

Self-healing technique with energy balls

On the occasion of a 6-hour QHHT session on July 5, 2023, a self-healing technique was transmitted to me by my "Higher Self", which I am pleased to present here.

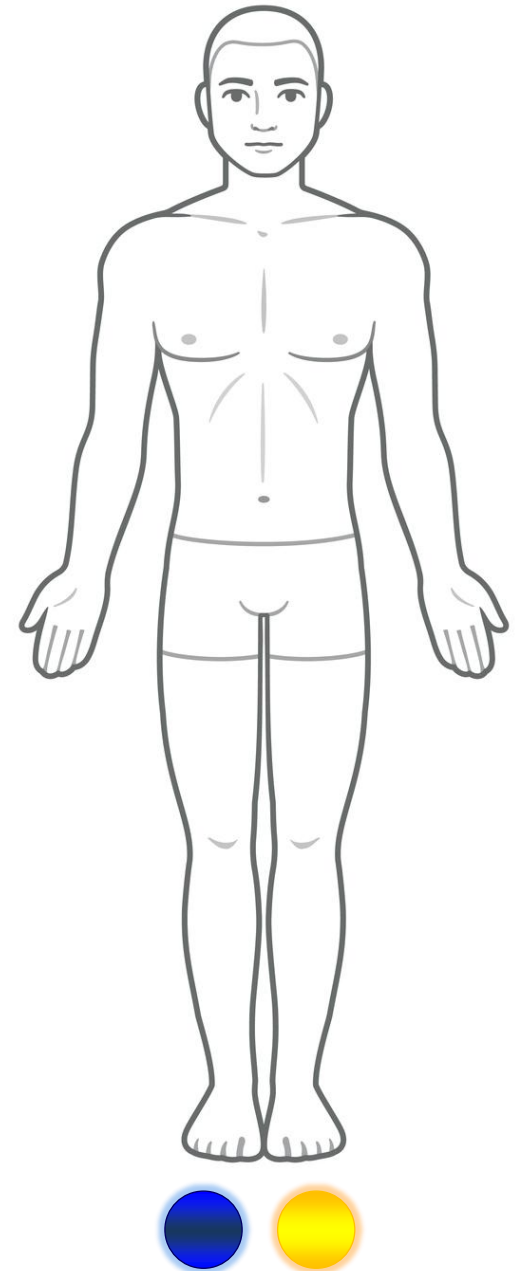
I was told that this self-healing technique was not only for me, but that I was also allowed to transmit it to other people.

On the following pages I will explain to you how you can use this technique for your personal well-being.

All you need is a little (or a lot) of imagination.

May this technique help you to dissolve smaller or bigger health problems.

Best regards, Marco-Raffaello



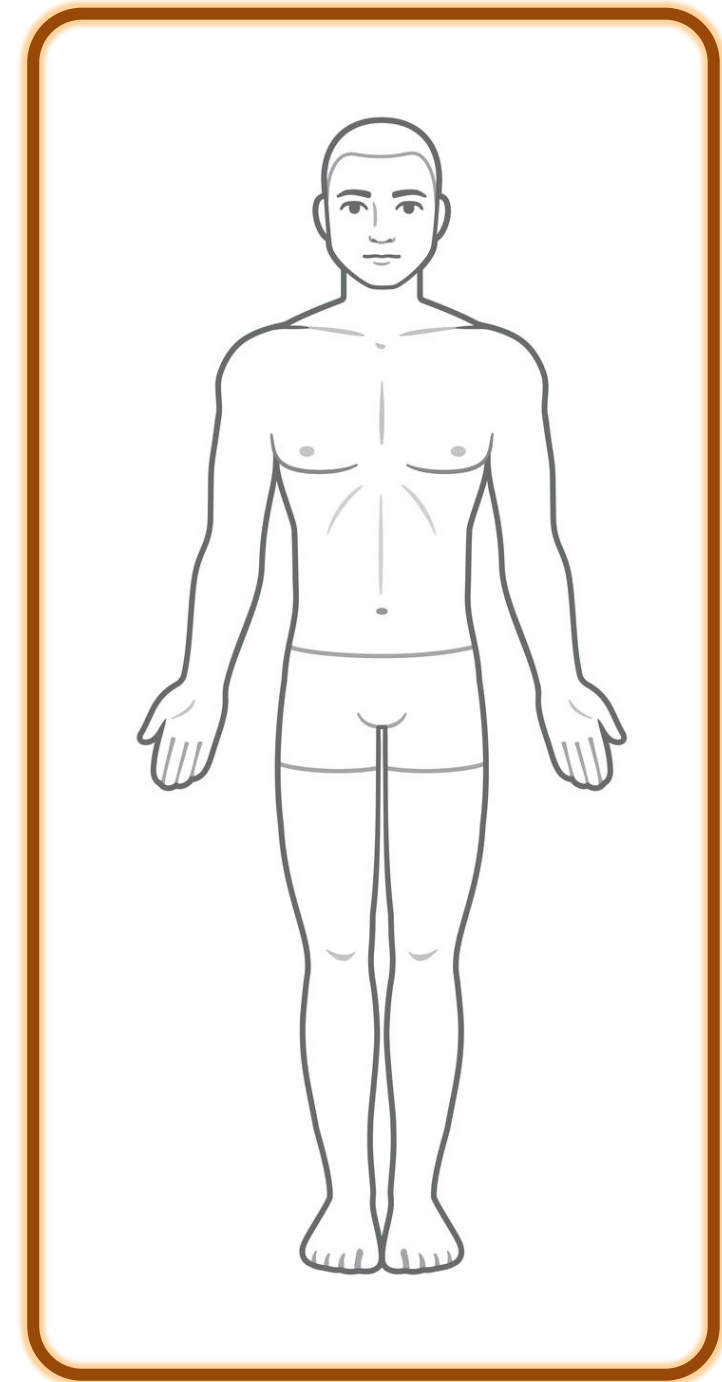
Preparation

Choose a place in your apartment where you feel undisturbed.

Turn off your cell phone, because you don't need it.

Drink a relatively large glass of fresh water, which should not be too cold ... and then lie down on your back.

Relax ... because soon a beautiful "journey" will begin.

