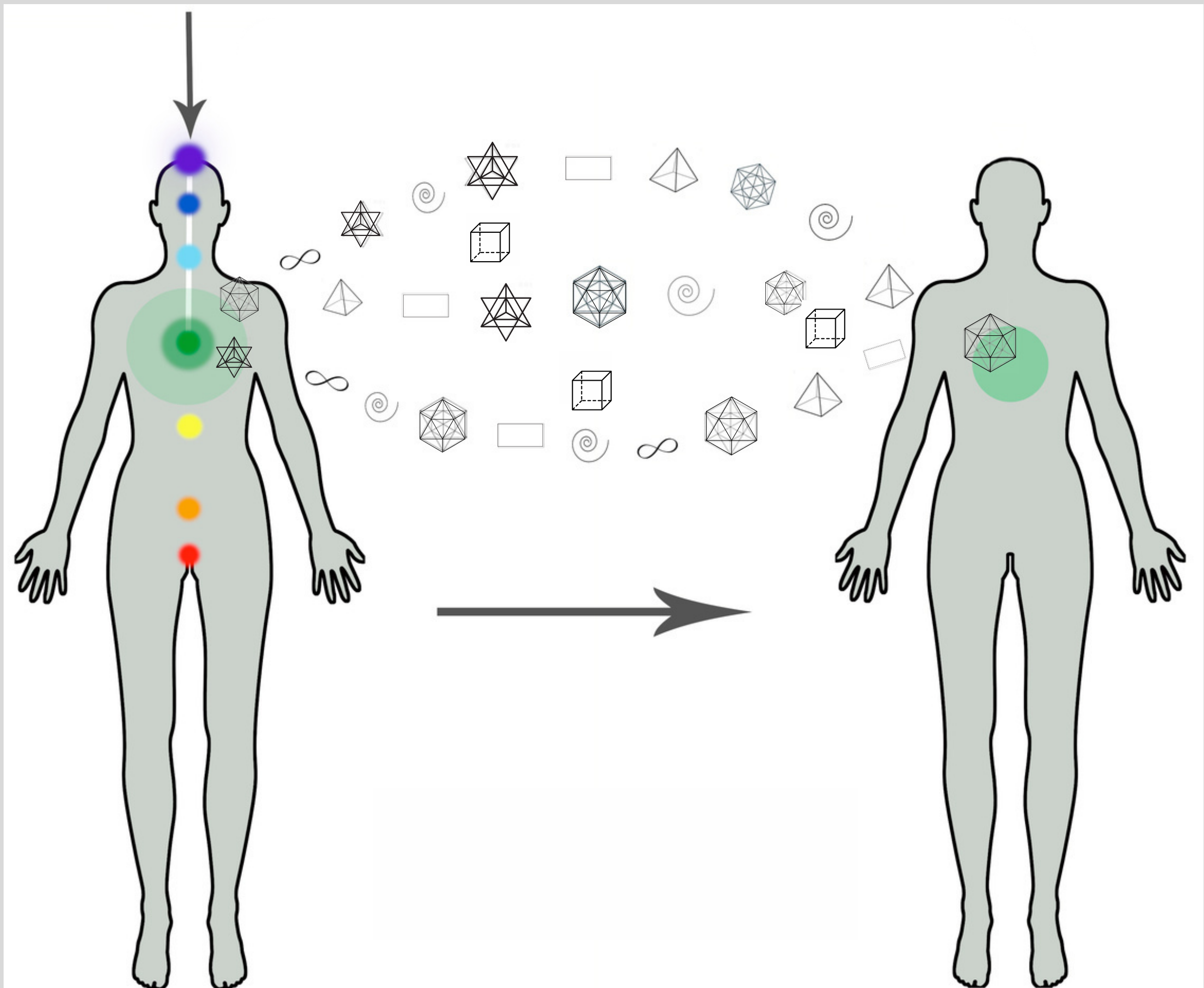




SENDING HEALING CODES TO ANOTHER

Chakra Healing Technology #4

This healing technology describes how to open your hearts and send healing energies through your heart chakra to those who are struggling and believe in suffering and sacrifice.



1. Sit or stand quietly and say to yourself “I am a Beacon of Light.”
2. Open your crown chakra and pull energy down through your pineal gland, into your throat, and down into your heart.
3. Open your heart and make the vortex bigger, lighter, stronger, and grander.
4. Envision the energy in your heart as photons of light that look like sacred geometric shapes. They include pyramids, spirals, rectangles, infinity symbols, cubes, spheres, orbs and merkabas.
5. Send out these healing codes from your heart to all those people in your life who are suffering and sacrificing because they know not what they do.
6. Those receiving the codes will do with the codes what they choose to do with the codes. They have their own contracts and agreements and will use the codes as instructed by their guides and teachers.