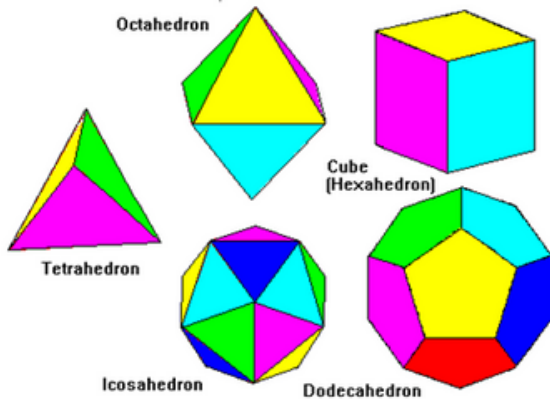


This is not a mere coincidence, for the triangle is one of the most ancient and revered shapes in the realm of symbolism and sacred significance. Long ago, the Pythagoreans meticulously crafted a unique triangle interwoven with dots, each bearing a profound symbolic meaning. It was through this sacred geometry that they sought to unlock the secrets of the universe.

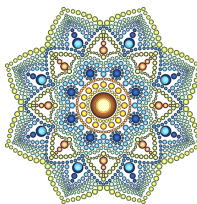
The triangle stands as a cornerstone, a foundation upon which all other shapes find their genesis. It serves as the very backbone of the Platonic solids, five fundamental shapes believed to be the building blocks of the cosmos itself. These three-dimensional wonders bear names inspired by the philosopher Plato, who attributed distinct elemental attributes to each:

## Platonic Solids

- Hexahedron: Earth
- Icosahedron: Water
- Tetrahedron: Fire
- Star Tetrahedron: Love
- Octahedron: Air
- Dodecahedron: Ether
- Sphere: All



Plato's vision of the universe rested upon the alignment of these sacred solids with the elements they represented, painting a grand tapestry of cosmic harmony. And so, the triangle, with its three sides, becomes a vessel of multifaceted meaning, shaped by individual beliefs yet grounded in the universal themes of balance, harmony, and completeness.



