

Tools for These Times

March 26, 2020

During this challenging time of the global pandemic of the SARS-CoV-2 virus and the resulting COVID-19 illness, it is natural for us to feel fearful and stressed. There is a lot of uncertainty about what this pandemic will mean for the physical and economic well-being of ourselves and our loved ones.

It's important to keep constant contact with our essence and guides at all times, but especially right now. The Unified Field, the Essence Breath (found in the Expanding Our Capacity technique), Grounding into Spirit, and the Transpersonal Spiral are all excellent tools for this. The Frequency Expulsion is also very good for helping to clear our bodies of unfriendly microbes—viruses, bacteria, fungi and parasites. But it takes several minutes to do this technique correctly.

There is a faster way to clear ourselves—the Purity Blast.

Many of my clients are already quite familiar with the Purity Blast from information given in our sessions. However, I have been reluctant to post this technique on the website because it requires some familiarity and ease with the Unified Field to be effective and useful. But I think it's important for people to start using this as something that will help when we must go out of isolation to conduct crucial business, such as shopping for food, going to the bank, etc.

DISCLAIMER: None of the following is meant to substitute for using utmost care to follow the advice of medical experts and our local political leaders to socially distance, stay at home as much as possible, and wash our hands frequently. None of these measures, or the techniques I am about to give here, will offer complete protection from this coronavirus or any other illness. Instead, I offer them to you as an extra layer of frequency protection for our bodies and fields, with the full understanding that it is still a risk to mingle in groups and go out more than necessary. While it is all but certain that many of us will be exposed to SARS-CoV-2 in the coming months, it is best to postpone our inevitable exposure for as long as possible, to “flatten the curve” of hospitalizations for severe cases, as well as to prevent spreading the illness to others.

But as a reminder, these critical and fatal cases are only going to be a TINY fraction of total infections. For many of us, there will be few or no symptoms, mild illness, or severe illness that we can nevertheless weather at home. We are more at risk for a critical response if we have preexisting conditions, compromised immune systems, or are older than 60, but there is still every chance that each of you reading this document will survive a bout with SARS-CoV-2.

So close your eyes, take a deep breath... and relax.

Breathe in light, breathe out fear.

We *will* get through this ... together.

SUGGESTED DAILY PROTOCOL

- Purity Mesh (Daily, Renew Each Morning)
- Purity Blasts (Frequently, Repeatedly During the Day and Night)
- Purity Cyclone (As Needed, Cleaning a Space)
- Calming Our Instinctive Centers (As Needed)

PURITY BLAST

This is basically a very fast version of the Frequency Expulsion Technique already given on the website.

Divine Purity looks to me like a white light with a touch of blue, like an arctic ice floe on the ocean with translucent blue shining through. Kinesthetically, it can feel cold. Purity commands: “Anything that doesn’t belong here, get out of here.” It is helpful in clearing our bodies and fields of other people’s energy, old energy of ours that is hanging around, and unfriendly non-commensal microbes—viruses, bacteria, fungi, and parasites. These organisms find the intensity and frequency intolerable and try to get away from it because they can be destroyed by it if they linger.

Ultraviolet looks to my eyes like a purple so dark it’s almost black. Kinesthetically, it can feel hot. It transmutes energy, just like its cousin the violet ray. But while the violet ray transmutes energy and then releases it around us to be used for whatever the universe wants, the ultraviolet converts the cleared material to neutral energy that essence can reclaim to use for its own purposes. In effect, it “recycles” the cleared energy. It’s also energy on a bandwidth that microbes cannot tolerate well.

When we ask for a Purity Blast from the Council, our essence and/or our healing guides, they will send three cycles of Purity and Ultraviolet into our bodies and fields in very quick succession. To my eyes, it looks like the strobe lights of a disco, or a camera or lightning flash. Light-dark, light-dark, light-dark. Or kinesthetically, cold-hot, cold-hot, cold-hot.

Please be aware that the more you do this exercise, the more used to it your bodies and fields will get, so if you initially feel sensations when you call on the Purity Blasts but then stop feeling anything, it doesn’t mean that it isn’t coming or isn’t effective. You’ve just grown accustomed to the sensations and your body doesn’t even register it as unusual anymore. This is true of any of the techniques, by the way.

IF YOU ARE ALREADY FEELING SICK: It’s not too late to use the Purity Blasts! Keep hitting yourself with these Purity Blasts, only do them as frequently as you are able. I’ve often found that using the blasts relentlessly when I’m just feeling like I might be coming down with something prevents

me from going into the full illness. If I still fall ill, I've found that continual use of the Purity Blasts lessens the severity and shortens the duration of the illness.

1. Unify your fields, or make sure your unified field is solid. If you've practiced the Unified Field enough, this should simply be a matter of a moment of concentration or intent. If your fields are not unified, your guides will not send the Purity Blast. Only a unified field can safely handle the intensity of this blast of energy.
2. Request of your healing guides that they send a Purity Blast through your fields. This will be three cycles of Purity and Ultraviolet, rapidly, one after the other. Please stand still for at least 20-30 seconds so your guides don't have to chase you!
3. In short: Unify and Purify!

