

Self-healing Audio Guide Transcript

This guide is designed to help you to make the most of the Adonai light self-healing session.

We recommend that before you continue with this session, you first complete the journal writing introspective phase as outlined in the Subject Letter. The more seriously you take this preliminary stage, the more benefit you are likely to receive from this session.

Every physical disease, emotional or mental disturbance has a root cause. It is much more effective to treat this causal factor directly than to try to continually treat the recurring symptoms.

Once the reason for the disturbance is understood and addressed, there may be no further need for the symptoms to draw your attention.

We have found the Adonai light to be of particular use when it comes to identifying these causal factors and aiding in the resolution of the core problem.

It is advisable to set yourself at least half an hour for this self-healing session. You will require somewhere quiet where you will not be disturbed and with a place to sit or lie down comfortably.

Start by referring back to your journal and choosing one specific issue which you would like to explore today. Write this issue on a separate piece of paper. Fold this paper and place it somewhere on your person (e.g. in a pocket) so that your hands are free.

Now stand with your feet together and with your arms resting at your sides.

Take several slow, fairly deep breaths, without straining, in through your nose and out through your mouth. With each exhale, allow yourself to become more relaxed and settled.

*Now, using your right hand, gently touch the top of your head with your index finger, now move your finger down to your left temple and as you do so, imagine that a thread of pure white light follows the movement of your finger. Touch your left temple gently and again imagine the thread of white light following your finger as you now touch your right temple. Repeat this as your finger moves down to touch the centre of your solar plexus and then points down towards your feet. If you find it difficult to visualise this white light, don't worry, just **know** that it is there, connecting these locations.*

Stand up straight again, and position your hands so that they are level with your hips with your palms facing upwards in a relaxed position.

Repeat these words either out loud or in your mind:

“Adonai light, descend upon me and aid in my self-healing process!”

If you are able, visualise a cloud of rainbow-hued light swirling around you from left to right in front of you and from right to left behind you. If this is not possible, simply know that it is there, ready to help you with your self-healing.

With this cloud of rainbow light encircling you, take a moment to calm your mind. Bring to mind your intention for this session. Allow this intention to grow stronger with each breath you take. Imagine that you are free of the issue written on the piece of paper. How does that make you feel? What is it like to live without this issue, to have transformed it into a positive quality? How is your life different as a result? Allow this thought to grow more and more positive and pure with each breath and when you feel ready, push it outwards into the cloud of rainbow light surrounding you. Know that the light has absorbed this desire and will work with you to make it become a reality.

Now, with the Adonai light still swirling around you, sit or lie down.

Allow each part of your body to relax. From your feet to your head, with each exhalation, allow any stress or tension to simply drain away, to evaporate.

Now turn your attention to your feelings. Notice any emotions. How do you feel right now? Try not to judge yourself or to change your emotional state, just note your emotions, observe them and allow them to come and go.

Now turn your attention to your thoughts. Observe them and allow them to pass by without getting caught up in them. As you stay focussed on my voice, your thoughts pass by unhindered.

It is easy now to allow the mental, emotional and physical aspects of yourself to draw whatever they need to heal from the rainbow light. Trust that they will take what they require from the light. You may find that you can visualise the Adonai light being drawn in through your thoughts, into your emotions and then into your physical body.

Allow the light to spread out evenly through all aspects of yourself and aid in the healing process.

Take five minutes (or you may pause the recording at this point for a longer period of time), to simply let the light go to work. Note any insights which may arise concerning your issue. Stay focussed on this issue and how you can resolve it, but also you remain relaxed and open to any thoughts or sensations which may arise.

[5 minute pause]

Now allow the Adonai light to dissipate and slowly open your eyes when you feel ready. Make only small movements at first. Slowly move your hands, and the muscles in your face. Imagine that there are roots growing from the palms of your hands, the bottom of your feet and the base of your spine. Any unwanted or excess energy flows deep into the earth through these roots.

Take some time now to note down any specifics which you remember from this session, even if it seems insignificant right now, it is worth noting.

We recommend that you only use this recording for as long as it takes you to memorise the sequence of events. Once you have the hang of it, you will no longer require the recording and may wish to experiment with the process to see what suits you best.

Good luck in your future self-healing sessions!

Self-healing Summary Card

- ✓ Choose specific issue to be worked on.
- ✓ Write issue on piece of paper and place on person.
- ✓ Stand upright, feet together.
- ✓ Take several deep breaths and relax.
- ✓ Touch top of head with index finger of right hand.
- ✓ Touch left temple – imagine thread of white light.
- ✓ Touch right temple – imagine thread of white light.
- ✓ Touch solar plexus – imagine thread of white light.
- ✓ Point to ground (under feet) – project thread of white light.
- ✓ Hands level with hips, palms facing upwards.
- ✓ ***“Adonai light, descend upon me and aid in my self-healing process!”***
- ✓ Cloud of rainbow-hued light circling you – left to right in front and right to left behind.
- ✓ Settle mind.
- ✓ Bring your intention to mind and allow it to grow.
- ✓ Project intention into cloud of light.
- ✓ Sit or lie down.
- ✓ Systematic relaxation of parts of physical body.
- ✓ Observation of emotional state.
- ✓ Observation of thoughts.
- ✓ Allow Adonai light to heal you.
- ✓ Stay focussed on issue at hand and allow any insights to arise.
- ✓ When ready, imagine roots growing from palms of hands, soles of feet and base of spine and excess energy draining into the earth.
- ✓ Note down any impressions, insights, ideas in your journal straight away.