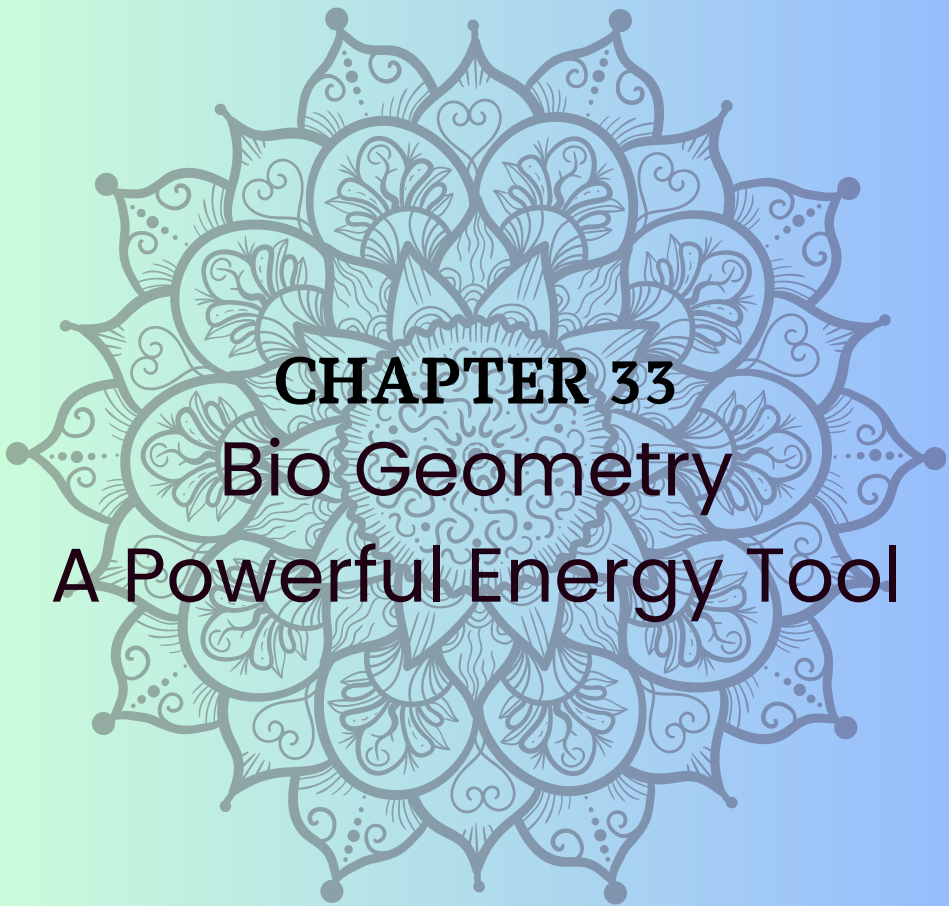
## Mandalas

Mandala patterns like the infinity symbol, tree of life or other spiral shapes release a vibration that your body picks up on and it will raise and sustain your vibrational frequency. Ancient civilizations, with their reverence for symmetry and the patterns that govern nature and the cosmos, understood the profound symbolism that imbued our reality.

Pyramids are often associated with sacred geometry, which is the study of geometric forms that hold special spiritual significance. The shape of a pyramid, with its four triangular sides meeting at a single apex, aligns with specific geometric ratios that are harmonious and energetically powerful. The shape of a pyramid acts as an amplifier for energy, both in terms of physical and spiritual energy. The energy within and around the pyramid is intensified and focused toward its centre or apex. The largest one on earth is the Giza pyramid. Unfortunately, the top cap has been removed and the outer sleeve layer, rendering it's powers inoperable. However, it can be repaired to a working state. The English Royal family are believed to have built a working pyramid. Standing inside one provides healing powers and greater abilities to manifest. There's also a working pyramid in the Antarctica which is heavily guarded and access is restricted. Certain leaders and presidents as well as representatives from the Vatican have visited and signed NDA's not to discuss their visits. To join the United Nations you must sign a declaration that you will not visit that area or discuss or disclose anything about it or you can not join the U.N. The "Antarctic Treaty" system of 1959 is restricted for 'scientific research' and 'nature preservation' reasons only.

Healing rods were found inside this pyramid but only work inside it. Upon discovery, these mysterious rods have been relocated and secretly housed in an alternate location. Intriguingly, scientists delving into this pyramid have reported a peculiar phenomenon - a distortion of time itself. Inside the pyramid, it seems like mere minutes, but when they emerge and reunite with their team, several hours have mysteriously slipped away. Perhaps an energy vortex exists here or a portal.

Wear sacred geometry symbol jewelry, and place pictures and images of sacred geometry on your walls where you live and work.



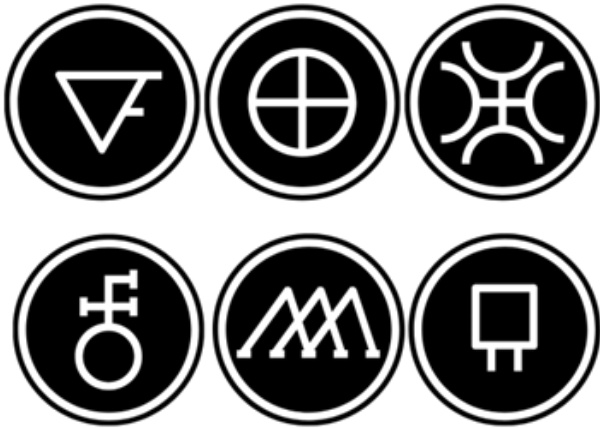
**CHAPTER 33**  
**Bio Geometry**  
**A Powerful Energy Tool**

Bio-Geometry is a fascinating science that delves into the Energy of Shape, harnessing the inherent power of shapes, colours, motion, orientation, and sound to create a harmonious vibrational quality capable of balancing energy fields. These unique Bio-Geometrical shapes, conceived and patented by Dr. Ibrahim F. Karim, D.Sc. during extensive research dating back to 1968 in Cairo, Egypt, hold the key to multifaceted well-being within biological systems.

