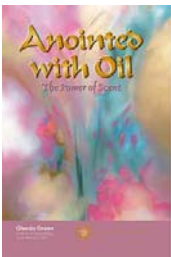


TAO of Mayan Healing 11 The Healing Session



To start a healing session the anointing with the sacred oil on the crown, 3rd eye, throat, thymus, heart, center of palm on hands and center of bottom of feet. I use the Christ scent which is a proprietary blend of seven oils that include Frankincense for transcending all negativity, Myrrh for healing a wounded heart, Sandalwood for universality, sage for wisdom and purification.¹

To anoint with oil is one of man's oldest healing techniques, and one of the most beautiful gestures of blessing and gifting. Take your time with the process and connect with the sacredness of the person.

Toning the body



Tone 1: Tone the body starting from the top of the crown chakra and move out above head as far as you can reach to stimulate the Alpha chakra.

Tone 2: Tone from the crown chakra down the front to about a foot below the root chakra to stimulate the Omega chakra.

Tone 3: Tone arm from shoulder to hand.

Tone 4: Tone other arm from shoulder to hand

Tone 5: Tone leg from hip to beyond foot

Tone 6: Tone other leg from hit to beyond foot

While you are using the chime listen for vibrancy as you move over the body. If the tone wavers or gets softer it indicates an area that needs to be cleared for activation.

It is important that you only use the six tones as the seventh that changes the energy of dissonance resides in the body and will resonate from the cells. This has been part of the Mayan teaching from the moment that the toner was provided.

The origins of the Solfuggio tones on CD that you have received with your packet are explained:

Len Horowitz in his book "Healing Codes for the Biological Apocalypse" explains: "An extremely unique series of new Bible codes, reportedly related to ancient music and the physics of creation, have been discovered by a physician from Clark Fork, Idaho. The new revelation, found in the Book of Numbers, includes a mathematical electromagnetic frequency code for "miracles" that experts say has already been shown to help repair damaged DNA - the genetic blueprint of life."

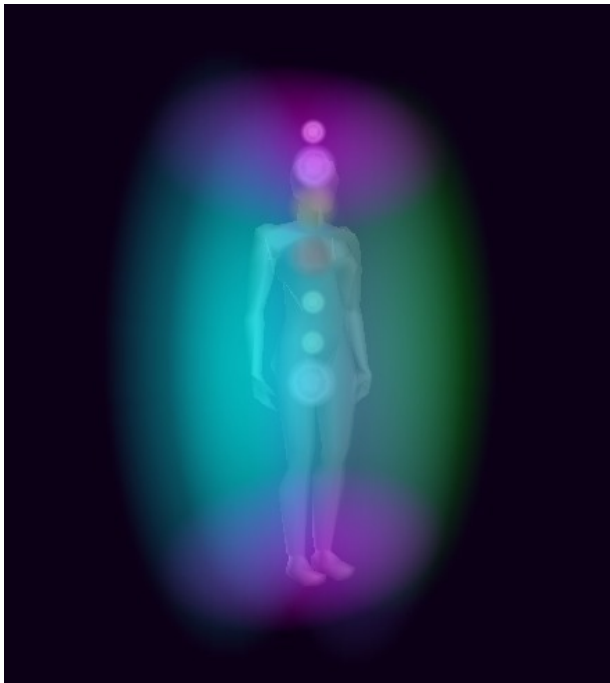
The first note, "UT quent laxis," is defined in Webster's Dictionary as "the Gamut of dramatic emotion from grief to joy," and "the whole series of recognized musical notes." It has a frequency of 396 cycles per second, and is also associated with a "magnetic field strength equal to 105 power gauss," or 100,000. The second tone, "RE" - short for "resonare fibris" or resonance - also correlates mathematically to 144,000. The third note, frequency 528,

¹ Orders can be placed through the school.

relates to the note "MI" on the scale and derives from the phrase "MI ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency used by genetic biochemists to repair damaged DNA - the genetic blueprint upon which life is based.

