

## **SERAPHIM TRANSMISSIONS**

A new type of angelic assistance is available that will benefit all people to return to their original cellular and energetic blueprint. Each session will focus on key areas of healing and spiritual expansion.

Perfect for those needing assistance with deeper healing and alignment with their life purpose.

Each participant will be guided through a meditation that allows them to connect to and receive the Seraphim Fire which is a direct energy transmission from the Angelic Realms by the Seraphim that can restore the physical cells and energetic bodies to their original blueprint.

Participants will continue to receive the energy frequencies of this transmission for up to 72 hours following your participation in the call (whether live or archive) so it's important to create some personal space in your life for any processing, journaling and relaxation if needed.

It is not uncommon to experience some emotions after receiving the energies in this transmission and it's important to allow them to flow and release without judgment. I

If you feel that you are becoming stuck or overwhelmed, use any or all of the techniques recommended in this document on a daily basis to keep the healing process in motion.

## *Removing Dissonant Energies*

Dissonant energy patterns are foreign energies that have a frequency of “dissonant” to our own body’s rhythm, and thus do not resonate with the energy patterns of health and balance.

Normally, the strong, radiant energy fields around our bodies protect us from dissonant energies.

But when we become stressed, express negative thoughts or emotions, abuse our bodies, or have a negative or critical outlook on life, our strong energy field can weaken and allow dissonant energy patterns to enter our bodies.

During the activation process and related shifts and changes, you can experience an increase in your receptivity to these energy patterns so it’s important (especially in the beginning) to take care of your energy field.

### Salt & Soda Baths

Take a salt and soda bath 2-3 times per week. Add 1 cup of baking soda and 1 cup of salt (table salt, sea salt or Epsom salt) to a tub of warm to hot water and soak for 15 minutes. Submerge your head at least once during the bath if possible.

### White Light Technique

Using your imagination, visualize that you have a miniature sun, just like the sun in our solar system, deep in your solar plexus (abdominal region). This sun is radiating through every cell of your body. As it expands, it carries with it any negative or dissonant energy.

It fills you with light to the tips of your fingers, top of your head, and soles of your feet. It shines through you and beyond you at arm’s length in every direction—above your head, below your feet, out to the sides of you, creating an aura of brilliant, dazzling, radiant white light that completely surrounds you and protects you from any negativity or harm.

## Breathing Techniques

Breathing techniques can help increase oxygenation of our body and detoxify our lungs, plus assist you to move through difficult processes or energies. It is common when we are experiencing emotions to breathe less or more shallowly. Consciously taking a few moments throughout the day to do deep breathing can help energies stay open.

### Deep Breathing

Sit comfortably with the spine erect but relaxed. Inhale and exhale through the nose slowly. As you inhale, your stomach should be expanded first and then your chest wall to allow for the maximum amount of air flow. You may raise your collarbone as well.

The abdominal muscles will automatically contract a little as the chest becomes full. Then, without holding your breath, exhale slowly. The collarbone should be dropped first, then the chest should be contracted, and lastly the stomach should be contracted.

One action should flow into another. Both inhalation and exhalation should be one continuous flow. The cycle should be repeated slowly and steadily. This should be done 12-15 times with each sitting.

### Rapid Breathing

This uses just an inhalation into the stomach, letting it expand outward, and a quick and forceful exhalation, pulling the stomach in and forcing the air up and out through the nose producing a sneeze-like sound. Continue this inhalation and exhalation in a rapid fashion, a moment like that of a bellows. Start with just a few inhalations and exhalations, gradually increasing the number.

It is helpful when using this practice to have one hand resting on your stomach to feel the in-and-out bellows movement. When familiar with the feeling of this exercise, it will be more helpful to have your hands on your knees to keep good posture. There is a tendency to move your shoulders and chest up and down at first, but the only movement should be your stomach.

In the beginning, you may feel some dizziness. If you do, just take a break and do your deep breathing instead.

## Opening the Chakras

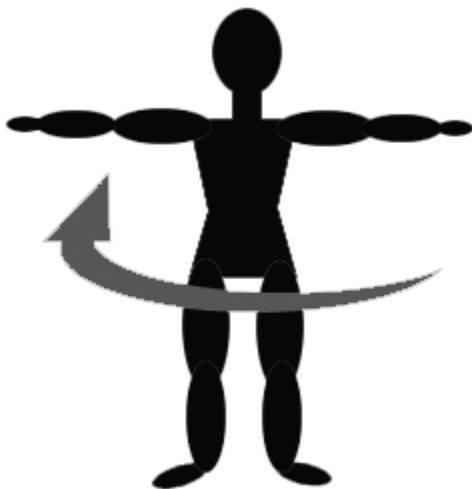
The Five Tibetan Rites is a system of exercises reported to be more than 2,500 years old. They are practiced around the world and are said to prevent aging.

The full rites are comprised of five different movements, with each movement performed up to 21 times (Tibetans believe 21 is a perfect, mystical number). For thousands of years, medical users have maintained that the body has seven principal energy centers which correspond to the seven *endocrine glands*, also known as *chakras*. *Chakras* are essentially energies within spinning vortexes. As a vortex is increased, the life force becomes stronger and more directed.

Recent medical research has uncovered convincing evidence that the aging process is hormone-regulated. The five ancient Tibetan rites are said to normalize hormonal imbalances in the body, thereby holding the key to lasting youth, health, and vitality. The rites stimulate the energy system in the body, wake up the chakras, and get energy moving from your core outward to your extremities.

The very first of these rites, helps to get the chakras open and spinning more freely and can help you maintain balance while healing.

### How to Open your Chakra Energy Centers



Stand erect with arms outstretched, horizontal to the floor. Spin around *clockwise*, until you become slightly dizzy.

This is helpful to do before you begin the day open up your energy centers. It's also helpful for times when you feel stuck, emotionally overwhelmed or energetically sluggish.