To grasp the profound influence of Bio-Geometrical shapes on the human energy system, we must first acknowledge the existence of a distinct energy field surrounding the human body, complete with its own north-south axis. As we navigate through our daily lives, the angle between our individual axis and that of the Earth is in a constant state of flux. This dynamic interplay either fortifies or weakens our energy field. Remarkably, the positive range within this interaction is minuscule and quite susceptible to external influences, rendering it a significant factor in determining our overall health and vitality.

Bio-Geometry intervenes by endowing our energy fields with substantial reinforcement, to the extent that we become significantly less vulnerable to the destabilizing effects of orientation changes. In fact, it seems to defy conventional expectations based on accepted physical laws, as it counteracts the anticipated energy fluctuations, ensuring a more resilient and balanced state of well-being.

**Sacred Bio - Geometry**



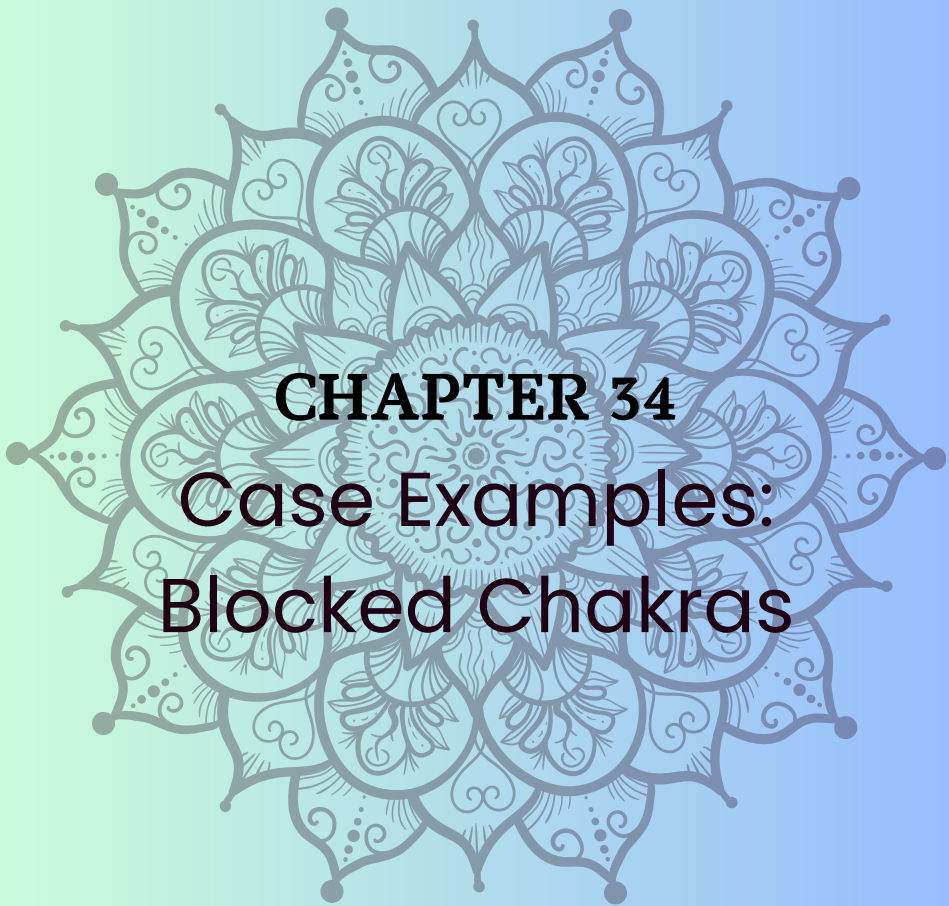
Bio-Geometry shapes, when thoughtfully incorporated into jewelry, reveal their remarkable ability to influence the body's energy field in profoundly positive ways. Moreover, they offer a shield of protection against the potential health risks associated with the ubiquitous presence of modern technology, such as cellular phones, computers, and various other electronic appliances.

