

## The KIT

by Channie Centara Cha

### STEP Five

1. Sit down by a table with a candle.
2. Put a Rose Quartz in-between the candle and yourself.
3. Sit down, relaxing and looking at the Rose Quartz and its pink color.
4. Connect with the Color of the Rose Quartz.
5. Then Close your eyes.
6. You are now holding the Vibration that is Higher than the one that you had a few hours or days ago, depending upon when you started The Kit. (This means, of course, that you can do this Kit over several hours or over a few days. The best is to do it within a day, with some time in-between each part.)
7. *You are also representing the New Higher Vibration.* Within this space of being within this Higher Vibration, I want you now to try to Lift other people, animals, plants, etc. to this Higher Form of Vibration.
8. Inside yourself, now Say each individual's name or the animal's name or the plant's location. You can also sit by and hold, a person's hand. Or you can have a cat or a dog close to you or hold your hand, reaching out for a plant.
9. Ask the Energy of your Higher Vibration to Transport Small Rays from your Heart Chakra to the person's Heart Chakra. The Rose Quartz in front of you picks up the Ray of the Candle. This is a way to show the representation of the energy shining out.
10. Work with your Heart Chakra shining to the other person's Heart Chakra. (If you want to, you can have small Rose Quartz pieces that you let represent the person, animal or plant that you want to work with. In that case, those small pieces represent those individual's, animal's or plant's Heart Chakra or energy point. In that case, you place the small Rose Quartz pieces around your bigger Rose Quartz piece. Then as you Connect with the person in your mind, with your Heart Chakra shining to their Heart Chakra, look down at the small Rose Quartz piece representing them. Then in your mind, See a Shining Ray from your Rose Quartz in the middle to their little piece surrounding yours.)

# *White Time Healer.com*

## Self –Healing Tools

11. When you have connected, Relax. Then Open yourself towards the Universe, letting your Crown Chakra be wide open for Taking in the Higher Vibration of The Universe.
12. Then once again, Feel your Crown Chakra and open yourself even further away and in a bigger way towards the Blue Creation.
13. Ask to have the Frequency and Vibration coming down of the Full Potential of what the Blue Creation represents.
14. Then take that Quality into your Heart Chakra.
15. Say,  
***“I want to transport the Frequency that the person, (animal or plant) you are thinking of, can take.”***  
(You can also then repeat the work again, once again, mentioning a person, an animal or the location of a plant, etc.)
16. You are then shining out a very High Vibration being like a Tool for that Energy without picking up too much of it yourself, actually. So, at the very end of this part, concentrate on giving yourself the Energy. Let the Frequency from the Crown Chakra go down from the Heart Chakra to the Solar Plexus. Focus on keeping the High Frequency Vibration of The All, within the Solar Plexus.
17. Continue until you See a very Bright Light shining up the Solar Plexus.