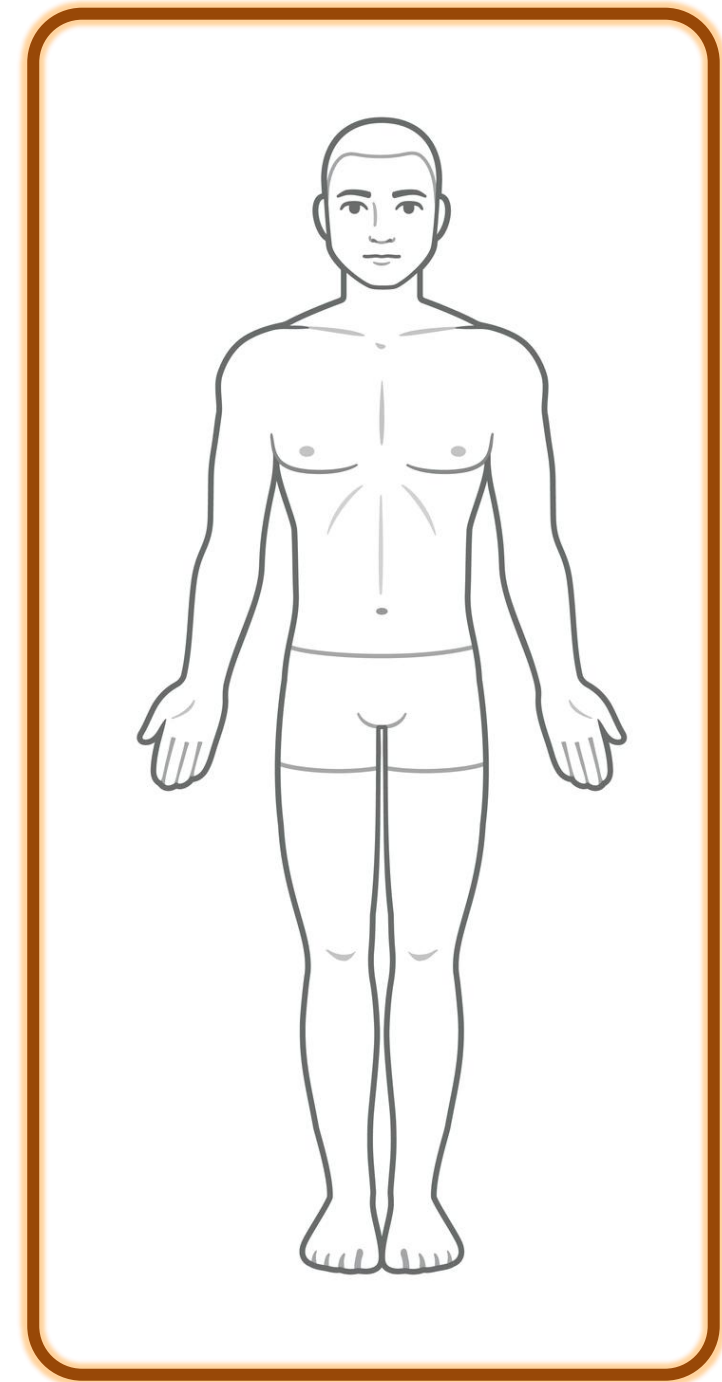


Preparation for Visualization * Part 1

Before you start visualizing the self-healing technique, I would like to remove your fear in case you think that you are not able to visualize.

So let's take a small example:

Close your eyes and imagine that about 1 meter in front of your field of vision a watermelon "appears" floating in the air in front of you.



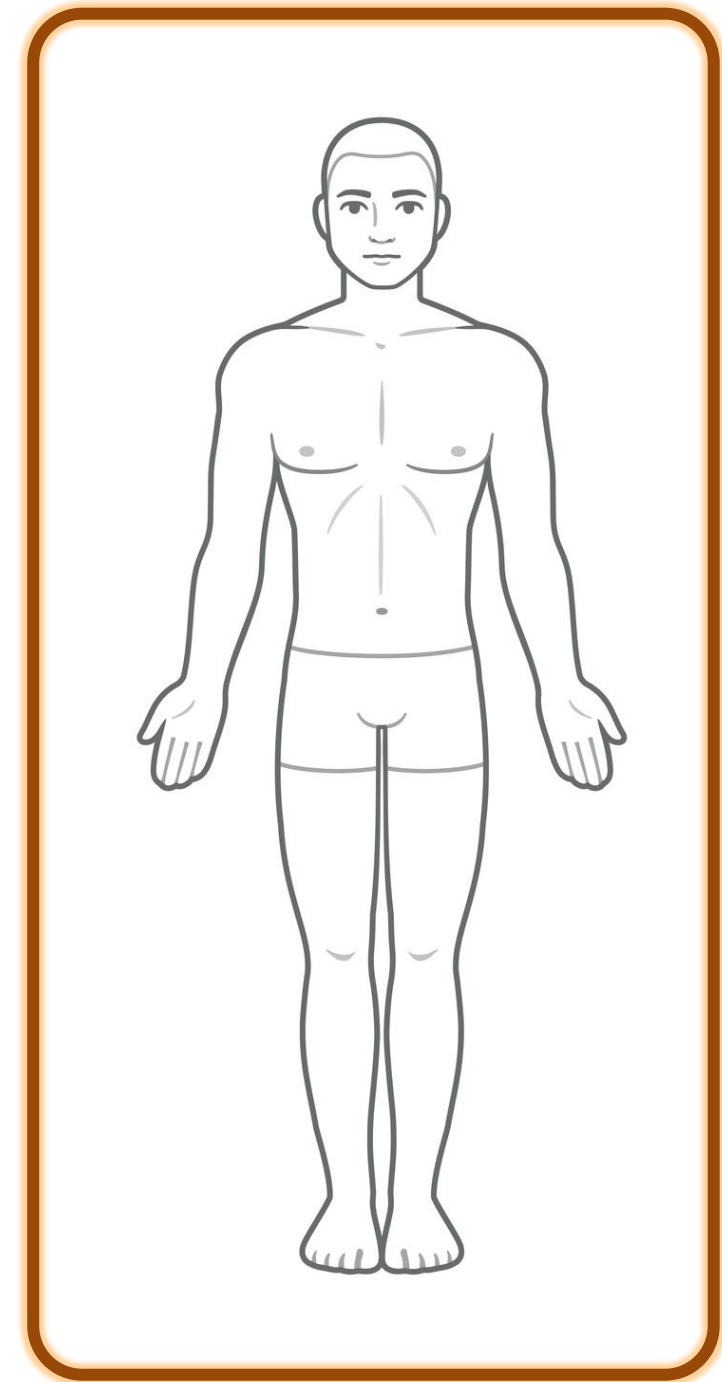
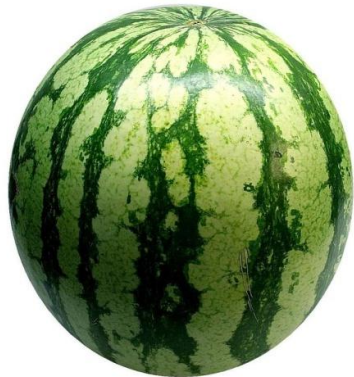
Preparation for Visualization * Part 2

I am very sure that this will not cause you any problem ;-) Take a good look at this watermelon.

Imagine that you take it in your hands and "sense" how it feels to hold this watermelon in your hands.

If you have ever touched a watermelon in your life, it will be easy for you to "feel" it now.

Now rotate it with your hands so that you can look at it from all sides.