These specially designed or engraved Bio-Geometry shapes, when elegantly woven into jewelry pieces, become more than just ornaments, become instruments of balance and harmony. As we wear them close to our skin, they interact with our body's energy field, creating a sanctuary of vibrational equilibrium.

In the age of digital dominance, our daily lives are immersed in electromagnetic fields emitted by electronic devices. While these technological marvels have transformed our world, they also expose us to energies that can disrupt our natural energy balance. This disruption has been linked to a range of health concerns, from increased stress levels to disrupted sleep patterns and more.

Bio-Geometry jewelry acts as a shield, a guardian of our well-being. It harmonizes and neutralizes the disruptive energies emanating from our devices. By doing so, it helps reduce the potential health hazards associated with prolonged exposure to these modern appliances.

So, as we embrace the elegance and beauty of Bio-Geometry jewelry, we not only adorn ourselves with exquisite designs but also enhance our vitality and resilience in the face of the digital age. It's a fusion of aesthetics and holistic well-being, a testament to the power of shapes and vibrations in our modern world.



**CHAPTER 34**  
**Case Examples:**  
**Blocked Chakras**

## Blocked Throat Chakra:

Let's explore another method for balancing Chakras, focusing on a real-life case. My client complained about persistent neck and shoulder pain that had plagued him for years. He described his job as satisfying and reported harmonious relationships with his children and ex-partner. However, he couldn't shake off this chronic discomfort.

As an intuitive guide and wellness practitioner, I've learned to correlate bodily pains with specific Chakra areas. When clients share their physical discomfort, it often reveals underlying energy blockages. In this instance, I tuned into my intuitive senses to understand the root cause of his pain.

During our conversation, I asked him a series of probing questions. "Who in your life consistently criticizes and judges you? Who stifles your ability to express your true feelings? Who hampers your communication?" His response was both surprising and revealing: "My parents!" Now, it's essential to note that his parents resided on the family farm with him, even though they were absent for extended periods. Their absence didn't diminish their influence, as years of their criticism and interference had left a lasting impact on his well-being. He experienced a sense of powerlessness and found it challenging to express his genuine desires, particularly concerning the management of the family farm. His vision for the farm's operation diverged significantly from his parents' preferences, even though his parents were no longer directly involved in its day-to-day management.

To address his physical pain and energetic blockage, we embarked on a holistic approach. We began with a Chakra clearing meditation, focusing on the soothing colour blue (corresponding with the Throat Chakra area).

Together, we visualized this calming blue energy flowing freely through his throat and neck area, gently releasing any stagnation or blockages. We extended this visualization to his stiff shoulders, envisioning the tension melting away under the healing influence of the vibrant blue light.

Following our meditation, we worked on shifting his thought patterns, communication style, and perception of the situation. We discussed the correct mantras to repeat before sleep to align a new belief system. “I communicate clearly and my needs are valid and heard”. Additionally, I provided him with a custom blend of aromatherapy oils to temporarily soothe his aching muscles and suggested a set of stretching exercises.

You see, the body often communicates with us quite literally. In this case, his neck and shoulder pain symbolized the weight of years of parental criticism, leaving him feeling bullied and voiceless. While his parents' intentions weren't necessarily negative, their worries and desire for control manifested as overbearing behavior, stifling his autonomy.

Since they shared the same property, it was crucial for him to find his voice, express his needs, and establish boundaries to protect his energy from their influence. They needed to understand his vision for the farm and allow him the freedom to run it his way.

