

What YOU Get with the Self Help Tools Healer Training Module

- Practitioner Attunement for Self Help Tool for Clearing (\$147 Value)
- Practitioner Attunement for Self Help Tool for Healing (\$147 Value)
- Practitioner Attunement for Self Help Tool for Freedom (\$147 Value)
- Practitioner Attunement for Self Help Tool for Joy (\$147 Value)
- Unplugging from the Third Dimension Matrix: Levels 1, 2 & 3 (\$432 Value)
- Crystalline Heart DNA Activations: Levels 1, 2 & 3 (\$432 Value)
- Get Out of Your Head & Into Your Heart Activations: Levels 1, 2, 3, 4 & 5 (\$235 Value)
- Healer Support Package of MP3 Audio Recordings (\$97 Value)
- You get ALL of this for just \$600!

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Save Money by Ordering Four Healer Training Modules at One Time!

About the Self Help Tools Healer Training Module!

Background of the Four User Friendly Self Help Tools

After I finished writing my e-book on vibrational color healing art (which can be downloaded for free at <http://www.HealingCanBeFun.com>), I asked what my next project was. I got that I needed to create some simple, self help tools for clearing, healing, blasting negativity and enhancing positivity. I played around with several approaches to this but none of them felt right energetically.

I really wanted to create some very simple, easy-to-use tools that everyone could easily access and apply to receive as much clearing, healing and energetic support as they could with ease, grace and divine ideal integration.

Then around the middle of April, I gave up on trying to figure it out and surrendered it to the Creator asking what would be the best way to do this. As soon as I did this, I “saw” or “felt” the coding begin to come in. I then went to the computer and channeled the list below of the coding for the first of the four tools. The first one that came in was for clearing; the second one was for healing and the third one was for joy. Then after a break of several days the last one came in for freedom.

User Friendly Self Help Clearing Tool

I created a clearing profile that people can run automatically using a simple command several times a day to help you to:

1. Clear, heal and ameliorate as much karma and karmic cords and hooks as possible in the NOW.
2. Clear, transmute, heal, release and dissolve negative and non-you energies, influences, beings, implants, EMF stuff, technologies, etc. from your home, car and all real and personal property.
3. Clear, transmute, heal, release and dissolve negative and non-you energies, influences, beings, implants, interference, mind control, manipulation, devices, cords, hooks, technologies, etc. from your energetic spaces, fields, organs, systems and bodies with ease and grace.

4. Clear, transmute, heal, release and dissolve negative energies, frequencies, beings, implants, influences devices and technologies from your chakras, meridians, strange flows, nadis, acupuncture points with ease and grace.
5. Clear, transmute, heal, release and dissolve anxiety, guilt, blaming, judging, complaining, fear, tension, worry, stress, anger, impatience, depression, despair, sorrow, hopelessness, negativity on all levels and resistance to change with ease and grace.
6. Clear, transmute, heal, release and dissolve self sabotage, doubt and negative self talk.
7. Clear, transmute, heal, release and dissolve lack, scarcity consciousness and financial adversity.
8. Clear, transmute, heal, release and dissolve addictive patterns, programs and behaviors; addictions that are no longer aligned with your highest good and cravings for addictive substances that are no longer aligned with your highest good with ease and grace.
9. Clear, transmute, heal, release and dissolve negative programming, beliefs, attitudes and behaviors from your family of origin, religions, society and mass/duality consciousness with ease and grace.
10. Clear, transmute, heal, release and dissolve genetic and energetic weaknesses, allowances, blocks, imbalances, trauma, illness and disease states with ease and grace.
11. Clear, transmute, heal, release and dissolve blocks to being calm, neutral, centered, balanced, grounded and at peace no matter what is going on around you with ease and grace.
12. Clear, transmute, heal, release and dissolve negative energies, frequencies, interference and manipulation from your money, personal finances, financial and economic exchanges and interactions.
13. Clear, transmute, heal, release and dissolve low levels of deserving, self esteem, self love, self confidence, self acceptance and self worth with ease and grace.
14. Clear, transmute, heal, release and dissolve negative energies from food, water, beverages, oxygen and anything digested or ingested into the human bloodstream with ease and grace.

All of this is to occur with ease and grace in ways aligned with the highest good of all that support the spiritual evolution of each being with ease and grace in the NOW.