The tones on the recording are twelve minutes for each tone and can be used in a healing session if guided. They were provided personally as a gift to share from Len Horowitz. Since that time he signed a contract with Life Technology to make a commercial CD and allowed them to alter the original tones and add three more changing the original intent from the sacred teachings. You are welcome to make copies of the tones that are provided for you in your teaching syllabus to share with others.

The healing music that spirit provided for the sessions is Machu Picchu Impressions by Rusty Crutcher. The tape was manifested through the dimensions on one of my cross country healing journeys and I have used it ever since. The music was recorded at the sacred site. I have since found another recorded at Chaco Canyon by the same musician.



Clearing the Chakras

Start your session by telling your client to set an intent in their minds that anything which is stopping their growth can be released without seeing it or feeling it.

Stand at the head of the table positioned behind the clients head to start the session.

Raise your arms and create the funnel to ask the Healing Masters of your client and your Healing Master to enter and send the energy needed for their wellness.

Start by positioning both of your thumbs on the center of the crown chakra and the index and third fingers on the meridian above each ear in alignment with the temple. These spin points are access to the recorder/memory cells to be activated for the client to receive clear information from spirit.

The next step is to move to the side of the table that allows you the most comfort to clear the chakras. You will keep one hand on the crown chakra during the clearing of the other chakras to keep the energy flow running through the mystic channel so they can release the issues. Since the chakras can be accessed through either the front or the back this clearing is only needed once and they do not have to turn over.

Put fingers on each chakra moving them in counter-clockwise motion to start the release of issues and then just hold your finger still until you feel the pulsing of the energy pushing out of the chakra.

After the chakras are cleared you can run energy from shoulder points to center of hands. If you don't feel a flow, ask that any cell memory of loss of limbs from a former lifetime be released. If you still don't feel a flow then go back and work on the spin points listed on the next chart.

Clear the meridians in the legs if you are only doing a short session by putting your thumb on the hip spin point and your fingers on the bottom of the foot. If the person is too tall to reach both points then clear from the hip spin points to the spin points on the knees and then from the knees to the bottom of the feet.

Last run energy from shoulder points to bottom of feet. If you do not get a flow coming out of the feet after 3-5 minutes, ask that the cell memory release any issue or blockages. If you still do not feel the energy push against your thumbs you will have to go back and clear more spin points on the meridians of the legs as the energy gets stuck if the issues have not released.

If you are only doing clearing of the charkas and not any other energy work, close the session with the Polarity Balance and protection by making a triple light body cocoon for the patient to process and continue to release the remaining issues for the next three days.

This light body protection of the chi is very important to end the session.

Issues often stored in the chakras:

Crown - unworthy to connect to spirit keeps crown closed.

Third Eye- Self-doubt about spiritual growth

Throat - Communication issues and ability to stand in your own power.

Heart - Grief, Sadness and resentment issues

Solar Plexus - Anger, all emotional issues and violence.

Limitation Chakra - known as the basement for hiding all shadow side issues, abuse and violence issues.

Root Chakras - Sexual , Relationship and abuse issues.