This case illustrates a profound connection between energy, health, and Chakra blockages. When we experience physical discomfort, it can often be traced back to corresponding Chakra points. In this instance, addressing the root cause of a blocked throat Chakra—unhealthy communication dynamics—helped alleviate his neck and shoulder pain. It's a powerful testament to the intricate relationship between our energetic well-being and physical health.

The Throat Chakra is linked to the Communication issues in our lives. If it's underbalanced or closed off, we aren't expressing ourselves truthfully. Or, in some cases, we are not expressing ourselves or expressing our truths or needs at all. If it's over-active, we lie and tell untruths, we talk nonsense, and are unrealistic in our conversations. Those are the people that always talk about themselves tirelessly. They're operating from the Ego and fear. The source of their blocked Chakra comes from fear. We feel the more we talk about or share our problems, the more we can solve them. This is counterproductive. The more you talk about your problems, the more energy and life you're giving them to grow!



Focus on solutions, not problems. When seeking peace, discuss peace, not war. Attend peace rallies, not anti-war protests. Avoid feeding energy into fear. Instead, channel your energy into positive actions and discussions.

## **Blocked Heart Chakra:**

Another client of mine we will call him, Mason, came to me with a lot of grief and despair over a bad divorce. He was trying to move on with a new partner and finding it difficult to get his ex from interfering with his new life. He also had some trust issues with his new partner because of the treatment he had received from his ex-wife.

We did a heart clearing meditation and used tuning forks for a few minutes. We then rewrote some old, wired beliefs and made new ones. His belief system was the new partner might end up like his last partner. He also believed his ex would never leave him alone. His new mantras became, "I have an amazing new partner I trust completely. I deserve unconditional love. My ex is happy with someone else and leaves me in peace."

We did some visual exercises where he sent red hearts of love to his ex-wife over and over again until he felt calm and peaceful. The more she was happy, the less she would have time or interest in interfering with his new life. It was important for him to realize that every time he spoke badly or with criticism and judgment about his ex-wife, he placed her in a role for her to play and act out a certain way according to his expectations. We needed to cut the resistance and tension and replace it with a heart-centred signal of love, and imagined it being directed at her bioenergy field. This is an effective way of disarming an enemy. Love thy enemy. Love thy neighbour. These are ancient teachings written in ancient texts. It means when we wish and send love to others that are causing us issues, it disarms and softens them. We also did the protection shield around him so her energies, if negative, would bounce off his aura shield.

We role played a scenario where he imagined her happy with a new partner and that made him feel relief. Deep down he did want her to be happy, with someone new.

We then reinforced the new mantras with some energy tapping on his forehead, cheek, chin, collarbone, side and hand as we said “Even though I’m afraid to move on with my life with my new girlfriend, I wish my ex the best and know that I can find true love and happiness. I deserve an amazing relationship and I have and deserve calmness in my life.”

We did some grounding exercises to reinforce this feeling. We focused bringing in white light to the crown Chakra, and red light up into his feet. We expanded the red colours in the heart area and imagined them filling his entire body. Regular deep breathing in a meditative state was very helpful for Mason as the anxiety was making him take short shallow breaths. Longer deep breathing, inhaling through the nose and exhaling through the mouth helped him calm down tremendously.

We also practiced that when he recalled or remembered anything from his past with his ex, that he remained neutral as an observer rather than get angry all over again as if reliving the experience. By taking a new perspective, practicing meditation and new mantras he was able to move forward with renewed energy and confidence.

## **Residual Guilt Block:**

This is related to the Heart Chakra and Throat Chakra. This case was a woman we will call Marta, she came to me for a reading at a wellness show. I asked her name and asked permission to read for her. She sat down and for a few minutes I just read her bioenergy field information and Aura energy while she remained quiet seated in front of me. I began writing down some notes of information, feelings, scenarios and people coming to me from her. I wrote “guilt, pain, loss, sadness, son, alcoholic, drained energy, frustration.” I did automatic writing of whatever came to mind. I then asked her “are you feeling sadness or guilt over the behaviour of your son? He has addiction issues?”

