

The KIT

by Channie Centara Cha

STEP Two

For this one, you need 3 stones. You need a Rose Quartz, an Amethyst and a Hematite. It doesn't matter what size these stones are or what they look like. They can even be included in a ring or a pendant. Those can be laid down on a table.

1. Place the Rose Quartz to the Right.
2. Place the Amethyst to the Left.
3. The Hematite is closest to you, like a triangle pointing towards you.
4. Connect with the 3 stones by looking at them and Feeling their Frequency. The Rose Quartz is supposed to be a Frequency connection with your Heart. It represents you and your Heart Chakra. The Amethyst represents the Core Part and Heart of Mother Earth. The Hematite represents the Core Energy of the Universe and its inner Vibration.
5. I want you to take in that Energy of what they represent. Go into a free meditation where you relax and let your mind be free to just hold the Frequency of the stones and what they represent.

Then

6. Come back to that with your thoughts, over and over. Then after being within that and holding that thought,
7. Go into the Hematite Frequency of the Core Quality of the Universe Heart Inner Energy and Feel the Frequency of that one.
8. Compare the Hematite Frequency to the Amethyst Frequency of the Inner Core of Earth.
9. Try to have them match up to the same Quality and the same Vibration. Let yourself be like a scale for their Balance.
10. Then Say, inside of yourself, that you want to Raise the Frequency back to what it was before, letting the humans, the animals and the plants have back their Frequency Vibrations back to the level before it started to fall or lower itself.

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11. Ask then to Raise the Vibration even *over* that Energy level (so that we can actually come out from this benefiting from not only getting back to the Vibration that we had, but to even come *higher* than that.)
12. I want you to try to find your own words, also, to explain what you want to do. That you want the cells to react so that their Vibration would start becoming higher and that it will even become *higher* than it was before, making the cells and the atoms that we are made of even stronger than they were before.
13. In your mind, Think that this will help Earth and the people on Earth, the animals and the plants to get a healthier, stronger life but it also will help us to a Higher Consciousness, Spirituality and life energy towards the fact that we will become Enlightened in a Higher Level and can reach the dimension that we so much need to go into now.

In this part, I don't want you to have a wish for traveling outside of this planet or a wish to go up to The New Earth with the name of those two things being said. That we will do in another part.