And that's it. Keep doing this throughout the day, as often as you like. Especially use it often and relentlessly when you are out in public, or around others. I continually cycle it through my fields whenever I'm out, using the back of my mind to focus on calling it down while I'm doing other things. It takes practice to have this split focus, but it's rewarding to cultivate the skill.

PURITY MESH

The Purity Mesh is an extra layer of protection to be used IN ADDITION to, not as a replacement for, the Purity Blasts you use during the day. Because it is skin-tight, you don't have to worry about it being displaced by exposure to cellphone and wireless radiation as you would other augmentations to your field. Still, it's best to renew the Purity Mesh every day, preferably in the morning when you wake up. Any energy structure attenuates when our attention and intention wanes, so it needs to be replaced daily even though it will stay on throughout the day without you having to maintain it.

This will create a skin-tight mesh from head-to-sole of your foot, covering especially your eyes, ears, nose and mouth. It will penetrate the top layers of skin and some millimeters outside your skin. It will alternate pulses of Purity and Ultraviolet, but at a much gentler rate than the Purity Blasts. It is meant to be another line of defense for any energy or microbes that aren't dealt with by intermittent Purity Blasts.

- Unify your fields.
- Request of your guides and/or the Council that they place a Purity Mesh around your body, covering you completely. Stay still for 20-30 seconds so your guides don't have to chase you around.

PURITY CYCLONE

This is a method for clearing a space of other people's energy, old energy of yours, and unfriendly microbes. It is suggested that you use this in your living space, in your car, and through any place you are visiting before you enter it, such as a store, an airport, or someone else's house.

It's very exhilarating! If it hits you or anyone in the space, it will not harm anything. It might feel tingly, like a "goose walked over my grave."

- Close your eyes and visualize the space in question.
- Request of your guides that they sweep a Purity Cyclone through the space. This looks to my eyes like a swirling tornado of strobe lights sweeping through and around the space, floor to ceiling. Don't forget the corners of the rooms!

CALMING THE INSTINCTIVE CENTER

We all have instinctive center wiring in our base chakras that connect us to Species Central for the human/hominid species (the deva of our physical bodies). It looks like an expanding upward spiral wire, like a wireframe of the form of a tornado, starting at the bottom of our base chakras and extending all the way to the top. Humans are a very social species, so this wiring is very susceptible to responding to any changes in the instinctive centers of the humans around us. So if the people around us are fearful for their survival, as they are during times like these, that fear and panic spreads to us through this instinctive center wiring.

When our instinctive centers are triggered, it causes our adrenals to release cortisol and adrenaline in the fight, flight or freeze response. While this is helpful if we are facing a sudden threat, to get us to act to avoid it, for the most part it just stresses us unnecessarily and causes us to move into the lower vibrations of fear so that we can no longer feel our spirits. Therefore, it is useful to learn how to calm down this wiring when it is activated. When this happens, that wire in the base chakra will start vibrating, like a tuning fork that has been struck.

- Visualize the spiral wire in the base chakra, extending from the bottom to the top of this spherical structure.
- Visualize a cylinder of turquoise light (or your own fist, saturated with Turquoise Ray, if you like) surrounding this wiring and squeezing gently.
- Hold the squeeze until you feel or sense the wire's vibration stilling. This is analogous to holding a vibrating tuning fork in your hand to still it.
- Release and check in to be sure it has gone quiet. If not, repeat as necessary. If it's very activated, it may take several iterations of this to completely still.

Repeat as necessary throughout the day, to calm it down. Note that you don't have to be in close proximity to other people for your instinctive center to become triggered in this way. Through the morphogenetic field (q.v. Rupert Sheldrake's work), our instinctive centers can be activated from a distance. We especially want to keep our instinctive centers calm when we are in grocery stores these days, as there is a fair amount of "panic-buying" going on right now, and most people there are likely to be stressed and fearful.

Remember also to use the Techniques for Empaths (in the Techniques section of the www.councilofone.org website) frequently, as there are so many people in a state of fear and even panic these days, you don't want to be stressed by other people's energy in addition to whatever you yourself are going through.

Let us take a moment every day to be grateful for our families, our continued good health, and for the work and sacrifice of our brothers and sisters working in the medical fields. And let us also remember that people working at grocery stores, pharmacies, banks, and other "essential services" are also under a great deal of stress and are risking their health to help us, so let's cultivate kindness and patience towards everyone.

We can also use the Walking in Grace meditation (in the Techniques section of the website), and add the energy of Divine Peace to it, so that wherever we go, we radiate Divine Grace and Divine Peace, saturating ourselves with it and sharing it with everyone around us. As older souls, we can be the "oil on troubled waters" that calms those around us who are scared and panicky. Divine Peace looks to my eyes like the color of the inside of an abalone shell—nacreous silver shot with streaks of blue, green, pink, and violet.

COUNCIL OF ONE

Susannah Redelfs

www.councilofone.org

Atascadero, CA

(707) 774-5800 Cell/Text/WhatsApp, susannah.redelfs (Skype)

susannahredelfs@gmail.com