Preparation for Visualization * Part 3

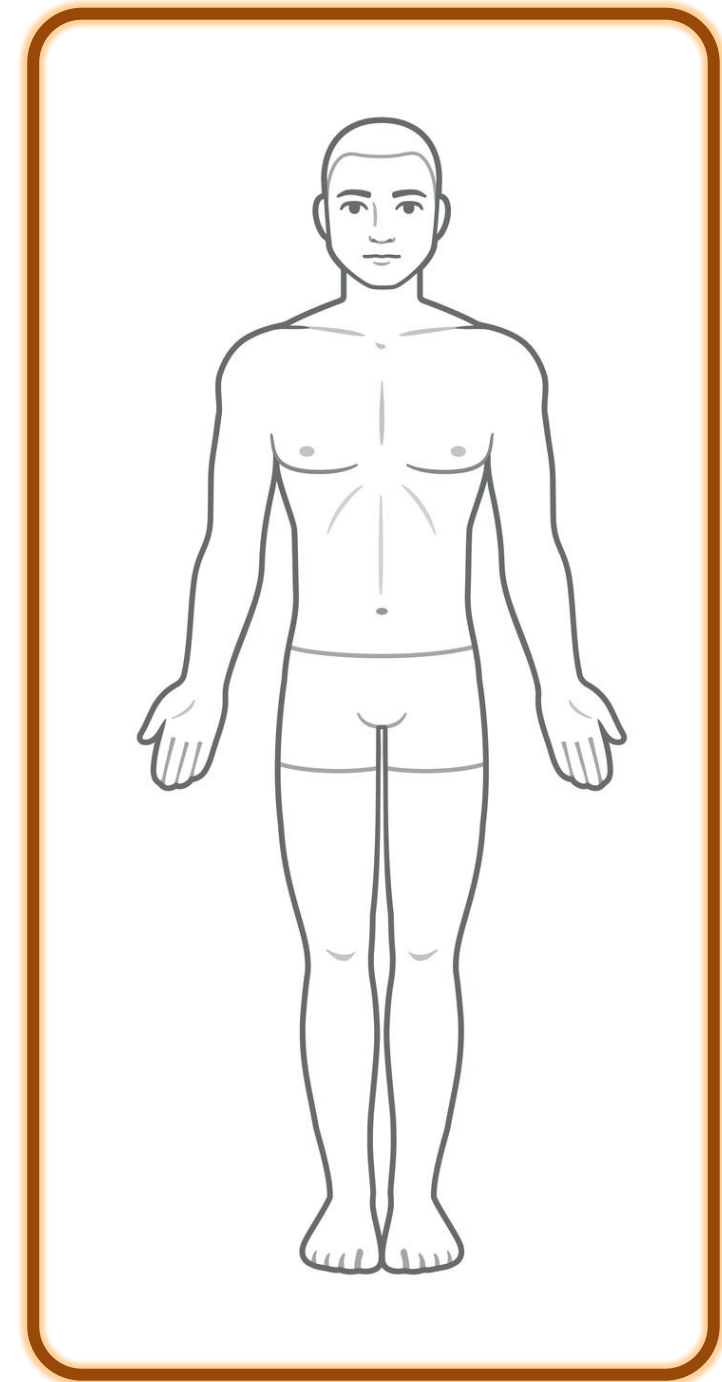
Feel its weight. Maybe you even smell the scent.
Doesn't matter ;-)

Now move the watermelon about one meter in front of
your field of vision and let it float in the air again.



Now take a big knife and cut the watermelon into two
pieces. Don't think about it, just do it.

The picture that now presents itself to you probably
looks like the one described on the next page.



Preparation for Visualization * Part 4

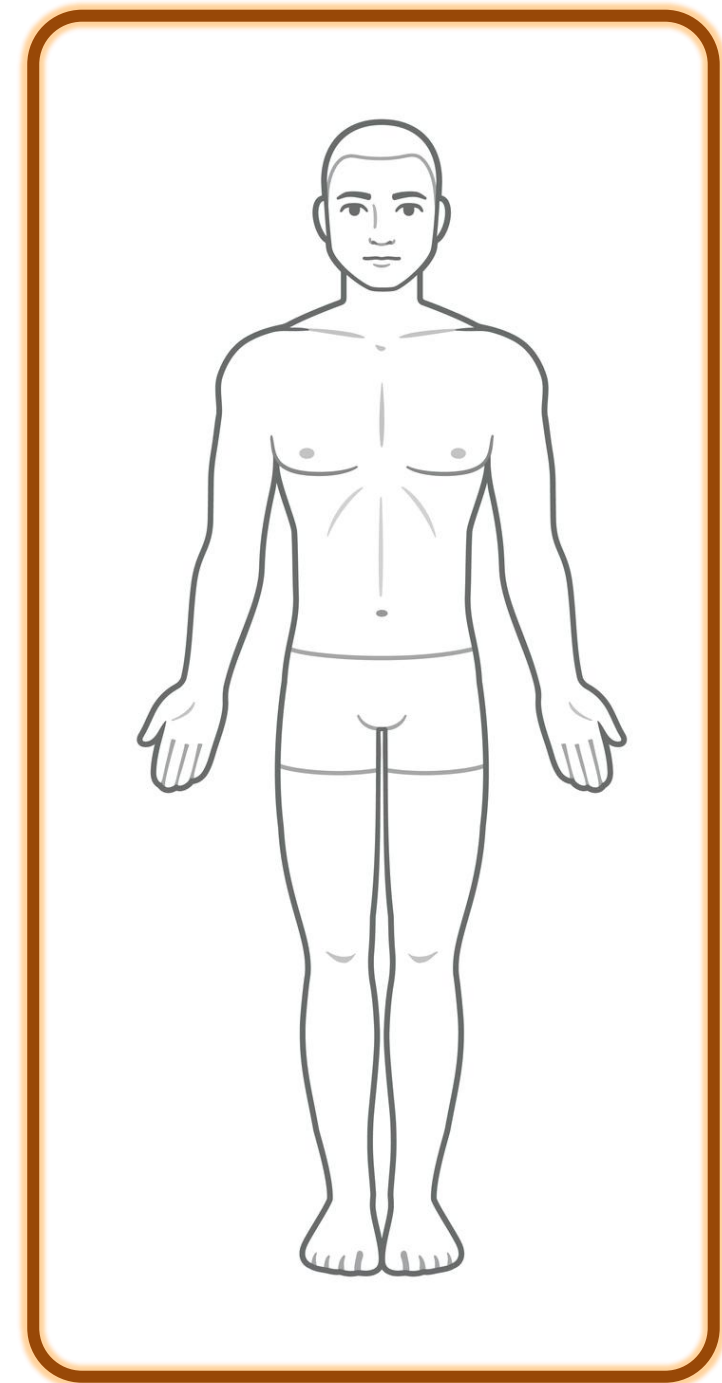


You may well even see the little dark seeds that are inside ... and you may even see drops forming and falling down.

Easy. Visualization is that easy ;-)

Are you ready for the visualization of the self-healing technique ?

Good. Let's go !



