

White Time Healer.com

Self –Healing Tools

The KIT

by Channie Centara Cha

STEP One

1. Sit down, if possible, with a candle lit in front of you.
2. Think of you as a human sitting on the Earth that has a vibration within its core, within its soil and within you.
3. Feel the Quality and Energy of that Vibration.
4. Then within your mind, reach out in the Universe.
5. Close your eyes.
6. Imagine yourself traveling out in the Universe in our Blue Creation.
7. Ask, inside of yourself, to truly connect with the Frequency of World 2. It doesn't matter if you see a planet or if you don't. It doesn't matter if you connect with a special part, or not.
8. Just Try to Feel the Energy, the Frequency, the Vibration that exists in this World 2.
9. Try, with your own words to find words to say within yourself, repeatedly, a few times, that means that you want to connect with the Vibration.
10. Then, ask to be a channel for that Vibration.
11. Take it down to your Crown Chakra.
12. Then very slowly push the Frequency and Vibration downwards to the Heart Chakra.
13. Let it rest in the Heart Chakra. Let it turn Clockwise a whole rotation or way around, slowly, in the Heart Chakra.
14. Then slowly push it down. Divide it by the Solar Plexus Chakra and let one part go down into the right leg and let one part go down into the left leg.
15. Let the energy go down within the ground around your feet. Then See Rings occurring around both of your feet, vibrating out that Frequency and spreading out from where you are, leaving your house or where you are staying and reaching out, further and further.