

Pouring the cream on top

Close eyes. Feel the process. One arm moves out to the side, the palm is cupped upward and you feel you are gathering healing water. As the arm gently lifts, you feel the water is being charged with primordial chi. As the hand goes above the head the healing water pours onto, through and around the body. The palm is now facing the earth and moving down the center line of the front of the body. As it descends you are feeling, saying "all blockages are completely dissolved". When the hand reaches the hip it moves to the side of the body and the dissolving process continues through and around the legs, feet and at least 6 feet below you into the earth. When this is complete you do the same with the other hand. When that is complete, you do both hands at once, with the right hand moving higher than the left. When both hands are pouring above the head the palms are coming down the center line of the body and when they reach the forehead they are even...the right has caught up to the left, and they continue to descend, dissolving all blockages, in all time lines and all dimensions.

This is one sequence. It is recommended to do this 3 times. It will take around 5 minutes.