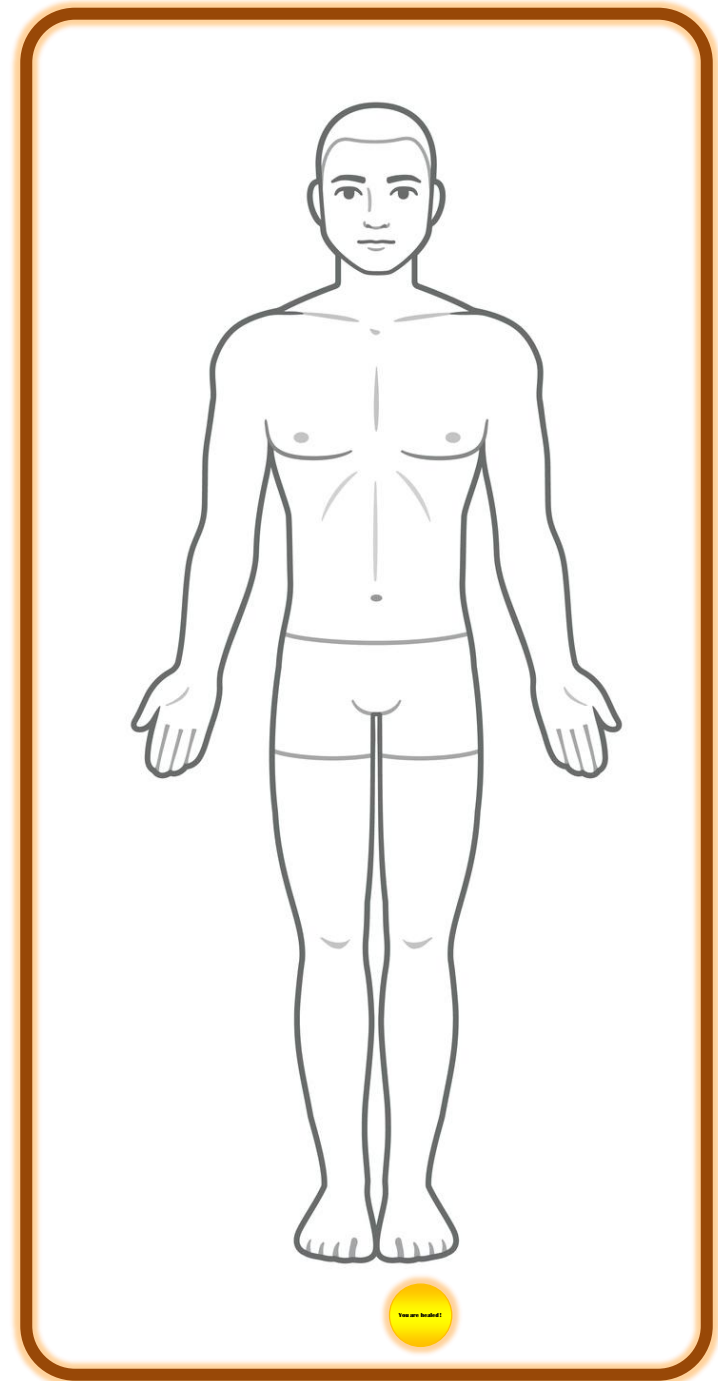
Visualization * Part 1

Relax, close your eyes. If you think that your hands are now full of watermelon juice ... all the better ;-)))

Now imagine a shiny, gold-colored sphere, which is located near the sole of your left foot. This sphere is about the size of an orange.

Inside this sphere is the following affirmation:

You are healed !

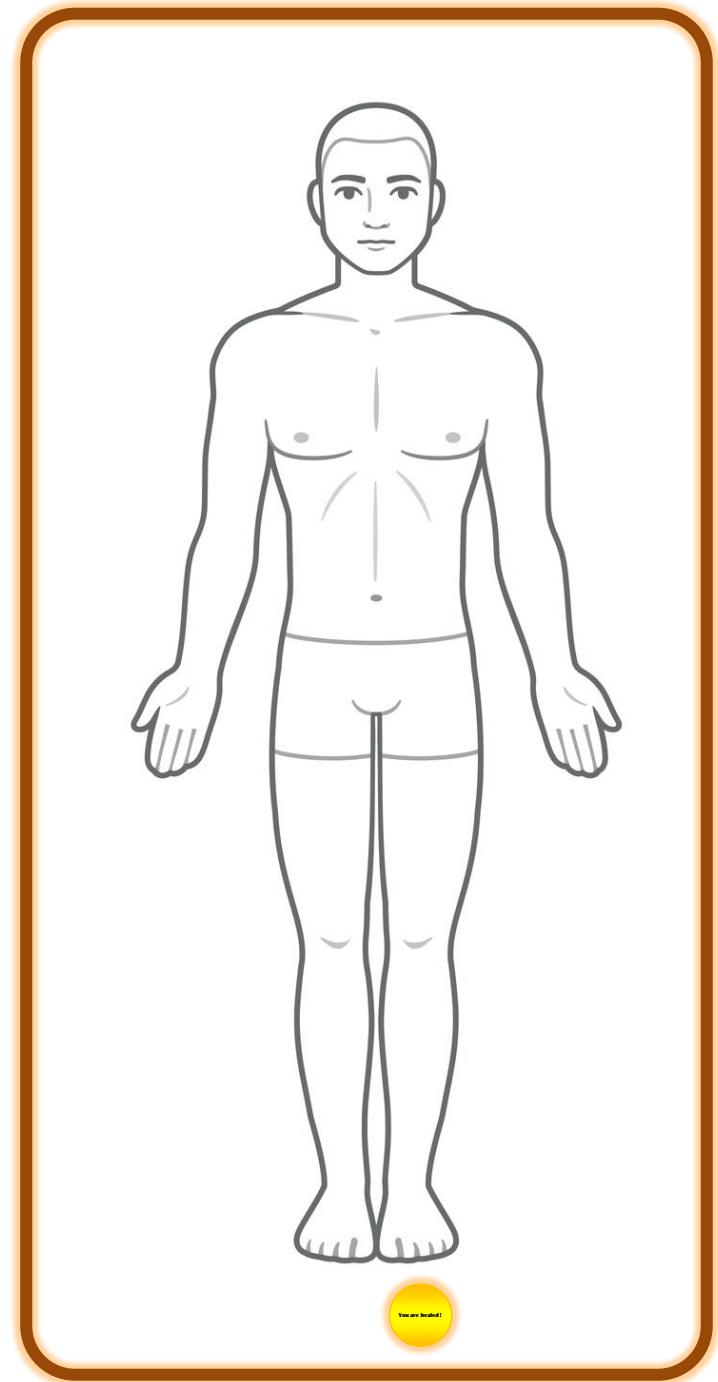


Visualization * Part 2

Now think only of the golden sphere that is below the sole of your left foot. Take a deep breath and now "suck" the sphere through your **left** foot and let it travel through your entire **left** body part until it reaches the top of your head.

The "wandering" of the sphere from the sole of the left foot to the top of the head takes perhaps five to seven seconds. You can of course allow yourself a little more time if you feel like it.

Once the sphere has reached the top of your head, you change its color to indigo blue, and as you exhale, you now let this blue sphere travel down through your right body part until it is outside the right sole of your foot.



Now let the sphere move upwards.

Breathe in slowly as you do so.

