

Vibrational Healing Guidelines

This is the long version of the guidelines on how to direct the energy along with your intention, action and connection with your Higher Self and I AM Presence. Trust and believe that what you are doing is working for the benefit of the person coming to see you.

Open up by bringing white light down through your crown chakra and connecting to your Higher Self, I AM Presence and Mother/Father God by acknowledging them and requesting their participation. You are also connecting with the Higher Self and I AM Presence of the person you are working with, as well as your teams of celestial beings.

Next you wash the person in white light to open them up. Washing both of you in white light instantly cleanses negativity and creates a space for the healing to take place as you are opening up to the higher dimensions. Also, the other point of doing this is to ensure that you are not taking on their stuff and they are not taking on your stuff. The energy will simply run through you from Source, without picking up your stuff and attaching it to them. Once you open up, your Higher Self is connecting with their Higher Self to open the lines of communication.

Say your opening prayer of intention and gratitude either silently to yourself or out loud.

Channel a mat of green energy on the floor / ground, which collects any negative or residual energy that occurs during the session. Channel the green energy with your dominant hand, the same hand you write with, while intending it to cover the entire floor of the room and then create a column of white light energy that extends from the base of the massage

table up into the Universe. As you are doing this say silently, "I am creating a mat of green energy to collect any residual or negative energy to be sent out through this column into the Universe to be cleansed and rebalanced and used for ____ (then you dedicate it to whatever you wish the healing energy be used for). I usually nominate a friend, relative or the client and will say something like, "...healing for my uncle's eyes" or, extra healing for Betty's knee". I also like to dedicate the healing energy for planetary healing or simply, "all beings in the cosmos". Now the green energy mat is there and the column is taking away all the residual energy, you're good to go.

Check each chakra with a pendulum to see whether it is torn, blocked, depleted or balanced.

Use the Pendulum to Assess the Chakras

"Balanced", the pendulum spins clockwise to the right.

"Blocked", the pendulum spins counter clockwise to the left.

"Depleted", the pendulum swings back and forth.

"Torn", the pendulum stands still.

A torn chakra is one that has been blown out, usually by a trauma or intense confusion and despair or if any energetic shifts have occurred that are still being processed into the physical. There are many ways a chakra can become torn, these are just some examples. I will often see a torn heart chakra if someone has lost a loved one, either through death or a break up. If someone has had surgery on their stomach, or is experiencing mental imbalances, this may result in a torn solar plexus chakra for example. An abortion, sexual abuse or emotional trauma can manifest a torn sacral chakra. A torn throat chakra can occur if someone has kept a secret for a long time or said harmful words that has resulted

in others being harmed or someone has a difficult time speaking their truth. If someone is severely depressed, they can have a torn crown chakra. A torn crown chakra can occur if someone has stopped believing in God or feels abandoned by God. Physical accidents can also result in torn chakras.

If the chakra is torn, you will need to invoke Krysta the Healing Angel for her golden netting to repair the chakra, or the tear in the subtle body layer. Hold your channeling hand out to receive the netting, then when it feels full, channel the golden netting into the chakra until it is repaired. Then channel the appropriate color to complete it, a thought intent and a green bubble to seal the intention.

When we work with each chakra, we are also clearing, cleansing and rebalancing each subtle body layer. Set the intention to do this and your Higher Self and team will carry out the commands. (They cannot do anything without you asking them).

Hold the dominant hand palm down, over the chakra you are working on and in the receiving hand, hold a quartz crystal facing upward to receive the energy and amplify it. The quartz crystal automatically doubles one's electromagnetic field and amplifies the energy that is coming from Source. Be sure to cleanse your crystal regularly by soaking it in salt water overnight and charging it in full sun during the day.

Start with channeling pure white light into the Earth Star chakra. Then channel silver energy into the Earth Star and say silently, "I connect the Earth Star to the Earth's Magnetic core and the New Earth Crystalline Grid".

Then move to the base, or root chakra. Channel pure white light energy and set the intention of clearing any negativity from each chakra. I say silently to myself and affirm with my Higher Self, "Allow this white light to cleanse any negativity that is stored here". I wash the chakra for a few minutes, or until I feel that all the negativity or gunk has been cleared away. If a chakra is particularly full of negativity I will feel the energy as heavy with a lot of static. As I wash it of negativity, the static will become less and less until the energy feels smooth. Always flick the channeling hand toward the column at the base of the table to get rid of any excess energy before you start channeling the color.

Then my Higher Self will tell me what color is needed in this chakra. The basic colors for the chakras are red for the base, orange for the sacral, yellow for solar plexus, green and pink for the heart, blue for the throat, indigo for the third eye and violet for the crown. You may be guided to channel different colors into the chakras. If you're not sure, just channel the color of the chakra. Remember, you can always check in with the person to see how it is feeling for them.

