

Deep Access and Clearing of the Lower Bodies

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum in the center of the heart chakra using the Connecting to the Inner Altar of the Heart meditation (www.councilofone.org).
3. Invoke the healing tools in the center of the Threefold Flame using the Entering the Healing Space technique.
4. Starting with the Love Flame, representing the emotional body, bring it up on the screen in front of you. Look for anything that looks blocked, or sticky.
5. Using your “controls”, or simply your will, apply energy to the blocked areas to clear them. You might use the Silver Ray of Grace and the Violet Flame of Transmutation to help if it seems stuck. You might tap into it before clearing it to see what it is, but only if you feel guided to do so. You don't want to get caught up in too much processing. You might see or sense density, stickiness, or blockages. In the emotional body, you might see karmic matrix.
6. When you feel complete with the emotional body, repeat the process on the mental body.
7. When you feel complete with the mental body, repeat the process on the physical body.
8. When you have done all you wish to do or can do, allow your consciousness to come back into the room.