She immediately said yes and started crying. She had so much negative and residual energy built up for months or years in her system, it was lingering with her like a heavy cloud.

She confirmed that her son had struggled with alcoholism for several years and was commencing rehab treatment. Due to his challenges, he had lost his job and many friends. At times, he sought refuge in her home during relapses. As a mother, she grappled with intense guilt, often blaming herself for his addiction issues. She questioned whether she had failed in her role or if she could have done more as a parent. This situation revealed significant blocks in her Throat Chakra, stemming from her tendency to suppress her genuine emotions and hinder open communication.

We did some energy-clearing work. We grounded her body first by doing the red light through her feet, then white light into her Crown Chakra. As she did meditative deep breathing, we imagined all the residual energy from the guilt and concern surrounding her son, leaving her system. I showed her how to bring in new energy into her Crown Chakra everyday so she could feel revived. She was so drained she was physically weak. We discussed some methods to look at the situation from an 'observer' perspective rather than from being responsible for his choices. I suggested a new belief system mantra for her to repeat before sleep: "I am a nurturing mother and a strong support system for my son. He holds the responsibility for his life choices, and they do not reflect upon my parenting. I am joyful and grateful for his current health and sobriety."

She felt lighter, her mood lifted. As she left, her posture had straightened, and her pace quickened compared to when she first approached me. It was evident that some of her burdens had been alleviated. I gently reiterated the importance of not carrying the burdens of others for the sake of her own well-being. She expressed her gratitude with a warm hug and a genuine smile.



**CONCLUSION:**  
Living with Love  
And Positivity

As we unblock and cleanse our Chakras, our perspective on life transforms. We begin to perceive everything through the lens of love and acceptance rather than fear. This shift allows us to navigate life with a more positive outlook, making us impervious to negative influences. With practice, we become proficient in maintaining our energy balance, deflecting negative events, and spreading positive vibrations.

By embracing these universal truths, regardless of our religious beliefs, cultural background, or age, we can become masters of our energy, aligning ourselves with our divine essence. As we nurture our souls, we experience personal growth and meet the challenges of life with resilience and grace. Our increased vibrational energy positively impacts ourselves and those around us, creating a ripple effect of love and harmony in our lives.

Throughout Tune Into Wellness, we've covered a myriad of tools and techniques. Your journey began by clearing energy blocks and transforming negative habits, laying the foundation for your wellness journey. We discussed the frequencies of aura colours and Chakras and explored the fundamentals of electromagnetic waves and their influence on your bioenergy field.

You discovered how to protect your aura energy and bioenergy field and utilize meditations and mantras to reset and balance your Chakras. I unveiled universal laws and their impact on your bioenergy field and vibration, to enable you to master the art of manifestation to create the life you desire.

You have examples of abundance and health affirmations, to elevate your consciousness, and nurture a radiant aura. You now understand the aura's role in disease manifestation and well-being, and how to harness the power of crystals for Chakra health.

You've learned energy clearing techniques for your living spaces and identified strategies for avoiding drama. As well as exploring protection spells and good vibrational health practices, embracing a high vibrational life through diet and nutrition.

You have tips to charge and bless your water for enhanced vitality and harmonize health through the transformative power of music, sounds, positive words and blessings.

You discovered how sacred geometry and bio-geometry are potent energy healing tools and how to break the karmic cycle, transcending life's repeated patterns.

We've explored various energies and their profound impact on your well-being and unveiled the benefits of infrared and red-light therapy and Tesla PEMF mats for wellness.

Other natural tools and techniques to support your well-being were laid out to incorporate in your daily life, and we discussed some real-life case examples illustrating the practical application of these principles.

As you conclude this journey, remember to live a life filled with love, positivity, and the wisdom you've gained, knowing that the path to a brighter future lies ahead, ready for you to explore. It's been a pleasure to share my tips and experiences with you, use whatever works for you and please share your positive outcomes with others. I'd be happy to hear from you and how I've helped you towards a vibrant, balanced life.

