

The KIT

by Channie Centara Cha

STEP Four

1. Lay down on your back.
2. Place a Rose Quartz on your Heart Chakra. Place an Amethyst on your Third Eye. Place a Hematite over your head by the Crown Chakra Ray.
3. Relax and close your eyes.
4. Feel the connection with Mother Earth and your own body. The Rose Quartz represents you and your inner Frequency and Vibration. The Amethyst represents Earth and Her Inner Frequency and Vibration. The Hematite represents The Universe and its Inner Vibration.
5. By laying down horizontally and having the stones this way, you are asking within this position, to Balance the Frequency on Earth.
6. I want you to add words with this. The words can be your own words, but there is *one word* that is very important.
7. Say,

“Hereby, I want to connect my body with Earth and the Universe, balancing the Frequency to Perfection. I call upon an Energy, a Quality that is called ENORAH.”

This Energy and Quality is going to help with balancing. It cannot be used until you come to this part of The Kit. But after coming to this part of The Kit, The Enorah Energy will be possible for you to use over and over again, writing the Name or calling upon it to Lift the Vibration for you, Earth and the Universe.

(The Enorah Frequency is a helping energy. It is a Ray of Frequency from something that reaches into The Beyond. It is a Name, or an energy level that the Universe usually doesn't connect with.

Sometimes we need to turn to the smallest things and the lowest to help the Highest. In this case, The Enorah Frequency can only be used from this direction

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and upwards, so the Angels, Light Beings and Extraterrestrials wouldn't be having the same opportunity to use this to help them to get to the right frequency.)

8. Continue this meditation/relaxation, laying down and using your own words of how you want to balance everything, mentioning the Name a little bit, now and then, and feeling how you can Feel that Balance is Occurring.
9. Try to See, Feel, and Be Aware of something really happening. It will be possible to really Feel things within the body by doing this.

(If there is more than one person doing this Kit of Things, it is preferable that you do it together, instead of one person doing it and then the next one, within a family or group. The best is to do it all together. If you are a group who know each other, it is preferred that you do all of it together at a certain time, even if you are not in the same place. But timewise that it would be the same. Especially when you work with this part, it is beneficial to work at the same time.)