When you are channeling energy into the body, you are also projecting a thought intent into the color i.e.; grounding, cooling, rebalancing, releasing inflammation, clearing emotional pain from this center, releasing stress in the neck area, healing the knee, healing the heart, forgiveness, hope, belief, trust, compassion, bringing clarity and focus to the mind, opening the channel for self-expression, strengthening the will to succeed, etc... Listen to your Higher Self for what thought intent is needed here, they always know! If you don't know you can simply say rebalance or heal. Once you have finished channeling the color into that chakra, you then channel green to create a bubble to surround the thought intent. This acts as a sealant.

Work your way up through the chakras one by one first cleansing with white light, followed by the appropriate color to balance. Sometimes when clearing and balancing one chakra, another chakra may open up and balance as they are all linked. This is why you want to check the chakras as you go. I keep the pendulum on the table with me to check each chakra as I go.

You may receive information that comes to you about what is going on with the person on the emotional level, when you are dealing with all sorts of unresolved issues such as guilt, anger, fear, sadness, abandonment, grief, and the list goes on and on. You can choose to discuss what you are picking up after the session and offer any guidance that comes through. While discussing these issues, always let your Higher Self speak through you, that way the discussion will come from a higher spiritual perspective of pure love. You may not wish to speak at all, just offer the energy. It is up to you, whatever is best for the person.

Once I reach the top chakra, the crown chakra, I cleanse it with white light, like the others, channel violet into it and then the next step is to align the person's Astral Bodies. The way we realign the astral bodies is by calling upon the Guardians of Light. They are a team of healers that work specifically with our astral bodies, among other things. Channel purple light into the top of the head and ask the Guardians of Light to realign the astral bodies. You do this by saying, "Higher Self, please ask the Guardians of Light, please realign ____'s astral bodies. Cleanse and re-balance any astral body entanglements and make sure that all those entanglements of other people are cleansed and rebalanced and returned to them. When you are finished with this task, you are free to go with love

and thanks.” Continue to channel the purple light until you feel the astral bodies are realigned. It may take a few minutes.

Another thing I like to do is to widen and strengthen their path or bridge between the lower self and the Higher Self. Another way of looking at this energetically is to imagine a silver cord or double funnel that connects from the top of your head to your Higher Self on the third level of the astral. That cord exists at birth. If it is not developed it will become very thin and that is when we become too in our heads, too logical and not able to access our intuition. This is the energy pathway that we expand each time we meditate. For people with strong links to their Higher Self who meditate regularly, there will be a very large and wide energetic pathway established. So, for newer clients, I channel silver into the pathway to expand and strengthen the bond with the thought intent of connecting to the Higher Self. I also may channel a Diamond or Platinum ray into this area, depending on their frequency. Platinum is the strongest, so for healers, I channel Diamond or Platinum, (for those who have a higher awareness) and Silver for those just beginning their spiritual awakening.

You can also channel golden light directly into the brain, stimulating all the parts of the brain and the pineal gland. The golden energy will expand the pineal gland which is what governs our intuition and connection with our Higher Self, and the Divine consciousness. As the golden light expands, it is working at a DNA level to transmute any negative thoughts and patterns (samskaras) of behavior that no longer serve us and to bring us more fully into our God consciousness. The golden light assists with supporting transformation.

Channel diamond or platinum light into the Soul Star, or Transpersonal Point to expand the connection between you and your Higher Self. When you are working on the Soul Star, as you're channeling the diamond or platinum light, confirm that you are connecting the Soul Star to the Universal Consciousness Grid and the Great Central Sun. If guided, I will bring this (diamond or platinum) ray into each endocrine gland in the body, working from the pineal down to the pituitary, thyroid, thymus, pancreas, adrenals and sex organs. This helps to boost the vibration further as well as strengthen the immune system. While working on the Soul Star, you can also ask your Higher Self to cleanse, rebalance and activate the higher chakras 10, 11 and 12.

When you have finished channeling color and intent into each chakra and realigning the astral bodies it's important to go back and check the chakras to see if they are balanced. Using the pendulum, see if they are all open and spinning with a balanced frequency. You may need to go back to a chakra and do more work on it. Once each of the chakras is balanced, you can ask your Higher Self what else is needed to complete the healing.

Channel energetic spheres around the subject if they need certain energy to help them now i.e.; say John is lacking courage to leave his job even though he is miserable and wants to quit, I will channel a yellow sphere around his entire aura with the thought intent of courage to help stimulate his will.

Finally, wash yourself and the subject in white light again and then ask your Higher Self to protect your client with three golden rings coming yourself. This protects and seals your energy so you aren't picking up other's "stuff". It also protects you from any entities that are attracted to

your light. Once both your energies have been sealed with the golden rings, you can remove the green energy mat and push the column out to the Universe, knowing that it will be cleansed and rebalanced and used for healing for whatever you have dedicated it for. Once you send this energy back to the Universe for rebalancing, seal the point of exit with your dominant hand in a counter-clockwise motion. Now the room is clean of all the excess, negative energy. You may wish to sage it from time to time as well to keep it cleared.

Acknowledge and give thanks to your Higher Self, I AM Presence and Mother/Father Goddess/God as well as your celestial teams. We can't do this work without them!