



Steps for Astral Healing

1. Identify presenting complaint, including area of the body involved.
2. Scan the field in second and fourth level on the presenting area.
3. Complete a full chelation.
4. Return to the area of presenting complaint: clear on levels 1-3 if needed (probably just 2nd level clouds).
5. Go to 4th level and clear out mucous. If you find a solid object, a critter or entity, remove as follows:
 - A. Upwell Core Star into your hands and surround them with that light.



- B. Sink into energy field with both hands, as deeply as you can, stabilizing with your upper hand (the one toward the head) and using lower hand to gently grasp the object.
- C. Connect telepathically to the object and tell it you are here to return it to the Light. Remember it is light that has just forgotten. Wait for a response.
- D. If it feels stuck, clear more around it, run energy, surround and infuse with unconditional love.
- E. When it consents, gently remove it.
- F. Hand it to the guides. They will take it.



7. Now take any poisons or toxins that surround it. (You are still holding Core Star in your hands when you do this. If you need to recharge, do so.
8. Cauterize the wound with blue light. Completely coat the walls of the cavity where the critter or object was.
9. Fill the cavity with unconditional love (rose light).
10. Integrate on the fourth level – simply smoothing that level.
11. If you feel the need to restructure on levels 1-3, do that. This will depend on how deeply embedded the entity was.
12. Lightly chelate up the rest of the body.
13. Close as usual.



Questions

Practice