User Friendly Self Help Healing Tool

I created a healing profile that people can run automatically using a simple command several times a day to help you to:

1. Clear, transmute, heal, release and dissolve genetic and energetic weaknesses, allowances, blocks, imbalances, trauma, illness and disease states with ease and grace.
2. Clear, transmute, heal, release and dissolve blocks to optimum physical health and well-being on all levels with ease and grace.
3. Clear, transmute, heal, release and dissolve blocks to optimum emotional health and well-being on all levels with ease and grace.
4. Clear, transmute, heal, release and dissolve blocks to optimum mental health and well-being on all levels with ease and grace.
5. Clear, transmute, heal, release and dissolve blocks to optimum spiritual health and well-being on all levels with ease and grace.
6. Clear, transmute, heal and release negative programming and self talk from the subconscious mind and personality self/selves with ease and grace.
7. Clear, transmute, heal, release and dissolve emotional wounding, trauma and damage to the inner child and personality self with ease and grace.
8. Angelic Love and Healing Washes for:
 - a. Minds, Brains, Nerves, Neurons, Neuronets and Ego Mind/Programming;
 - b. Genetics, DNA, Chromosomes, Genome, Epigenetics and Epigenome;
 - c. Chakras, Meridians, Strangeflows, Nadis and Acupuncture Points;
 - d. Physical Organs (including but not limited to brain, liver, small/ large intestines, heart, lungs, pancreas, spleen, eyes, ears, nose/sinuses, tongue, stomach, sexual organs, teeth/gums etc.);
 - e. Physical Systems (including but not limited to central nervous, circulatory, cardiovascular, respiratory, endocrine gland, digestive, elimination, reproduction, skeletal, muscular, immune, etc.);
 - f. Endocrine Glands and Associated Organs and Systems;
 - g. Quantum, Atomic, Subatomic and Cellular Parts, Particles and Fields;
 - h. Water Element of the Physical Body;
 - i. Blood, Hormones and Body Fluids;
 - j. Body Toxicity and All Toxic Substances Held or Stored in the Physical Body;
 - k. Bones, Muscles, Ligaments, Hair, Skin and Physical Senses of Touching, Seeing, Smelling, Hearing and Taste;
 - l. Spine, Spinal Column and Vertebrae and Related Organs and Systems;
 - m. Inner Child and Personality Self/Selves;

- n. Physical/Etheric, Emotional/Astral, Mental/Causal and Spiritual Bodies, Organs and Systems;
- o. Negative Feelings, Thoughts, Attitudes and Self Talk;
- p. Higher Self, Soul, Over-Soul and Monad.

All of this is to occur with ease and grace in ways aligned with the highest good of all that support the spiritual evolution of each being with ease and grace in the NOW.

Coding for the User Friendly Self Help Freedom Tool

I created a healing profile that you can run several times a day to help you to:

1. Bring in divine ideal level of energetic clearing, shielding and protection is aligned with your highest good for you; your DNA, genetics and epigenetics; your minds, brains and personality self/selves; your atomic, subatomic, quantum and energetic spaces, fields, organs systems and bodies; your aura, chakras, meridians, acupuncture points & energetic organs/systems; your home, land and personal property.
2. Unplug from the 3rd dimensional matrix and to clear, transmute, heal and release less-than-love beings, influences, energies, patterns, programs, manipulation, mind control, interference and infiltration as well as all hidden, covert, shielded, intermittent less-than-love beings, influences, cords, hooks, implants, technologies across time, space, dimensions, directions, angles and vectors with ease and grace.
3. Clear, transmute, heal and release anything and everything that restricts, suppresses, limits or lowers your immune system; personal energy level and vibration; love, light and service quotients; money flows and any blocks to realizing your full potential, magnetizing your highest good to you, embodying the highest level aspect of your monad and achieving the most loving destiny of greatest service to the Creator.
4. Clear, transmute, heal and release addictions, cravings for addictive substances, self sabotage, bad habits, sleep disorders, money disorders and eating disorders with ease and grace.
5. Clear, transmute, heal and release less-than-love and negative patterns, programs, influences, energies, beings, technologies, implants, cords, hooks and devices from business; culture; music; art; TV; the Internet; radio; movies; media; videos; newspapers; advertising; blogs; magazines; books; religions; government; political organizations; financial and economic organizations, interactions and exchanges.
6. Clear, transmute, heal and release radiation; pollution on all levels; EMF's and all toxic substances stored or imprinted in the body or ingested into the bloodstream and the fluids or

water component of the body.