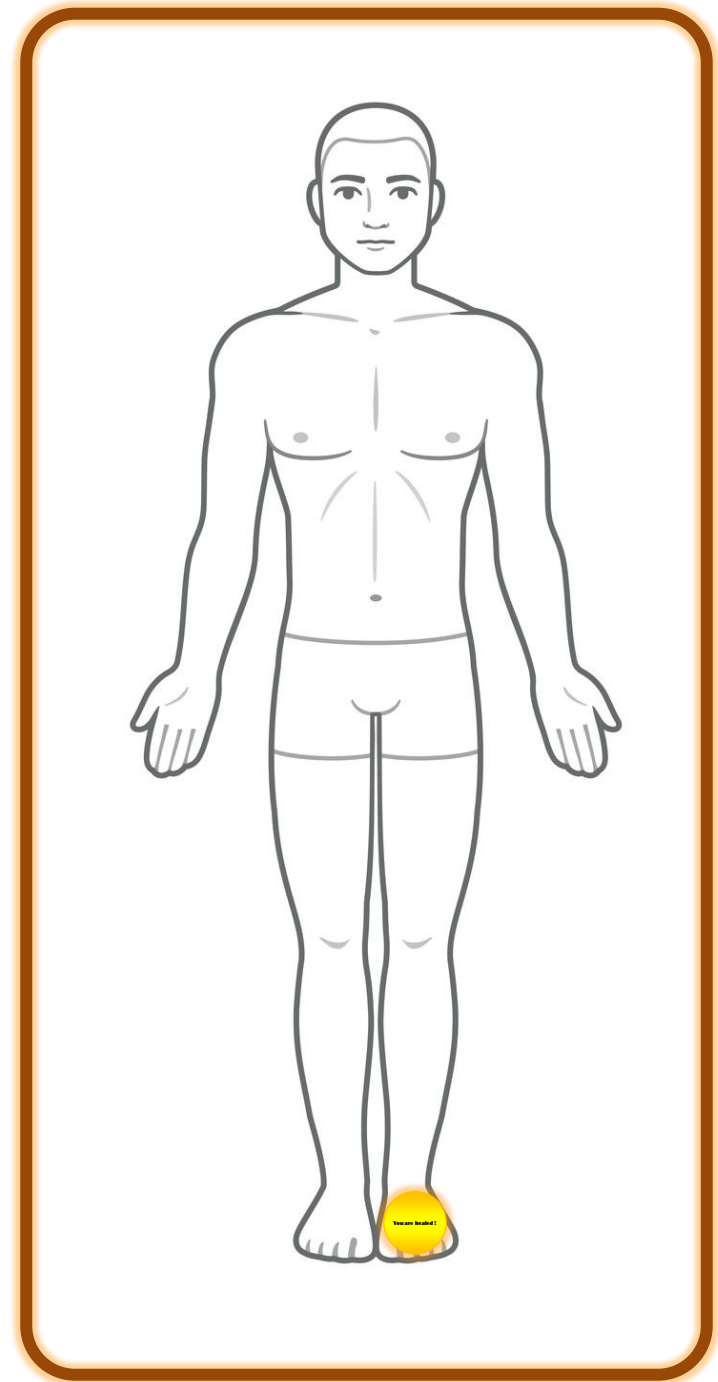
* * *

The sphere is "electrically" charged and shoots small sparks that spread wherever it is.

* * *

If the visualization with the sparks gives you a bit of trouble at the beginning: just don't stress !!!!

Skill comes with practice ;-))



Now let the sphere continue to move upwards.

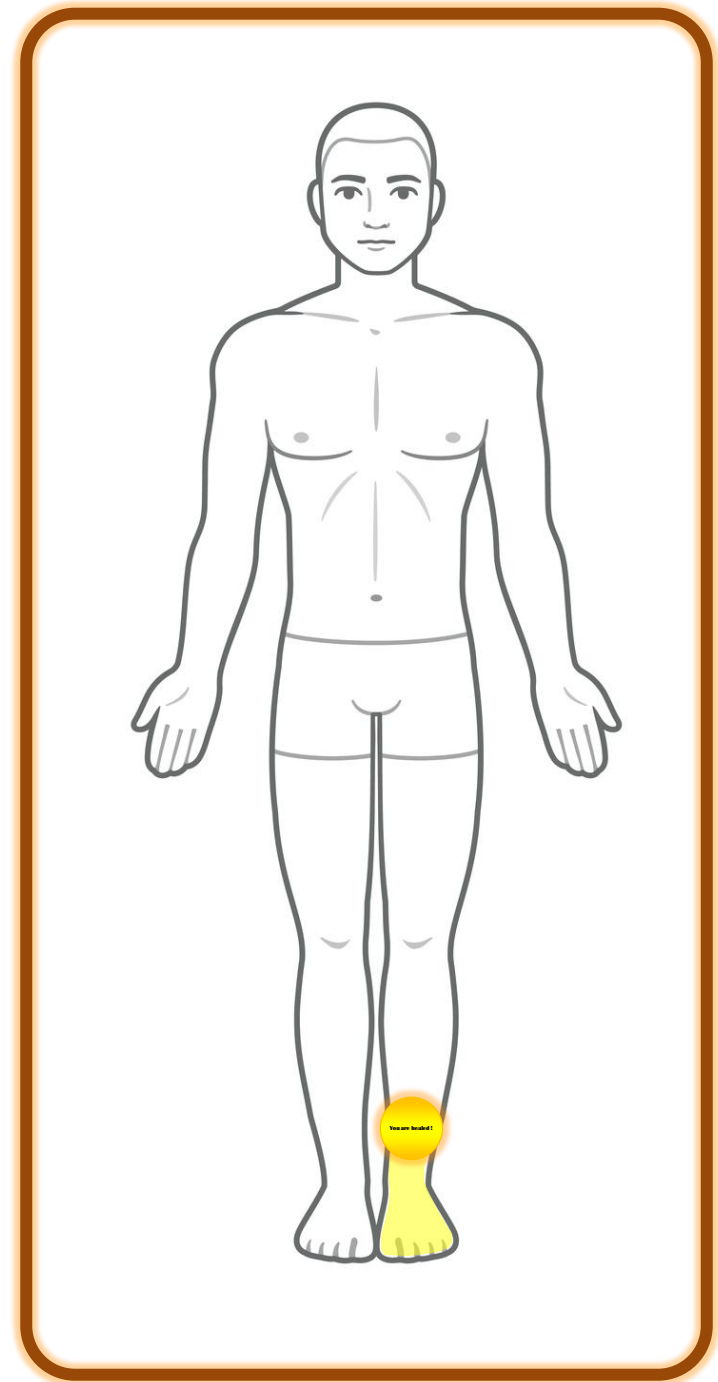
While doing so, continue to breathe in slowly.

The sphere, as mentioned earlier, is "electrically" charged and ejects small sparks that spread wherever it goes.

* * *

You can, if you wish, additionally imagine the following:

Where the sphere was, there is now a golden energy field inside your body.



Now let the sphere continue to move upwards.

