

Trans-Scalar Self-Healing Process

1. Protecting Your Aura. Any time you are working with or in the energy field of another person, it is always a good idea to create a shield around yourself so that only positive energies are allowed to enter your healing area and your own energy field. This can easily be done just by stating **out loud** the simple prayer that has been given to us by the Brotherhood of Light:

“Dear Mother/Father/God, One Infinite Creator, Great Spirit (or whatever represents the One Infinite Creator to you), **please join me in this healing session for (client’s Name).** **Dear Ascended Masters, Guides and Angels, please join me in this healing session.** **Dear Brothers and Sisters of the Brotherhood of Light, please join me in this healing session.** **Dear Higher Self, please join me to guide and lead this Trans-Scalar Healing session for (name of client).** **Thank You! Thank You! Thank You!”**

2. Clearing Your Energetic Negativity. A combination of breathing exercises and visualization techniques is used for powerful establishing a positive energy connection with Mother Earth and also for clearing your energetic meridian system. Dr. Valerie Hunt’s breathing exercises for grounding and clearing yourself are good, and I consider that Barbara Brennan’s ‘Hara Meditation’ which was channeled from her guide Heyoan and is provided in her book, “Light Emerging,” is even more effective. But of all the exercises that I’m aware of, the simplest and most effective grounding technique is the breathing exercise developed by Dr. Valerie Hunt for her “Bio-Scalar” technique for initial grounding of the practitioner. This is then followed by ‘The Circle of Grace’ for clearing and balancing the meridian system; this process was given by the Brotherhood of Light to their messenger, Edna Frankel, and is included in her 2001 book, *‘The Circle of Grace – Frequency & Physicality,’* and is used here with her permission. This breathing and visualization exercise grounds you firmly to Mother Earth and clears energetic negativity and blockages from not only your physical body, but also from your emotional, mental and spiritual energy bodies as well. It also has the beneficial secondary effects of releasing or significantly reducing physical pain and “recharging your batteries” with additional universal energy. It can also be quickly and easily used as a very effective preventative and self-maintenance exercise.

Dr. Hunt’s initial grounding process begins by visualizing a golden ball of light coming up from the center of Mother Earth and into the bottom of your dominant foot (right foot if you’re right-handed, left foot if you’re left-handed) on the inbreath, bringing the golden ball all the way up to your dominant-side hip, moving it across to your other hip, and on the outbreath through pursed lips, moving the golden ball of light down your non-dominant leg, out your foot and all the way down again to the center of Mother Earth. Do this several times until the movement of energy is smooth throughout the entire circuit. If there is not a smooth energy flow for this circuit, visualize the energy moving in the reverse direction for a few cycles, and then go back to visualizing the golden ball of light coming up into the dominant foot again. Continue until there is a smooth flow of energy for about four or five complete breath cycles.

The condensed Circle of Grace process for clearing your meridian system continues by bringing the golden ball of light up into your dominant foot and all the way up to your right ear on the inbreath (I’ll assume you’re right-handed), and then holding your breath while you circle the golden ball around your head going from your right ear to the back of your head and around to your left ear, then to your forehead, and continuing on around again to your right ear, back of your head, to your left ear. Then on the exhale through pursed lips, visualize the ball of light, which by now may be discolored to a gray hue after picking up and removing some negativity, moving down your left side and out your left foot and again down to the center of Mother Earth. Repeat several times until all the negativity within you is released and the golden ball of light still ‘feels clear’ as it returns to Mother Earth. Always begin each breath with a new, bright golden ball of light entering up into your dominant foot.