7. Clear, transmute, heal and release all people pleasing; co-dependency; low levels of self esteem and love; beating up on yourself; giving power to and taking power from others; not being true to yourself; toxic family-of-origin beliefs, feelings, emotions, patterns, influences, attitudes and programming; toxic religious beliefs, patterns, influences and programming; toxic mass and duality consciousness beliefs, patterns, influences and programming; lack and scarcity consciousness; guilt; neediness; negativity; judging; complaining, blaming; stress; anger; sadness; loneliness; fear; depression and all downer emotions.
8. Clear, transmute, heal and release less-than-love and misaligned energies from traditional and alternative healing practitioners, doctors, nurses, healers, dentists, offices; hospitals, clinics, technologies, prescription drugs, OTC drugs, treatments, medical equipment, vaccinations and all food, water, beverages and anything digested or ingested into the human bloodstream with ease and grace.
9. Clear, transmute, heal and release anything that blocks you from becoming and being energetically free, independent, sovereign, neutral, grounded, centered and balanced at all times no matter what.
10. Clear, transmute, heal and release less-than-love and misaligned energies from your genetics, blood lineages and past/present/future/parallel lives with ease and grace.

All of this is to occur with ease and grace in ways aligned with the highest good of all that support the spiritual evolution of each being with ease and grace in the NOW.

User Friendly Self Help Joy Tool

I created a healing profile that people can run automatically using a simple command several times a day to help you to:

1. Clear, transmute, heal, release and dissolve any blocks you may have to accepting, loving, appreciating, trusting and believing in yourself as well as being true to yourself with ease and grace.
2. Clear, transmute, heal, release and dissolve blocks to accepting, embracing, expressing and embodying love, happiness, joy, gratitude, thankfulness, appreciation, health, patience, wisdom, clarity, discernment, compassion, inner peace and high self esteem with ease and grace.

3. Clear, transmute, heal, release and dissolve blocks to magnetizing and aligning with your highest good; accepting and allowing your highest good into your life and attracting the most perfect possible people, events and circumstances into your life with ease and grace.
4. Clear, transmute, heal, release and dissolve self sabotage, lack, scarcity consciousness and blocks to accepting, embracing, expressing and embodying abundance, gratitude, appreciation, prosperity and success on all levels with ease and grace.
5. Clear, transmute, heal, release and dissolve blocks to making lots of money easily and effortlessly.
6. Clear, transmute, heal, release and dissolve genetic and energetic weaknesses and imbalances as well as blocks to optimum physical, emotional, mental and spiritual health and well-being on all levels with ease and grace.
7. Clear, transmute, heal, release and dissolve blocks to being calm, neutral, detached, calm, safe, centered, grounded, balanced and at peace at all times.
8. Clear, transmute, heal, release and dissolve blocks to accepting, embracing, expressing and embodying the highest level aspect of your monad with ease and grace.
9. Clear, transmute, heal, release and dissolve blocks to taking responsibility for every aspect of your life and living in the NOW with ease and grace.
10. Clear, transmute, heal, release and dissolve blocks to creating and maintaining positive, loving, healthy and supportive relationships with your family, friends and co-workers with ease and grace.
11. Clear, transmute, heal, release and dissolve blocks to creating and maintaining strong and healthy boundaries with other people with ease and grace.
12. Clear, transmute, heal, release and dissolve any negative energies from within or those you take on from other people or the planet with ease and grace.
13. Clear, transmute, heal, release and dissolve anything and everything that blocks you from creating the most perfect possible day for yourself with ease and grace.

All of this is to occur with ease and grace in ways aligned with the highest good of all that support the spiritual evolution of each being with ease and grace in the NOW.

About the First Three Levels of Unplugging from the Third Dimension Matrix of Limitation

"The Unplugging from the Third Dimension Matrix: Levels 1, 2 and 3 is truly amazing! When I was experiencing this activation, I felt a lot of energy movement around my head and forehead, then some pressure. I asked what was happening and just felt to relax - within the space of a few minutes an energetic wound I had about the level of the forehead healed completely! It was easy, quick and really wonderful, very clean energy and very empowering. It feels like that it heals all kinds of things, from repair of various injuries, right up to helping someone unplug from the realm of the ego/victim. I am getting so much benefit, its truly an incredible image and download, I love it!" (Melinda Knights, Melbourne, Australia)

These series of powerful Unplugging from the 3D Matrix mastery activations are part of the heart-oriented approach to ascension. In order to move firmly into the Heart Paradigm and build a new foundation there, each of us must untangle ourselves from the mental/mind paradigm and unplug from the third dimensional matrix and web of mass/duality consciousness. Each set of these powerful mastery activations help liberate light-workers, healers and starseeds from being tied into the prevailing mass/duality consciousness of humanity so that they can get their world service work out into the world.

