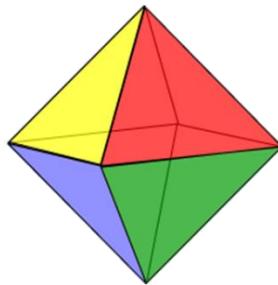


## **Step One; Instructions for Clearing Unwanted Energy.**

This part is not always necessary to use on yourself or a patient. However, if in doubt, use it, because it is non-invasive and will cause no harm. As you can imagine, this process is particularly good for severe physical and mental problems, life threatening cases or clearing a room, house, location or place that has negative energies creating disruption.

Many people suffer with emotional problems of one sort or another that can benefit by simply using step three. However, if their negative emotions are related to past life experiences you will be glad you did use step one to remove this energy that reattached when they reincarnated into the body they presently occupy.

With the help of Arch Angels and Ascended masters you will create an Octahedron as the vessel to remove unwanted energy from the patient or yourself. An Octahedron has 8 faces, 6 vertices and 12 edges. It is made up of 8 triangles, which is formed from placing two square based pyramids base to base. The Octahedron represents the element of Air (central and governing) and is linked to the Heart Chakra; the center for love and compassion. This chakra is where we access our healing and nurturing aspects, where we find acceptance and forgiveness. The self-reflecting shape of the Octahedron moves into a higher vibration of reflection, compassion and healing. By working with the Octahedron, essentially a double pyramid, we attune to the more spiritual nature of our true self and begin to understand oneness.



**An Octahedron is a double pyramid with double power above and below you!**

With any healing it is important you or the patient be in a comfortable place where you feel safe. Lay on a bed or massage table to get comfortable and the healer should place themselves behind with first and second fingers from each hand touching the temples. See the video demonstrating this process. <https://www.youtube.com/watch?v=xy1kcVNMHHY>

Use a small table to place the required reading material for all three steps of healing. Burning incense and playing soft relaxing music can help get you in the right zone but it is not necessary. Go with your intuition and it will work just fine. If you have no experience healing or calling in Angels, do not worry. Just follow the instructions and it will flow nicely because when you print all the pages it is automatically duplicated in the Akashic records that this is going to take place and Angels from the other side have constant access to the records and know in advance when,

where and if they are going to be called. Everybody has the ability to heal; you just didn't know it, until now.

Complete the first page below with the person's names and problems. It is very important you write the full names and date of birth of the person having the healing. It is also very important you include the date, time and location where it will take place to fully document this in the Akashic Records. Ideally, print all the pages at least 24 hours before the session. As soon as you print the pages, verbally command the information be registered in the Akashic Records and the energy will start to flow.

Leave the written instructions on the first page because this is the page you will read out loud and the instructions (in brackets) will help guide you. The second copy, fill out all the names and problems exactly the same but remove instructional information because this is the copy to place on the patient/yourself face down on the chest above the heart area. Write as much information as you feel necessary but be precise with your statements. Try not to tackle too many problems in the same session. Deal with the big problems first and go back in another time to fix the little things. Spirit will follow your instructions to the word, so be exact in what you write with no room for error or misunderstanding. You must first write it, then, during the session, activate it by reading it out loud and confirm with visualization and intention. If the patient follows with the same visualization, this will strengthen the process, assuming you are not doing this upon yourself. The last page has images of the Octahedron to print and also place on the chest area during the session.

You will see at the end of the session it asks you to read; it is done, it is done, it is done, with love and gratitude, thank you. (Visualize everything coming into fruition because this is fulfilling your commands with the power of intention) This powerful command repeats later in Steps Two and Three.

### **Group assistance;**

**Collective consciousness** of coordinated volunteers reading and assisting at exactly the same time is very powerful dealing with severe ailments. I do not usually recommend using more than one close relative or friend because sometimes they can be too emotionally attached to help where needed. I have worked on a mother removing a growth using her two young daughters with great success, but if in doubt, leave them out.

### **You can use the Octahedron in Steps Two and Three;**

Step three, explained later in this program, removes negative emotions using the series of command cards. If the person needing help is an extreme emotional case, simply removing and erasing negative emotions is not always enough. Adapt the reading instructions to suit. Create two smaller Octahedrons at the beginning of the session. The first, 10 meters high above and below and the second one 20 meters high above and below. Send negative emotions into the Octahedron for cleansing. At the end of Step Two or Three, send all the cleansed negative emotions back to the Universe. Alternatively, during step one simply instructed the Octahedron remain in place ready for step Two, Three or the entire session!

### **House, Location or Object Cleaning;**

You can use the Octahedron process where the house becomes the patient and you send the cleansed energy back to the Universe. Another option is to get some sage and burn it in a frying pan or pot, walk through the house commanding negative energies leave. Then get a catholic priest to bless a gallon container of water and a big bag of salt. After the sage, sprinkle salt around the edge of the outside walls of your house, again saying a prayer with commands to keep negative energies away. Put some blessed water in a spray bottle the next day and spray around the inside of the house, again saying a prayer that protects your house.