Wishing you a life filled with creativity, happiness, and boundless joy as you embark on this incredible journey. Sending you waves of high-vibrational love energy to illuminate your path. Keep embracing your inner Creator, and may your days be eternally blessed.



# Resources and References:

## **Red light/infrared light devices:**

[https://redlightman.com/light-therapy/infrared/?wpam\\_id=311](https://redlightman.com/light-therapy/infrared/?wpam_id=311)

[Red light/Infrared Light Therapy.](#)

## **PEMF - Pulsed Electromagnetic Field Therapy:**

<https://www.oxfordmedicals.com/?AffId=390>

[Pulsed Electromagnetic Field Therapy Machines](#)

## **Q Link Pendants and Jewelry:**

<https://share.shopqlink.com/1109.html>

[Q-Link Sympathetic Resonance Technology™](#)

## **Dr. Hawkins Emotional Frequency Chart:**

© Dr David Hawkins,

Emotion Frequency Chart: <https://veritaspublish.com/dr-hawkins/>

**Holographic Med Bed Technology;** Capt. Randy Cramer USMC SS; Nurse, Skye Prince: <https://dokumen.pub/just-enough-med-bed-holographic-technology-o-5143738.html>

## **Further Reading Suggestions:**

For further resources on the subjects of health, wellness and positive mindset, I recommend following the teachings of authors, speakers and coaches: Joseph Murphy, Wallace Waddles, Napoleon Hill, Abraham Hicks, Louise Hay, Norman Vincent Peale, Rhonda Byrne, Hypnotherapist Dolores Cannon, Dr. Robert J. Gilbert (Vesica Institute), Caroline Cory (Omnium Universe), Dr. Barbara O'Neill and Dr. Joe Dispenza.

The Mystery of the Quantum World. Taylor & Francis Group. ISBN 9781420050509. (Squires, Euan J. (1994):

## **Tune Into Wellness:**

Courses, programs, health products, books and personal coaching:

Email: [marie1psychic@gmail.com](mailto:marie1psychic@gmail.com)

[TuneintoWell.com](http://TuneintoWell.com)

Web Health Store: <http://wiredforwellnessfrequency.com>

## **About Book**

Tune Into Wellness, is your comprehensive guide to holistic well-being, offering you an array of tools and insights to enhance your life.

Begin by clearing energy blocks and transforming negative habits. Understand the frequencies of aura colours and chakras and explore your bioenergy field. Learn to protect your aura and utilize meditations and mantras to reset your chakras. Embrace other natural tools and techniques to support a high vibration.

As you conclude this journey, you're well equipped to live a life filled with love and positivity, knowing that the path to a brighter future lies ahead, ready for you to explore.

## **About Author**

A.M.Egan's 's journey into the world of holistic health and energy medicine was driven by a deep passion for empowering others to take charge of their health and transform their lives. This dedication to healing and transformation is reflected in her work as an author, coach, and health therapist. She is an accomplished Energy Medicine Specialist, Akashic Records Coach, Certified Health Therapist, and Intuitive Psychic with 20 + years of experience in the field of holistic wellness.

She has dedicated her career to helping individuals unlock their innate healing potential and achieve optimal health. Based in Ontario, Canada, A.M.Egan has established a strong local presence. However, she extends her transformative coaching, psychic advice and energy healing services to a global audience, connecting with individuals from diverse corners of the world. She continues to inspire and guide individuals on their wellness journeys, offering valuable insights, personal coaching, practical techniques, and guided meditations to support their transformation.



Personal Coaching, psychic readings, chakra meditations and Intuitive advice are available through her website or by emailing questions direct to [marie1psychic@gmail.com](mailto:marie1psychic@gmail.com) or visiting [mysticmarie.ca](http://mysticmarie.ca).

Look out for other insightful wellness books also available by A.M.Egan Kids Meditations, and Tune into Psychic Wellness soon.