

Etheric Blueprint for Healing Process

Step One – GROUND

Step Two – ALIGN

Step Three – GO TO THETA

Step Four – THE ONE COMMAND®

Step Five – EXPAND – here you add the Etheric Blueprint for Healing.

While you are still in theta, now apply one of the simplest, yet most powerful tools for manifesting good in your life. Imagine what you desire in a bigger way, a greater capacity, and an expanded version that serves more good than your original idea. When you expand your idea to become something bigger than yourself, you increase its capacity to manifest. Allow yourself to let your idea take on its own energy. Observe as it changes and becomes even more than you can image. Watch as new, expanded, bigger ideas arrive. Let it become more beautiful and harmonious.

While in this expanded state, imagine your current body off to one side, and right in the middle, over your head, imagine a subatomic screen that only allows consciousness to flow through the screen—and leaves everything of less value—illness, disease, allergies, pain behind.

And imagine your perfect etheric blueprint for health and vitality on the other side.

Now send your consciousness through the screen from your current body into your healthy body.

Notice if there is resistance. If so, take more time until you harmonize with your etheric blueprint for health.

Now bring that perfect body back down with you, and let it blend into your physical body.

Stay in the process until you know that it is done. Now that you are in this greater state of capacity, move to the sixth step and...

Step Six – RECEIVE IN GRATITUDE

Take time to stay in the integration of your healing. When you are ready, open your eyes, fully awake, fully aware and thoroughly enjoying the healing process you just experienced.