### **Protect yourself;**

*If you are working on another person or place I strongly recommend you protect yourself from any negative energy entering your field. A simple but effective tip is to put a rubber band on each forearm, ideally just above the wrist. I personally prefer to place the bands just below my elbow so I can feel the energy being worked on. However, this can be dangerous if you are not experienced, so start low. Never ever allow energy to go past your elbows.*

*When I put the bands on my arms, I look at each one and say out loud or in my mind, no energy will pass these bands and come into my personal field. I command all energy stay below the bands and go no further than my wrist/forearm. When I finish the session, I wash my hands, wrists and forearms in a bowl of water and say the command, any residue energy that should not be in my field or present within my hands, wrists and forearms must leave now via the water and then into the Octahedron for cleansing and return back to the Universe. Visualize energy leaving and command it return to a safe place where it originally came from or a new place our creator has made where it can go to be happy with other similar energies of its kind.*

**Finish with: It is done. It is done. It is done.**

**Thank you.**

**With Love and Gratitude.**

### **Silver Shield;**

*I created a silver shield for myself within step two, that permanently hovers around me. It can come as close as necessary or up to 100 meters away if needed. It moves around, above and below protecting me. It can travel faster than the speed of light to take up position and reflect any energy of any kind that is not good for my wellbeing, health and happiness. This shield can multiply many times if necessary to interlock and encapsulate me.*

**Instructions: Octahedron Clearing; update and print this page to read during the session.**

**Notice to the Akashic records. Write the full names and birthday of the patient with date time and place for the healing. When you print all the pages, say out loud, it is commanded this healing information be placed in the Akashic Records now.**

I call upon Angels who walk in the clear light of our creator, to build an Octahedron 100 meters high, above and below us, at this location where the healing will take place. (*Visualize*)

I call upon more Angels to come and create a second Octahedron 200 meters high, above and below the first octahedron, with an opening at the top. (*Visualize*)

I call upon more Angels to come and stand at the opening of the outer Octahedron. (*Visualize*)

I call upon Archangel Michael, Raphael, Gabrielle and Uriel to stand at the four outmost corners and I call upon Ariel to stand in the middle bringing forth truth. (*Visualize*)

I ask that the inner octahedron will remain crystalline clear and the outer octahedron will remain gold whilst all energy placed inside is completely cleansed, transmuted into love and returned to the Universe.

*(Visualize the patient in the middle of this Octahedron)*

I command that any negative energies from this life or past lives, surrounding or within the body of..... (*client or your name*) causing physical or emotional problems be removed from his/her/my physical and spiritual body and placed into the inner Octahedron for preparation. Tell the negative energy there is a new place for it to go. A safe place our creator made where it can live happily with other energies of the same kind. Experienced Healers can regress the patient to go back to source where the negative energy originated.

*(List any spiritual problems and issues you think are affecting you/me/the patient/place or negative energy from any people you want to remove by including their full names and if possible their date of birth. You can include removal of negative energy created by chemtrails, electromagnetic radiation (EMF), high active auroral research program frequencies (HAARP), vaccination, immunization or injections, sexual transmission, unhealthy food, water and air consumed)*

You might see shadows leaving the body into the first Octahedron for collection

Now take this energy into the outer octahedron and begin cleansing. (*Visualize shadows or mist going into the outer Gold Octahedron*)

Pause for as long as you feel necessary allowing the Angels to do their work. When it is cleansed, send it out through the top of the Gold Octahedron back to our creator for guidance to a new safe location, with love and gratitude.

Visualize the negative energy exiting through the top like a volcano or series of fireworks out into the sky and beyond through the Universe back to source. When finished, command;

**It is done. It is done. It is done. Thank you with Love and Gratitude.**

**A similar Word Document for easy update is in the next file.**

This is an example page I used to successfully remove multiple fibroid cysts from this girl who was unable to pay for medical surgery. The doctors gave her medication to help with the inflammation and pain. She is now totally restored, no pain and a scan revealed no cysts.

**Notice to the Akashic records. Healing for Wendy... .. born 23 March 1993 this Tuesday 29<sup>th</sup> August 2017 at ... .. 4pm local time.**

I call upon Angels who walk in the clear light of our creator, to build an Octahedron 100 meters high, above and below us, at this location where the healing will take place.

I call upon more Angels to come and create a second Octahedron 200 meters high, above and below the first octahedron, with an opening at the top.

I call upon more Angels to come and stand at the opening of the outer Octahedron.

I call upon Archangel Michael, Raphael, Gabrielle and Uriel to stand at the four outmost corners and I call upon Ariel to stand in the middle bringing forth truth.

I ask that the inner octahedron will remain crystalline clear and the outer octahedron will remain gold whilst all energy placed inside is completely cleansed, transmuted into love and returned to the Universe.

I command that any negative energies from this life or past lives, surrounding or within the body of Wendy born on the 23<sup>rd</sup> March 1993 causing fibroid cysts or any unhealthy problems related to the abdomen or other parts of the body, mind and soul be removed from her physical and spiritual body and placed into the inner Octahedron for preparation. Tell the negative energy there is a new place for it to go. A safe place our creator made where it can live happily with other energies of the same kind.

I command any negative past life karma creating health disruption in Wendy leave and go into the Octahedron where it too can leave and live happily with energies of the same kind.

I command; remove negative energy created by chemtrails, electromagnetic radiation (EMF), high active auroral research program frequencies (HAARP), vaccination, immunization or injections and place in the Octahedron for processing. I command; remove any negative energy contracted from sexual transmission and unhealthy food, water and air.

Take this energy into the outer Octahedron now and begin cleansing.

When it is cleansed, send it out through the top of the Gold Octahedron back to our creator for guidance to a new safe location, with love and gratitude.

I command the Octahedron remain in place throughout Step 2 and Step 3 of this healing.

**It is done. It is done. It is done. Thank you with Love and Gratitude.**

**See step 2 example page in the next section.**

Use these images to visualize the Octahedrons.

