

Let's start with a gold healing light, a lot of gold energy, coming through the crown chakra. We'll make it that gold Christed light, so it's kind of a shimmery gold, with little particles of rainbow in it. Sometimes Cosmic Christed or Universal Christed light is how it's labelled. But basically it has a broad spectrum healing power. So just let that energy come down through the body.

Let's talk about qi, universal qi or universal force, the energy field that is in all of Creation. Then within that energy field sometimes there's a building or a planet or open space or a star or a huge dog. Whatever it is, everything is inside the universal qi or the universal energy field. That energy field is very fluid. It will move, it will flow around obstacles, it will flow through obstacles, it will leap over or under any roadblock you can possibly imagine - if you want it to. If you believe, however, that the block is there and that the fluid cannot go through the block, then that is the reality you will experience.

So right now, one of the techniques is just to shake out the hands. When you're shaking out the hands, let your whole body move a little bit, and free up some of the qi or the energies. You might want to shimmy your shoulders or you might want to stand up or rock the hips back and forth a little bit. Free up the qi. Stagnant qi is not magical. Moving qi is magical, so you want movement - that's very very important. Movement and flow.

Now that we have the hands sort of activated there, let me see what we want to do... Pick something you'd like to focus on. If you have gray hair and you want it to go back to its previous natural shade, cup your hands around your head, not quite touching the hair. If you want your eyesight to improve, cup the hands in front of the eyes. If you'd like your finances to improve, place your hands over your wallet or over your bank statement or whatever it is.

Pick something that you would like to practice on... maybe working on weight loss. Since fat cells are quite mutable, that's an easy one to work with. So right now we'll pick one easy area. Please don't get enthusiastic and try to do ten things at once. Focus your attention on one thing, with your hands over that area. Now if you need to, you can write it on a piece of paper and then cup your hands above the paper. That works as well, too. And what we want to do is say '**Universal Qi, create flow in this area.**' **Again, 'Universal Qi, create flow in this area.'** You can be more specific if you want to - Rather than invoking an entity to remove obstacles, or asking for obstacles to be removed, we're only using the positive aspect, and we're directly calling upon universal qi. First we free up energy in the body, especially the

hands, but the whole body, the whole aura. Then we focus on the area. Then we say 'Universal Qi, create flow in this area.'

So if - let me see if we can get more precise examples here.. If you want to, see a stack of bills and see maybe a bank statement with a certain amount of cash, say 'Universal Qi, create flow in this area.' You want to see the cash or the dollar amount rising well above - at least an extra 50% above - the amount of the expenses.

If the expenses are \$100, you want to see \$150 available to pay it. Or if the expenses are \$1,000, you want to see \$1,500 available to pay it. Then you want to see yourself taking - you've got an extra 50% - of that, you want to take about another two fifths, or a third of that, or whatnot, even half of that, and see it moving into somewhere where it grows some more. It just grows money, savings account, investment, your business so that you can grow some more, or maybe your funds to pay a balloon payment or something that's for later, whatever it is, or your vacation fund, whatever it is.

So again using the example where we've got \$100 or something we need to pay, we want to ask universal qi to create flow in this area, and visualize \$150 available to pay for it. The \$100 is paid, and \$20 moves into some growth fund, where it grows bigger, it becomes \$30, \$40, \$50. Or it is there - maybe just growing \$2 or \$3 or whatever - but it's there in a protected energy. Now you still have \$30 left to play with. Send that back as seed money for the next exercise. So, literally, if you want to do this physically with paper money or coins or whatnot or on paper in an accounting style with your numbers, it will help. You will manifest more money just because you're seeing more money coming in and you're feeling money getting tucked away. And the feeling of the safety of the money tucked away and so on is really going to help.

Now let's take it to a health concern. From wealth to a health concern, because the health concerns often engage the emotional body, or the worry aspect in the thinking field, and they also engage other people worried about you, concerned about you, conflicted about what's going on. It gets a little bit more complex. So we want to take a health issue. Maybe it's just, you want to burn off some extra fat. Maybe you want a healthy kidney, maybe you'd like to make sure you have a healthy heart, maybe you want to clear parasites or whatnot.

So again, we shake out the hands, shake out the body a bit as well, we cup the hands over the situation, whatever that might be, and we say 'Universal Qi, create flow in this area.' There should be an increase of flow.

Now even if you're dealing with a physical condition that's too accelerated, like the heart beats too fast, or the thyroid works too fast, or your adrenals exhaust too fast, or whatever it is, you still want to create more universal qi in the area, because it is universal qi that will heal the issue.

Certainly if there's lack, like lack of energy, or maybe not enough body fat, or say the thyroid's too slow, or you've got some arthritis impairing flexibility or whatever, again, shake everything out, 'Universal Qi, create more flow in this area,' or just 'create more flow.' So, for example, arthritic hands, if you hold your hands up and you say 'Universal Qi, create more flow,' your hands will warm up with energy.

