



THE ART OF HEALING

“THE WHITE FIRE”

APPROACH

- It is very important to establish trust. If there is no trust, your subject's energy will instinctually repel yours.
- In addition to kindness, create a circumstance and environment that will allow the person to embrace your energy.
- Because the body has an instinctual defense against anything that could harm it, you may need to present your energy in a manner that will convince the subject's energy that you are going to help them. You almost have to charm the cells in the person you are healing. Revitalize them with loving compassion and direction.
- Maintain a positive loving attitude and mental environment. Your emotions and state of mind will directly affect the health of your subject's cells.

Additional tip: Make them watch a comedy three times a week for 2 weeks.
Laughing releases certain chemicals and changes attitude.
This will affect their psyche and cellular tonal.

VISUALIZATION

- Visualization is essential to willing and directing energy:

(Example) There was a boy with brain cancer. Everyday he would visualize a big dark spaceship and everyday he would scramble fighter planes to attack this ship, reducing the ship's size day by day. One day he couldn't visualize or find the ship in his mind. Because of this consistent attentive exercise, he had healed himself.

- The key to effective visualization is the clarity of detail. Understanding physical anatomy can help direct your energy specifically and is also a key to locking your focus in longer. *(If healing a heart valve, it is important to visualize what the valve looks like and the details of how it works instead of visualizing a whole heart)*
- Much like a person using their hands to direct a spoken explanation, you'll find that using creativity in your visualizations gives direction to your energy and works very effectively.
- You must **BELIEVE** what you are visualizing and the subject must trust and believe in your methods.
- Because of the many variations of ailments, different visualizations and intentions for treatment should be used.
(Example) You shouldn't heal a bone fracture with the same frequency of thought you would use for a viral infection.)

PROCEDURE

- One must be consistent in applying the healing techniques.
- Re-apply the chosen procedure day after day as opposed to planning a one time healing.
(This consistency very well may be the deciding factor of your success)
- Infuse or program the energy you send with a purpose before releasing it. Release it like the rays of the sun.
- It is very important that the subject be put on a healthy diet. This includes plenty of water before healing begins.
(Water is a very important element that provides a conduit for energy to circulate the body. The body must have available resources to provide as well as accelerate changes)
- Select an uplifting and supportive place for the healing session.
(The environment will affect the psyches of all within it. Your approach, methods, and attitude with your healing procedure will heavily depend on the state of your psyche)
- Keep in mind some ailments are more difficult to heal than others.
- Remember that in the end, everything is energy and therefore nothing is incurable.

REMOTE HEALING

1. Find an uplifting environment suitable for healing.
(The best results will come from an area that is free of interruption with a brightly lit, life-filled ambiance)
2. Clear your mind and enter a quiet state. Surrender all thought and negative emotion.
3. Visualize filling yourself with pure love energy that creates a passion for life.
(If necessary, generate the inspiration that will allow you to create this passion and love before-hand)
4. Visualize the person starting to heal. Invoke the frequency of the person into your mind enough to 'feel' them as if you could actually reach out and touch them. *(Using techniques like this will create a mental 'lock' on the frequency of your subject will improve the likelihood of success. Photographs are useful, so is a piece or scent of their clothing. The sense of smell can provide a good frequency identity of the person you are working on)*
5. Visualize the area of concern as being healthy and new with as many details as possible!
(Example: Visualize ruby-red blood vitalizing the problem area with nutrients and oxygen. Visualize vibrant activity in their nervous system, cells replenishing, visualize as many details as possible. The higher the detail is; the greater the results.)
6. When you send out your energy, direct it from your chest. Send it unconditionally and without limits.
7. Imagine the sickness wisped away. Tell the cells to release the sickness leaving only healthy tissue.