

Frequency Expulsion Technique

This technique is for expelling unfriendly viruses, bacteria, fungi and parasites from your body. It is best done several times daily for an active infection. It can be used daily when you are not sick as a preventative measure, as well. It works on man-made organisms as well as natural ones—in fact, weaponized/laboratory-created microorganisms (such as Lyme spirochetes and the XMRV retroviruses implicated in chronic Lyme, Chronic Fatigue Syndrome, and many other related disorders) are especially vulnerable to this technique, as they do not possess the robustness associated with natural organisms.

PLEASE NOTE: If you have a heavy load of these organisms, it is almost certain that you will experience what is called a Herxheimer Reaction, where you feel ill and toxic as the dead and dying microorganisms exit your body. The intensity and duration of the effect depends on many factors, such as genetics, environmental disturbances, microorganism “load”, and length of dormant and active infection.

1) ***Unify your fields*** via the Unified Field Meditation. **This is important—do NOT skip this step!** If you do this technique on fields that have not been unified, the frequency intensity can damage your etheric fields.

2) ***Visualize a single cell*** in your body. It doesn't have to be any particular type of cell—any type will do. Find a picture of a cell in a textbook or on the net to help you with this step if necessary.

3) ***Call up light throughout the cell***, requesting a frequency that is harmonious for your body and fields but damaging to unfriendly microorganisms.

4) When you feel this cell is vibrating at this frequency, ***spread the light*** through every surrounding cell until you feel it perfuse your entire body. Some people imagine it like slow honey pouring through them, while others see an instantaneous quantum reaction. You may feel your body tingle or flush while doing this, or go through sudden switches between feeling hot and cold.

5) ***Call upon the Silver Ray—Grace Elohim—and the Violet Ray of Transmutation*** to course through your body from your head to your toes. This will help “flush” out the dead and dying microorganisms with minimal Herxheimer effect, though it may not be able to prevent it completely if the infection is well-entrenched.

Council of One
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