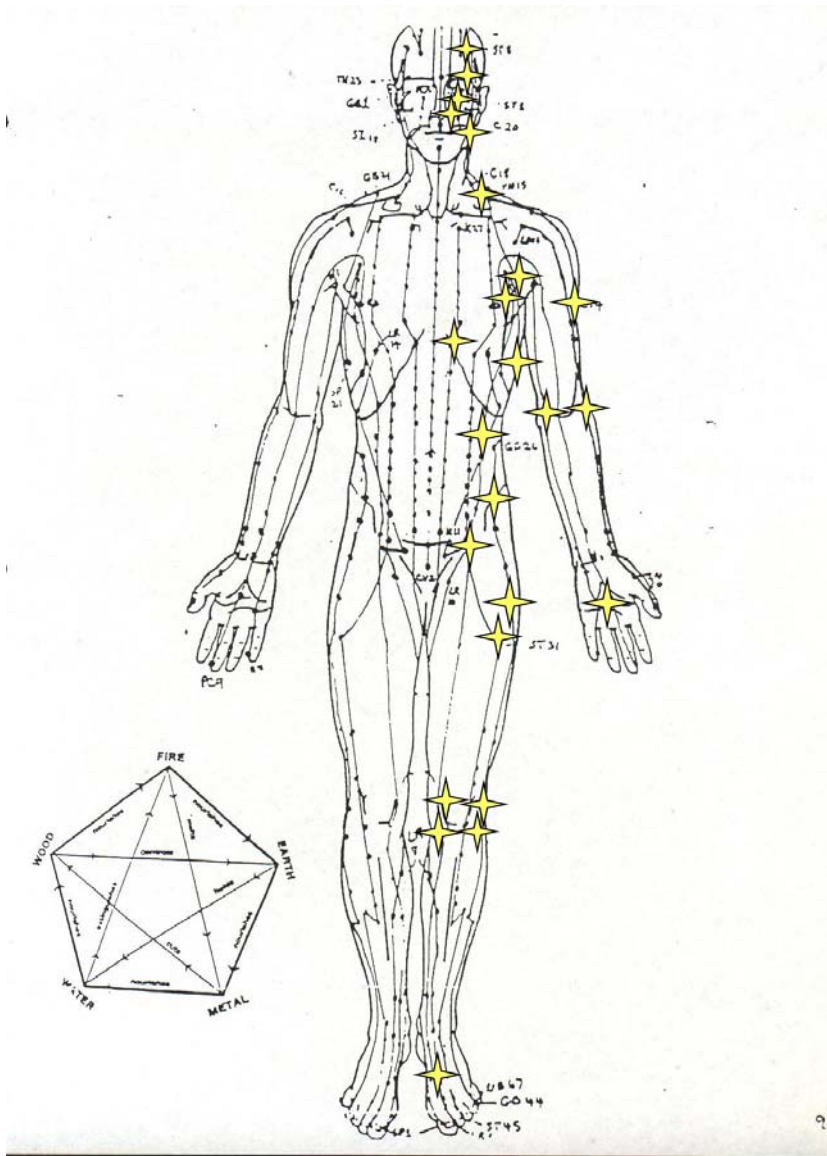
The following parts of the body also hold many issues for clearing.

Hips- Protection and committment issues

Knees- Mass Consciousness World issues

Between Knees and Ankles- Stability and security issues

Feet- Nurturing issues both giving and receiving from parents, children, mate and self



Clearing the meridians

The Maya use 50 acupressure points to mainly release pain and the issues that cause disease. The 25 shown on this side are then repeated on the other side of the body.

You will be guided by the sound of the toning if any other points are necessary to apply a gentle pressure and allow the energy to portal through your body from your crown where you receive it to the spin points.

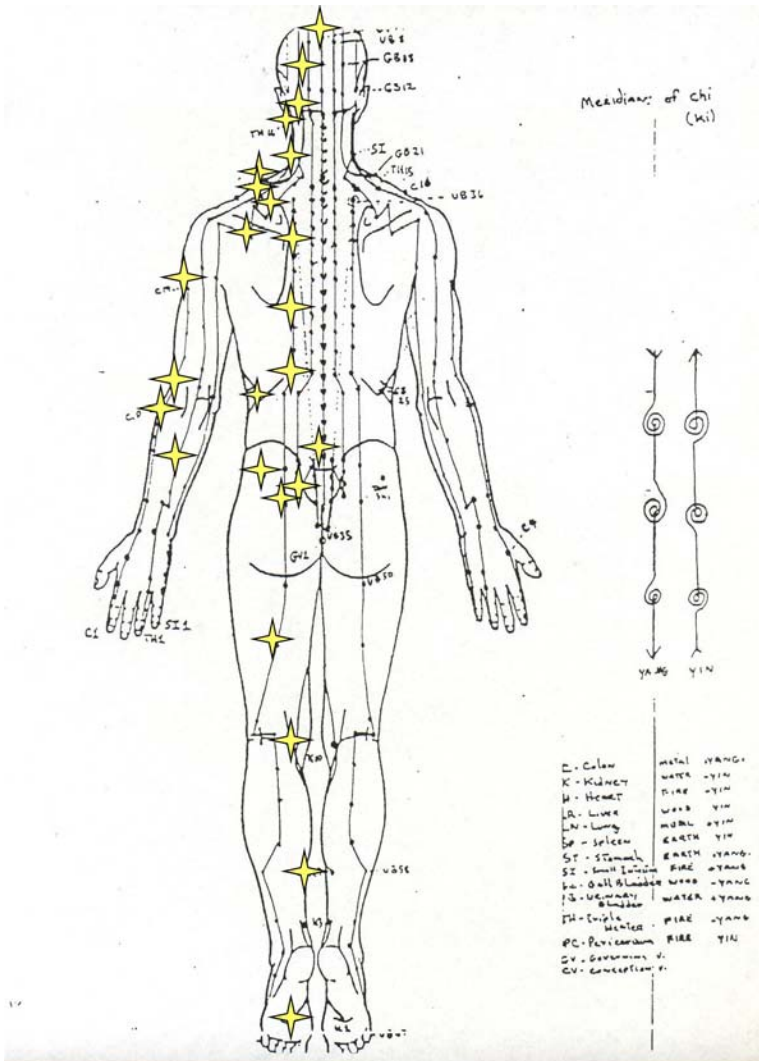
The energy can also activate the clients' meridians for growth along with the clearing of issues that cause the pain.