I initially downloaded two mastery activations - one for Unplugging from the 3rd Dimensional Matrix and another one for Healing the Mental/Mind Paradigm. When I was meditating about the different levels, I was shown that these two series of activations are like two sides of a coin. A lot of people are held to the mental paradigm or the paradigm of the mind because they are still plugged into the matrix and vice versa. The 3D matrix and the mental paradigm are a very strong combination and they both hold humanity back from moving into the heart paradigm. I got really strongly that people need to heal both areas in order to ground solidly in the heart paradigm so I decided to combine both sets of activations in tandem with each other.

I asked Nancy Walker, one of the most intuitively and psychically gifted Practical Mastery practitioners to check the energies of these two lines of activations and give a brief description of what she got when she connected energetically to the frequencies of these transmissions and the images I created for them.

Unplugging from the 3D Matrix Part I

Nancy Walker's description of the first three levels of Unplugging from the 3D Matrix: "Was aware of cords shooting out of my body and dissolving. Intense activity in my heart chakra and sensed that a major clearing of our heart chakras is the focus of this level. We cannot 'move' on if our hearts are still locked in density/fear. For me this was like a movie where I watched both generic and particular emotional episodes clear. I was made aware of where my own fears and illusions had held me back... I also realized that there is no judgment about this, simply an opportunity for clearing. This went on for quite a while. I was then placed in a tube of LIGHT and knew that I was being balanced and centered into this new unplugged me. Incredible freeing experience."

Nancy Walker's description of the first three levels of Healing the Mental/Mind Paradigm: "Very intense physical shift. Was enfolded by a Being of great enlightenment and knew that as intense as this shift was, it was okay and in/for the highest good. Pressure on my heart chakra, and then brilliant flares of Light as constraints of this dimension which kept the heart subservient to the mind were released. As soon as this occurred, it was if my inhalation went on for eons - so heavy were the illusions surrounding my heart. Then, this released heart energy traveled upward to the mind. I actually FELT and HEARD my cranial plates adjusting to accommodate this new influx of frequencies. This will allow my heart to be a more than equal partner with the mind."

Unplugging from the 3D Matrix Part II

Nancy Walker's description of the second set of three levels of Unplugging from the 3D Matrix: "I imploded into my heart chakra where I followed historical, societal, and illusory lines back in time. I saw where the veils first came into place and understood that 3D isn't our natural home. It is a place where we chose to learn, and it's time to move to another level. This sounds so simplistic (and it is) but there is a lot of knowledge and truth being transmitted to me while in my heart chakra. I watched as LIGHT cut these cords for me and when they were all cut, I shot out of my heart and body and looked down on myself. I was fascinated to see my heart Chakra swirl with liquid hues of pink/mauves/lavenders. Very unlike 3D chakra colors. Within this activation lies the initial clearing of eons of illusions. I feel much bigger and lighter and am so aware of my heart as the place to live."

Nancy Walker's description of the second set of three levels of Healing the Mental/Mind Paradigm: "This healing is a continuation of the first three levels, but on a different level/dimension. Again, a very intense energetic experience. I watched as bronze/gold convoluted tubules were cleared, closed, and dissolved. I realized that these were society's constrictions (as opposed to individual) on the heart being of prime importance. When my attention shifted to my mental body, I was astounded. There were conglomerates of thought forms, each group swaying back and forth in it's own dance. A humming arose in my being and radiated outward to these forms, thinning them out, lightening them. It seemed as if only those forms that resonated to the heart/love frequency remained. I floated on this humming for what seemed a very long time, very vaguely aware of my physicality, but absolutely captivated by the shimmering of this humming sound. I was told that this is the beginning of being able to resonate with the LOVE that holds this planet together."

Unplugging from the 3D Matrix Part III

Nancy Walker's description of the third set of three levels of Unplugging from the 3D Matrix: "These levels are pretty awesome. Our 5th through 7th chakras are connected to the heart. Since the heart has been cleared, we can now make this most important connection. Before being unplugged, even the most clear of us still spoke and saw through veils of density. Now, we can begin to speak from the Divine within us. We can operate on the 5th dimension. I asked to watch as this connection was done... saw shiny foil-like spirals spreading out from my heart to the other chakras... and then from the other chakras down to the heart. Also noticed a shifting in my lower chakras as I released any density. As I look around me right now, everything seems more crystalline yet fluid, almost as if it will disappear and then re arrange itself. Lots of joy and love with this one."