3. Opening and Balancing Your Chakras. The popular exercise that spins colored energy into each chakra is then used to open and clear each of your seven primary chakras; the clear, open chakras will then be balanced and harmonized to bring them all into a “rainbow bridge” of the pure white light each of the seven colors was separated from. Begin by imagining that you’re standing in front of yourself and there’s a clock face located on each of your body’s seven major chakras. In your mind, see or imagine the color Red, like a bright red apple or a red fire engine. Now inhale deeply, and beginning at the Root Chakra, exhale through your pursed lips, imagining that your breath always spins the appropriate color in a clockwise direction into the Root Chakra. Do this for several slow breaths at each of the seven major chakras, using the appropriate color(s) for breathing into each chakra:

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|--------------|--------|
| Root | Red |
| Sacral | Orange |
| Solar Plexus | Yellow |
| Heart | Green |
| Throat | Blue |
| Brow | Indigo |
| Crown | Violet |

To visualize the correct clockwise spin of each chakra, imagine a clock facing outward on each of your primary chakras. For the Root Chakra, place the clock on the front vortex that extends through the pubic bone with the clock’s 12 o’clock position pointing toward your head. For the Sacral through Brow Chakras, place the clock on the center of each chakra facing outward with the 12 o’clock position pointing toward your head. For the Crown Chakra, place the clock face horizontally on the top of your head and facing upward; the 12 o’clock position should be pointing toward your face.

4. Create Your Chakra Bridge. After each of the seven colors have been individually “spun” into their appropriate chakra, on the next inbreath, visualize the color Red in the Root Chakra bridging up to meet the color Orange in the Sacral Chakra, and pause for one or two breaths to let them both mix together completely. On the next inbreath, visualize the combined Red-Orange color in the Sacral Chakra bridging up to meet the Yellow color in the Solar Plexus Chakra; then pause for another breath or two to let the color in all three chakras mix and blend completely. Continue in this manner all the way up to the Crown Chakra, and when you bring all the colored energies up and blend them together with the violet color of the Crown Chakra, notice that your entire energy bridge of all the balanced chakras now begins to glow and radiate outward with the perfect bright white color they were originally separated from. And recall that only when all the seven colors equally balance can the color white be produced. Each color must be equal and in balance with all the others. When you visualize or ‘see’ the color white, bring that white color up about 8-10 inches above your head and into the Silver color of the Soul Star, your 8th Chakra, sometimes also called the Transpersonal Point, or the Individuation Point. This is the connection point between the aura around your physical body and the energies of the higher dimensions.

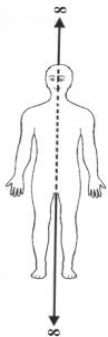
Now become aware of all the Unconditional Love that the Universe hold for you personally – completely loving you just the way you are with no judgement whatsoever – pure Unconditional Love. And on your next inhale, breathe in all that pure Love energy in the form of the color Pink, breathe it all right into your High Heart, midway between your Heart Chakra and your Throat Chakra. The High Heart is one of the higher dimensional energy centers of your spiritual energy body. On each inbreath, bring in the unique vibrations of pure pink Unconditional Love into your High Heart, and on each outbreath through pursed lips, breathe that pink love energy back out into all corners of the Universe with deep gratitude and thanks. Continue to breathe in pink unconditional love energy on your inbreath and as you breathe out that pink unconditional love and gratitude, and FEEL yourself beginning to breathe Love,

Gratitude and Thanks in perfect harmony with all the rhythms and pulsations of life and love throughout the Universe.

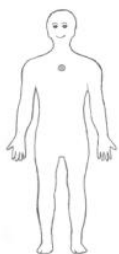
While you are breathing more and more pink unconditional love energy into your High Heart and breathing gratitude and thanks back out again into the Universe, allow the vibrations in your mind and body to quicken, become faster and faster, allowing your awareness to become lighter and lighter, and allow yourself to become more and more aware of all the unconditional love in the entire universe. Become aware of the infinite love and compassion in the creation of this wonderful universe. Allow your mind to expand without limits, and FEEL and KNOW all the unconditional love that is here just for you, and FEEL yourself moving into all that pure, unconditionally loving energy and merging completely into the consciousness of all life everywhere, yet still completely aware of your own unique individuality.