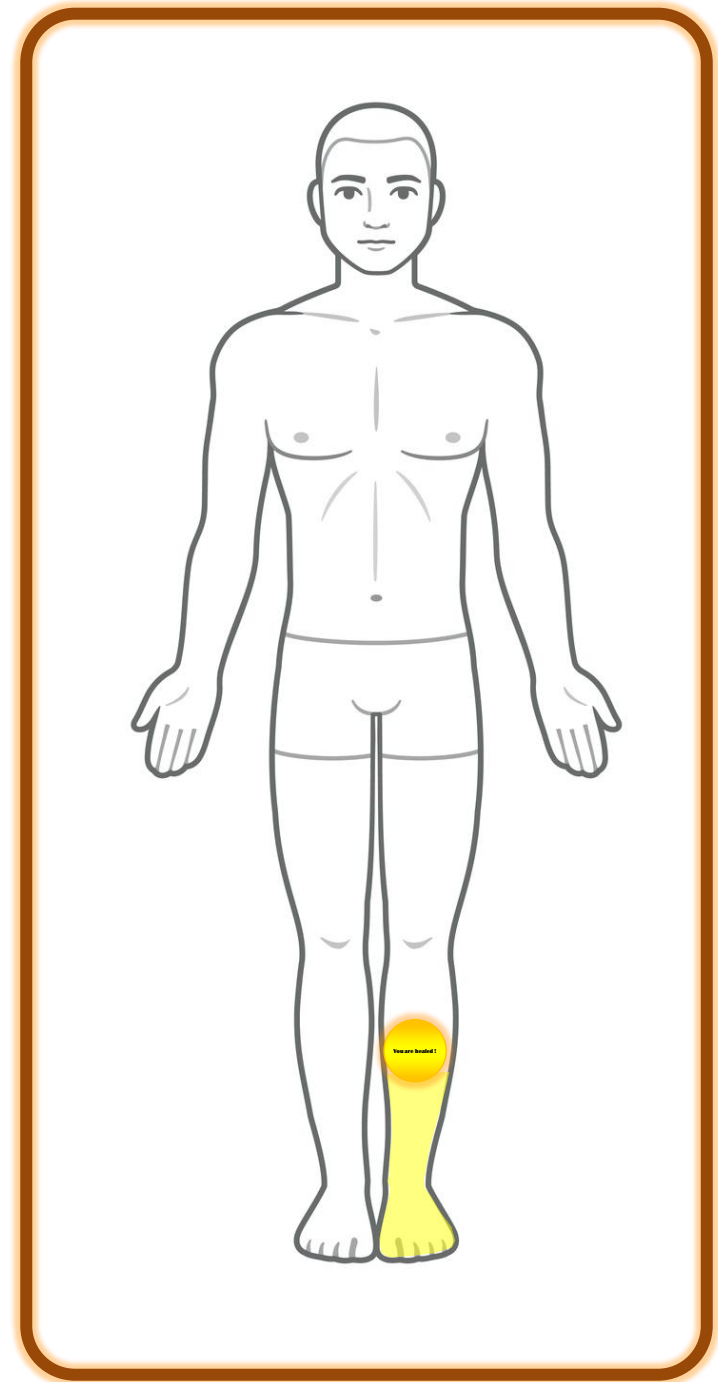
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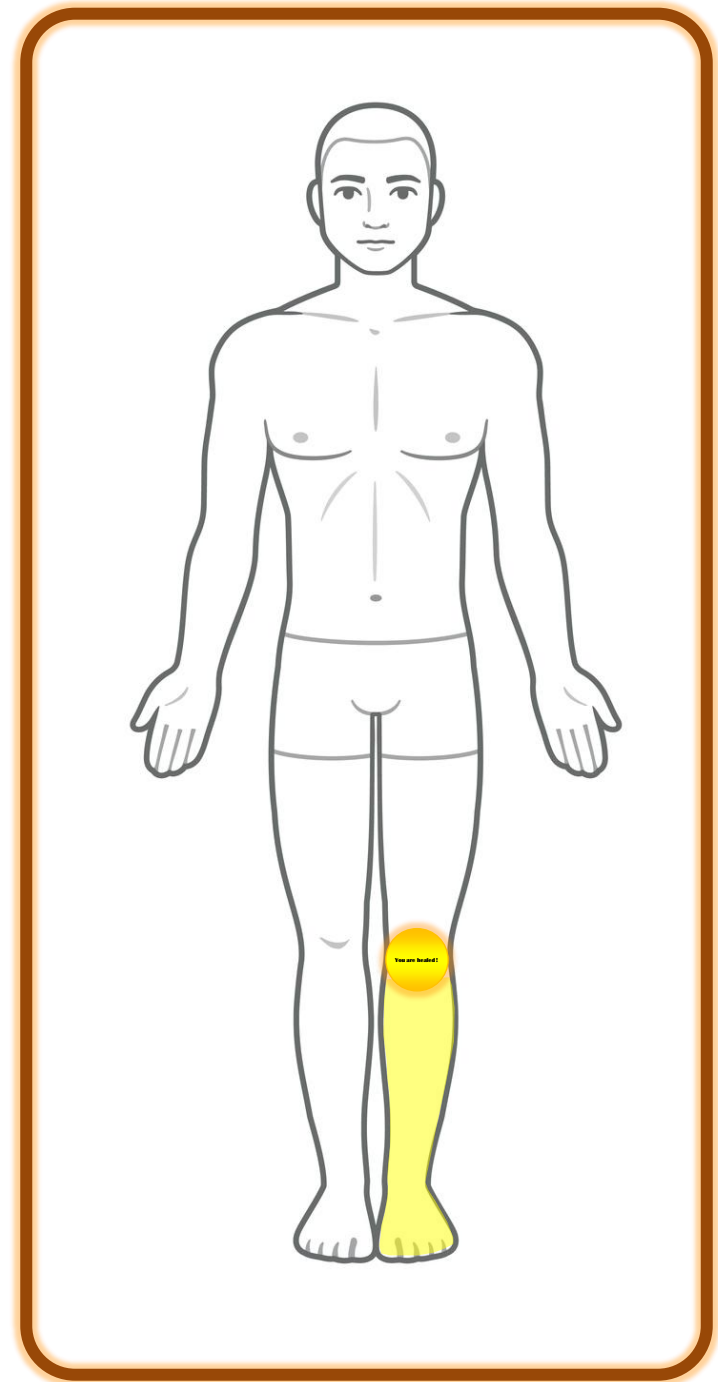
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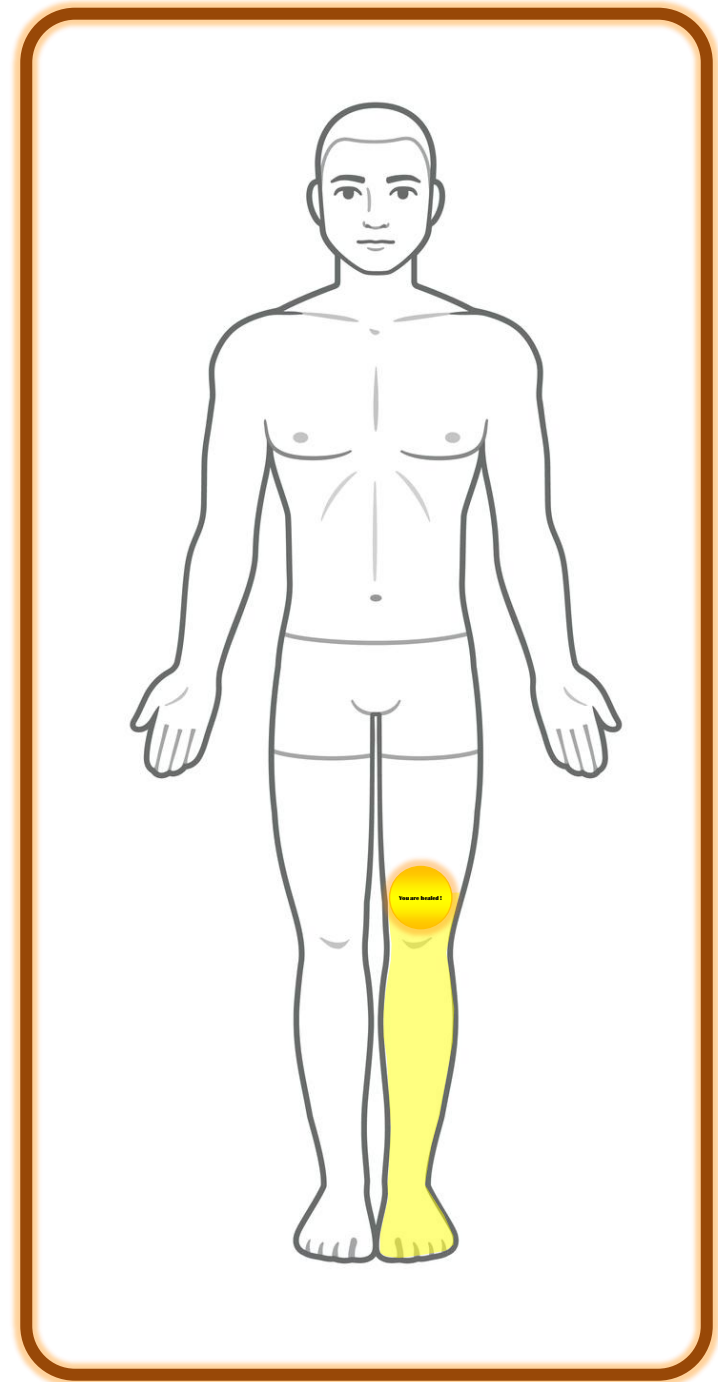