Nancy Walker's description of the third set of three levels of Healing the Mental/Mind Paradigm: "Again this was a very intense energetic shift. These levels involve the clearing and the reestablishing of the connections to Universal Mind. The humming frequency is the method by which this is accomplished. I saw my mental body cleared of extraneous 'stuff', and felt really really light and centered. Once this clearing was finished, ropes of differing frequencies were 'born' and streamed outward from my mental body to the Universal Mind. This is just an awesome feeling/place...I feel my whole energetic system re-aligning itself to these frequencies."

Crystalline Heart DNA Activation, Levels 1 to 3

Last year I downloaded the first level of the Crystalline Heart DNA Activation which helps people to connect their multidimensional heart with their DNA/RNA. Earlier this month (January 2009), I got that it was time to download the next two levels of this powerful activation. Each time I download another level of this activation, I feel myself shift clear out a lot of fear-based emotional and mental programming so I could shift into a higher level of emotional mastery. One of the biggest sources of resistance to living from the heart and operating from the heart paradigm is genetic. The emotional/astral aspect of the DNA is not wired to support this goal energetically so it resisted it.

These three levels of Crystalline Heart DNA Activation build upon one another and help you to clear out the emotional/astral level aspects of the DNA to support emotional mastery and heart-centered and heart-oriented growth on all levels. It also helps you to clear a lot of the genetic self sabotage that often gets triggered as we evolve and begin to transition away from the paradigm of the mind to the paradigm of the heart. When I transmit these sessions to others, it feels to me like they release a lot of heavy, dark, sad, depressed energies from their heart.

I asked one of my most gifted healer friends, Nancy Walker (www.dimensions56.com) to describe and share her experiences with the first level of the Crystalline Heart DNA Activation:

"OH BOY!! This is kind of weird, but throughout this whole activation, I was aware of 10-12 of my SELVES taking part in this. So though I only speak of this self, the awareness is for all of these selves. I had the sensation of rising/falling through many layers and levels of my heart chakra. I was shown and told that each cell has a 'heart chakra' as does each strand of DNA, each gene, and actually each protein. While I experienced some of these as familiar chakras, some were more worm-like, some simple tubes. Each, however, had the function of being a doorway for interaction.

And some of these doorways were stuck--ancestral memories, attachments to people, places, things, events, emotions, etc.. I visited some of my doorways to see what I was carrying. Jeez Louise! Next thing I know, I am standing on a promontory with my arms outstretched. A wind comes up from the left, and streams thru me. It's very steady, very warm, and visceral. I see shadowy remnants floating out of my right side, and when I glance down at my left side in the wake of the wind, I am translucent! I then become VERY aware of those other Selves, and they are translucent too. Some more images, but I was pretty much floating after this. Right now I feel immense clarity and centeredness. Thanks!

About the Healer Training Support Package

Monica Castaneda got me thinking about creating some sound healing mp3 audio recordings to support healers. When I meditated on this, I came up with seven ideas for recordings:

- **Preparing for a Healing Session**
- **Clearing Yourself After a Holistic Healing Session**
- **Releasing Doubts, Fears, Distrust and Self Sabotage Around Healing Yourself and Others**
- **Creating and Maintaining Strong and Healthy Energetic Boundaries between Yourself and Others**
- **Clearing Blocks to Becoming a Pure Channel for Healing from the Creat**
- **Expanding Your Clarity, Compassion, Intuition, Wisdom, Capacity, Capability, Channel and Ability to Heal Yourself and Others**
- **Angelic Purification, Cleanse and Blessing for Healers**

Although I created these recordings to specifically help healers, I get that everyone can benefit from them. They include a lot of energies and frequencies to help people to heal themselves as well as others so they are a great resource or tool for self healing. After I recorded these sound healing tracks, I got that they needed to be packaged together and sold as a unit.

Get Out of YOUR Head and Into YOUR Heart, Levels 1 to 5

Interestingly, when I was working on the mp3 for **Sleeping Easily, Deeply and Well**, one thing that popped up a lot in feedback was about stilling the mind and monkey mind syndrome and this was a hint for me to look at this area. A racing mind and monkey mind thinking is a red flag for me that I am out of my heart and into my head.

I have been working on this area within myself for over 20 years so I figured it is something I could help others with as well. When I meditated upon whether or not this would be a good idea, I heard a very loud ?DUH? so I figured that was a sign that I should move forward and download a series of activations

To me this is a lifetime is a series of lessons and life experiences around helping me to get out of my head and into my heart. I have recently been meditating and pondering how to get my self help and healer training modules out into the world in a wider way and one set of activations that I felt would help people drawn to them would be to help people get out of their head and into their heart.

I include the first five levels of this activation to people who order one of my Healer Training Module!