5. Establish Your Bio-Scalar Energy Field. Now imagine yourself standing in the center of the universe, and it stretches out to infinity and beyond in all directions to the right of you and to the left of you, in front of you and behind you, and above you and below you. FEEL all the loving vibrations from the farthest corners of the universe in all directions for several breaths. Then, on the next inbreath, imagine or visualize all these universal energies **instantly** and **equally** collapsing from all the spaces to the left of you and from all spaces to the right of you into a thin plane that still contains all the universal love and life-giving energy, and that plane of energy extends infinitely far out in front of you and infinitely far behind you, infinitely far above you and infinitely far below you, and it runs right through your High Heart in the center of your chest.



Then, on the next inbreath, imagine or visualize all the universal energies in this thin plane of energies **instantly** and **equally** collapsing from in front of you and from behind you into a thin column of universal energy that forms the foundation of all life in the universe, and this thin column of Universal Love energy extends infinitely far above you and infinitely far below you, and running right through the center of your being, right down through your Crown Chakra, through your High Heart and infinitely far below you.



Then, on the next inbreath, imagine or visualize all the universal energies of love in this thin column of universal life-force energies **instantly** and **equally** collapsing from infinitely far above you and from infinitely far below you into an very tiny seed crystal of pure unconditional love energy right in the center of your High Heart, in the center of your entire being.

You have just created an immensely powerful Bio-Scalar energy field within that seed crystal. This Bio-Scalar energy field has no frequency and does not radiate outward like traditional light waves or electromagnetic energy waves. It is static and remains in the place where it was created. However, it can be expanded in size.

Now that the standing scalar energy field has been created within that tiny seed crystal in the center of your High Heart, notice also that the standing Scalar energy field itself has impressed upon it all the Universal energies of pure unconditional love. Take in a deep breath and, on the next outbreak through pursed lips, allow the energy of your breath to expand that seed crystal of loving Scalar energy until it grows to about the size of a pea.

On the next outbreak through pursed lips, with the energy of your breath, expand that tiny little pea-sized crystal of Bio-Scalar energy so it grows even larger and larger until the Scalar energy field within you becomes even stronger and stronger and expands to about the size of your heart.

On the next outbreath through pursed lips, the energy of your breath expands your Scalar energy field to grow even larger until it fills your whole chest and abdomen, and by now it is extremely powerful. On the next outbreath through pursed lips, expand your standing Scalar energy field even more, and as it fills all the cells of your entire physical body, it becomes even stronger and more powerful.

On the next outbreath through pursed lips, expand your Scalar energy field out to the edges of your aura, filling all levels of your being with the now-infinitely powerful scalar energies.

6. Issue The Self-Healing Command. Now command that these Scalar energies repattern your entire energy field. An effective command would be:

“In the Name of the One Infinite Creator, I COMMAND that this Scalar energy field now expand into all the spaces within and between every atom and molecule of my physical body and into every frequency and vibration within my entire energy field, cleansing, healing and bringing balance and harmony to every level of my entire being! ... I CALL FORTH my original human energetic template, and I COMMAND that all aspects of my DNA and my physical, emotional, mental and spiritual health be *recreated* to the highest degree that is appropriate for me, consistent with my own soul contracts and chosen life purpose, and that all aspects of my entire being be completely filled with pure Unconditional Love, Light and Universal Life Force Energy! ... So be it! And so it is! ... Thank You! Thank You! Thank You!”

At this point, you have performed a very powerful self-healing process, and you can pause for as long as you feel appropriate to enjoy the living presence of this Scalar Energy field. Additionally, you have just done a lot of intentional deep breathing, and are probably in at least a light to medium altered state of mind, and possibly in a highly altered state of spiritual consciousness. However, to ensure that you are completely in the highest state of spiritual awareness that you are capable of at that time, you may want to employ an additional visualization technique using specific guided imagery that allows all your inner senses to be employed to their greatest ability while remaining consciously aware. Your workshop CD demonstrates one process for guiding your consciousness to safely rise through three higher levels of awareness and into your ‘Spiritual Area’. These three levels of awareness are specifically chosen to reflect the energetic structure of our auras – rising above the physical body first to an **emotional** area of peace, joy and happiness; then into a higher **mental** area on knowledge, information and experience; and finally into the highest **spiritual** levels of consciousness and mind.