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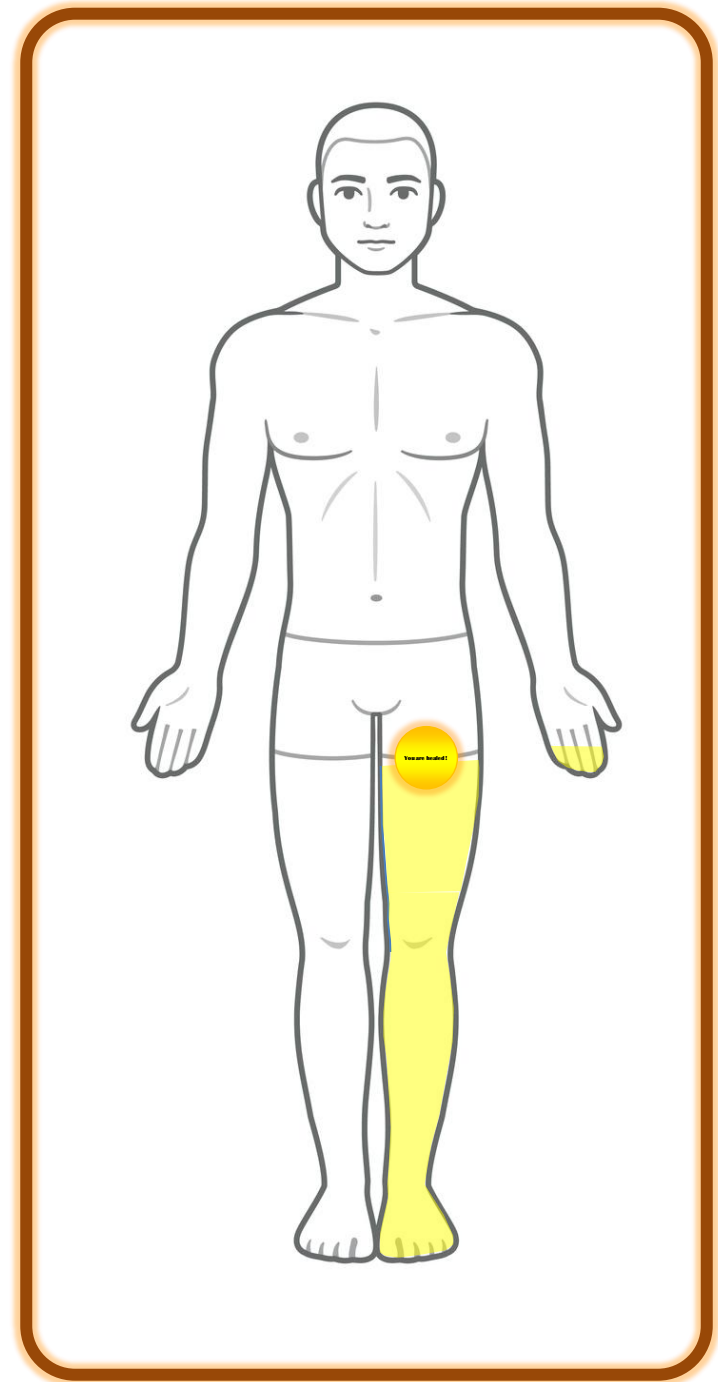
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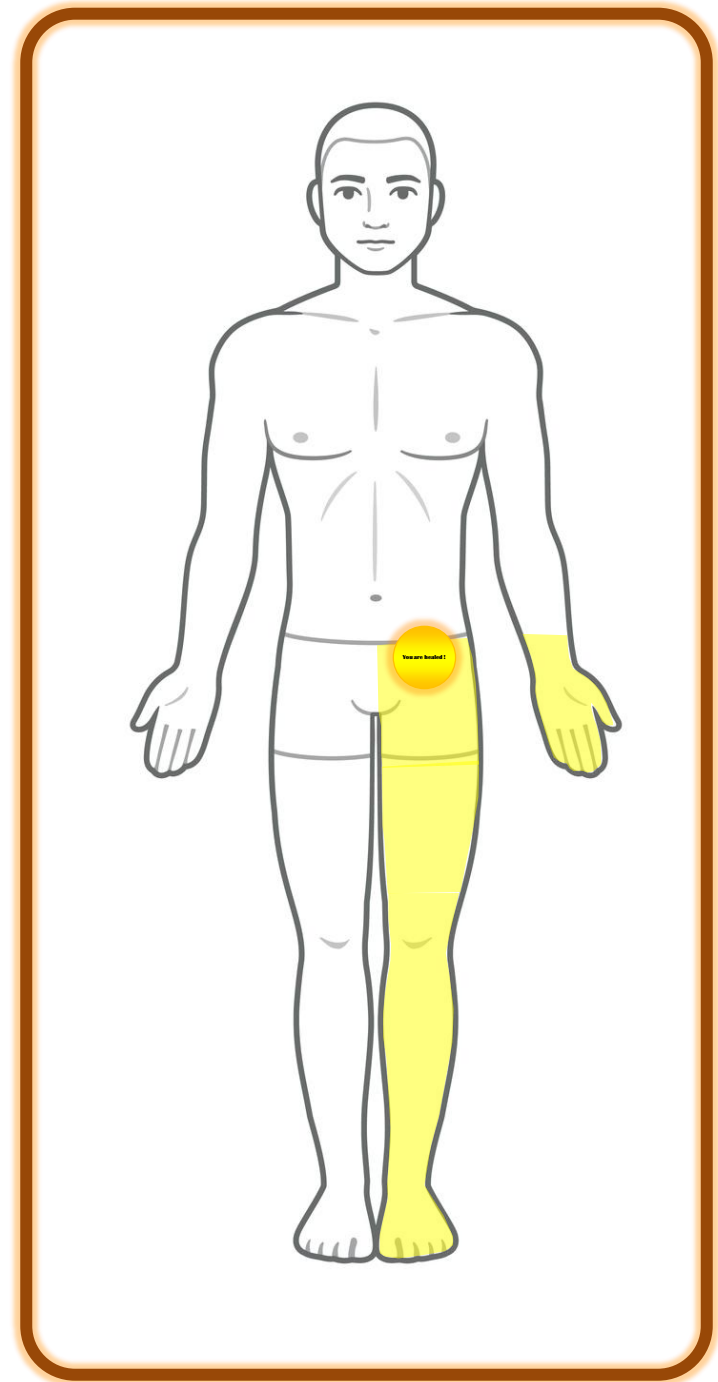