And then add to that one of our older, little bit older, techniques of the Cosmic Christed energy, right above the head there. Just turn that open, full blast, and keep checking to make sure it's on full blast all the time. That gold color added also continues to move qi. Nothing can stagnate in the Christed flow, either the white Christed or the golden Christed flow. Nothing can go stagnant there. So it is actually a remedy for stagnation.

Now, just a reminder of how we do that: just go up above your head and give the faucet an extra turn and make sure that your cosmic faucet is wide open. Every time you do that little check on the faucet you should feel a burst of warm energy coming down. It's a way of saying, "Yes, please, I'd like some more." You can do that frequently, many times a day. Now, this energy is also protected in that as long as it has a vehicle to get to the physical plane, which would be you, your consciousness, deliberately turning that faucet on, wide open, then that gold Christed healing energy runs through your body wherever it needs to go.

Now interestingly enough, blood, again, blood, is something that keeps coming up as a core problem now. So if you're having other health concerns, such as a sluggish lymph, or digestion, lack of sleep especially around full moon time, confused thinking and whatnot, consider checking into the blood. You can get that done on a microscope or psychically, and just feel into your own body and ask is it time to purify the blood. If so, consider metabolic enzyme therapy, or herbs that are known as blood cleansers. There are machines and gadgets that also clean up the blood. Temporary vegan diets for about two or three weeks are also helpful to clear the blood, and so on. So, just a caution to everyone: look at the blood. It could be getting a bit muddy or maybe parasitic, or perhaps plaques sticking to the arteries and reducing blood flow. Seek out a course of treatment that appeals to you as the right thing to do for your body.

Maybe the bills are stacked up and not really organized, or maybe your body isn't in a regular flow. Go back to affirm 'I am Divine Consciousness, creating organized matter.' On top of that, I can magically manifest whatever I want as long as I'm synchronized with universal qi. Remind, remind, remind yourself of your greatness. All things in Creation are made in the Creator's image, which is great.

Every morning when you wake up, the first thing to do is smile. Greet the day. You might even thank Creation for the opportunity to be awake and alive and greeting the day. Again, greet the day, smile, and invoke universal qi. You might even say: 'Today, all day long, I choose experiencing the flow of universal qi. Today and all day long I choose experiencing the flow of universal qi.' After you say it, feel the flow start happening in the body. So it's a way - and the blood does go a bit stagnant, some of the systems, they literally go to sleep. Your smell goes to sleep and your hearing goes to sleep mainly your brain ideally is going to sleep when your body goes to sleep, so when you wake back up all your systems are starting back up and you're invoking universal qi, right then and all day long. You should feel a corresponding increase of qi in the body.

And the next thing I want to say here is, never diminish your qi. If someone else is jealous of it or threatened by it or afraid of power, just hold steady. Don't ever diminish your own qi to make someone else feel better. I'm not talking about grabbing an angry moment, that you should stay angry. I'm not talking about that, I'm talking about the energy field. If you're having an angry moment and scaring someone else, it's appropriate to breathe the anger down and commit to yourself not to harm anyone else, not to harm yourself or anyone else, and to deal with your emotions in a Masterful way. Yes, that would be a course of action. So just holding your power, holding your presence - if other people are uncomfortable with it, stay in the energy, stay with compassion and just rather silently invite them to feel their own love. Not your energy field, but their own Self-love.

Coming back to that word 'gratitude.' It'll work. It works tremendously, because the more you're grateful for, the more you'll get. The more qi moves - you know, when you're afraid, qi stagnates. When you're scared or afraid it stagnates. Being angry might give you in some cases a burst of qi, like you're really mad that the house is messy, so you race around angrily, putting everything back in place, and you vacuum very, very quickly, to work out your anger or whatever. If you're used to using anger as a motivation tool, please gently start those stepping stones into 'I can use gratitude as a stepping stone. I can walk into a room that's fairly tidy and say 'I'm so grateful that I have a tidy room and oh look, there's one little coaster here that I can put back and now the room is even tidier and I'm so grateful for it.'

If you are trying to make a change in your life, generally speaking 21 days breaks old habits, 33 days really sets it in taking that to a daily scale, doing that exact exercise 33 times a day, is going to speed up the process tremendously.

When we work within the consciousness – and the other key secret to this process (it's not so secret, but it's a helpful hint if you will) is that all transformation must come from within. In other words, it is self made or self started transformation inside, that ripples outward, just like when you dropped a pebble in a pool of water, and the ripples started at the center, and *then* went forward. So when you activate the blueprint in your own consciousness, you're rippling outward, to all of Creation.

Good. All right. Just breathe up the front and down the back. Three times, all the way up the front of the body, all the way down the back.

Notes from a Tibetan Monk