When finished with the session, run the

energy from the shoulders to the feet to make sure the main meridians have a good energy flow. If you are going to work on the points of the back, do not do this step until that is complete.

To do this properly put your thumbs which are neutral connectors on the shoulder points and picture two columns on light coming through you and into the clients shoulders. You will feel the intensity of the flow and when it ceases move to the clients feet. Place your thumbs on the center points of the feet and keep them in place until you feel the energy come through. It will actually bump your thumbs and feel solid when it comes all the way down to the feet.

The next chart will show the points on the back in case you have a client that is suffering back pain that cannot be accessed from the frontal points.



Clearing Meridians on Back

25 points are shown on this chart, which you also duplicate on the other side.

If pain is indicated on any of the other points, you keep working until they are all cleared.

Same instructions for closing the session apply after the back is finished.

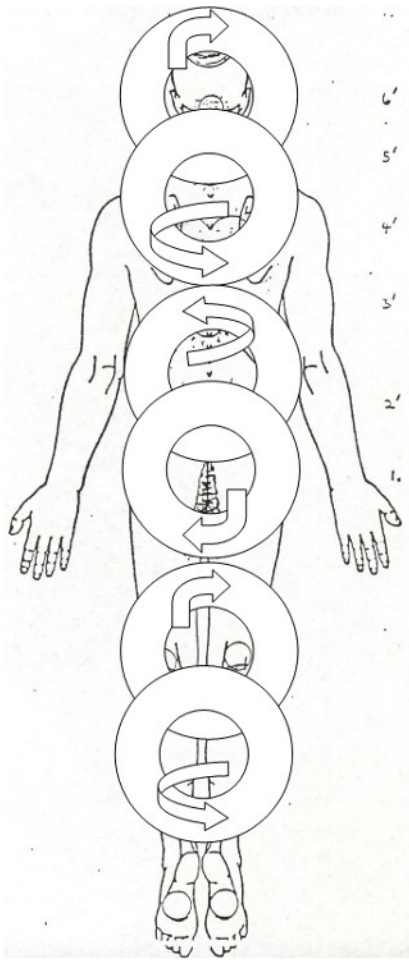
After you have finished the clearing work wipe the aura down with sweeping motions of your hands.

Roll the energy into a ball and blow it to the universe converting the release back to light.

YANG (left)
YIN (right)

Energy movement
Through meridians
Note directional
Changes at solar plexus

Notes:



Close the session with the polarity balance and protections of the light body chi.

You can start at the head or the feet area.

Circle your hands in opposite directions rapidly three times.

Move to the center over the solar plexus and move your hands rapidly in circular motions in the opposite direction three times.

Move to the head or feet and move your hands rapidly in a circular motion three times in the opposite direction.

Then take large sweeps over and under the body creating a light bubble for the client on the outer aura and keep your hands in place centered at the top of the aura while it fills with protection energy.

Pull your hands together and blow on them to separate yourself from the client.

Cross your arms over your heart chakra and bow to the healing Masters and thank them for coming.