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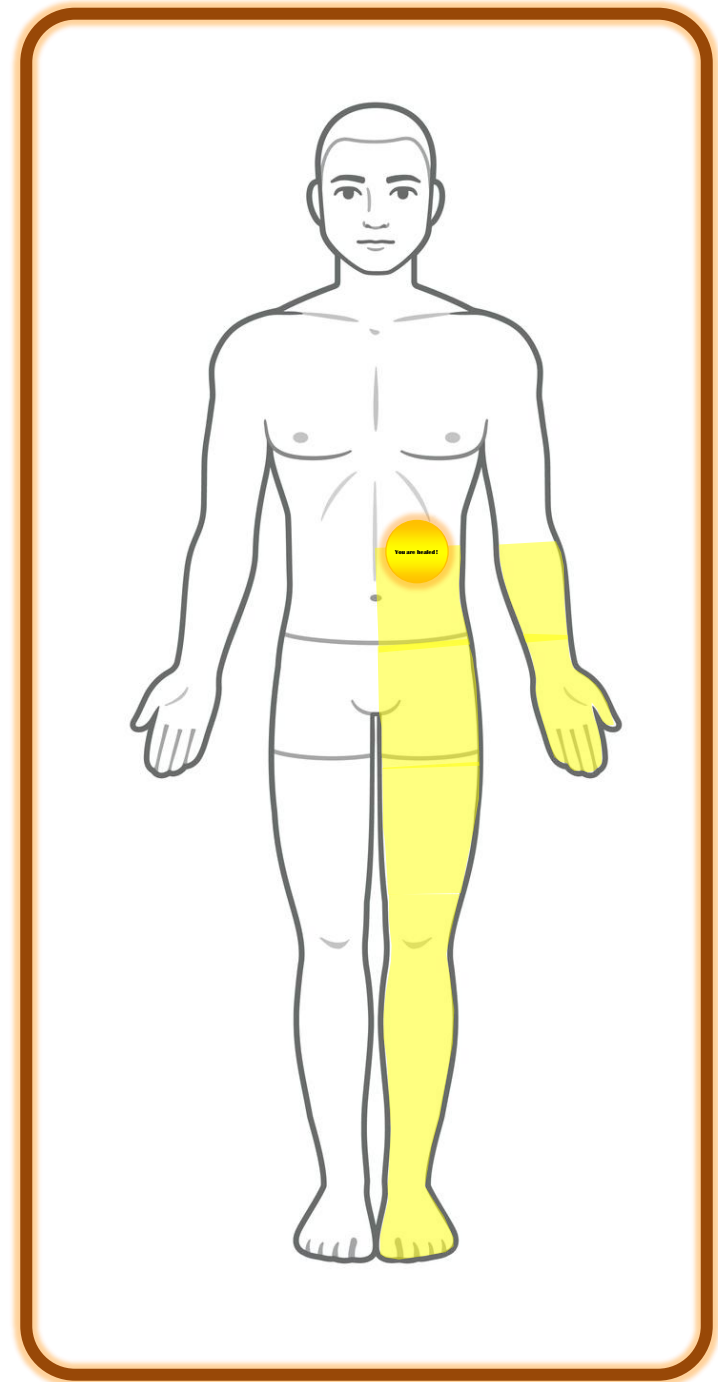
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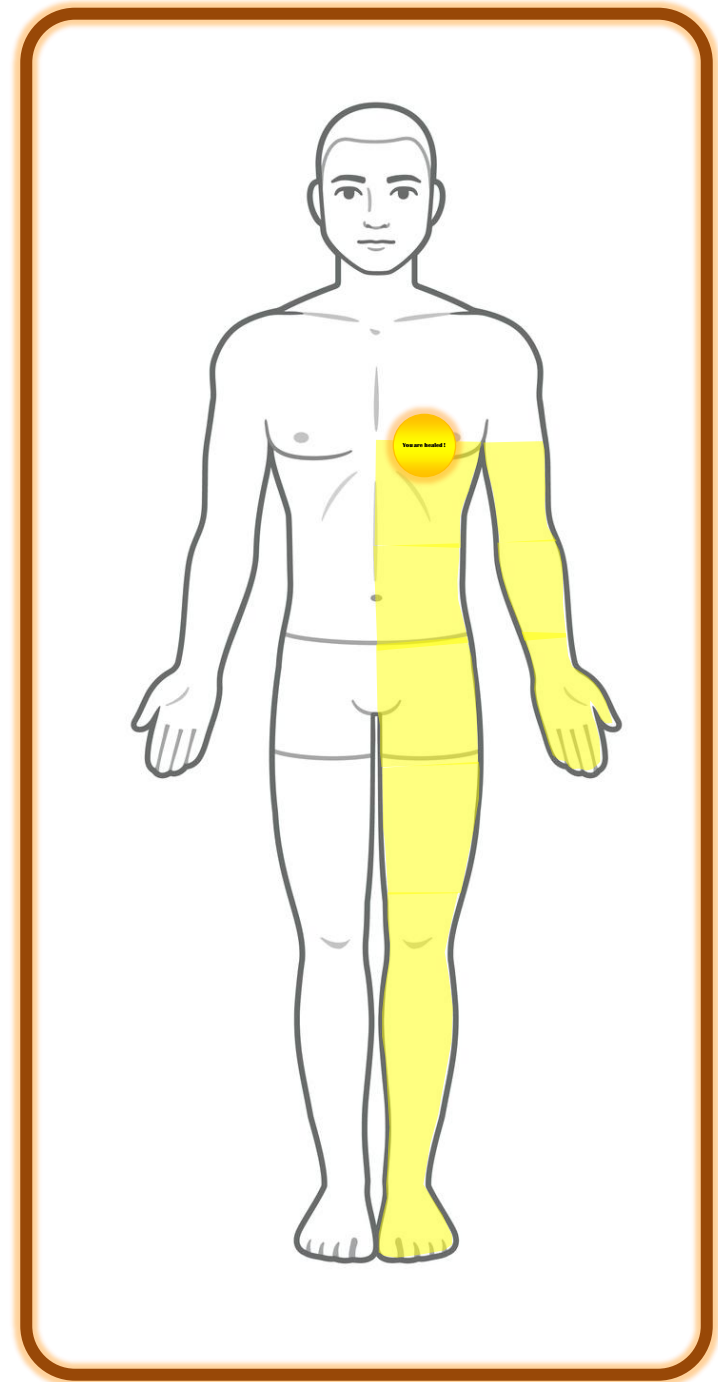
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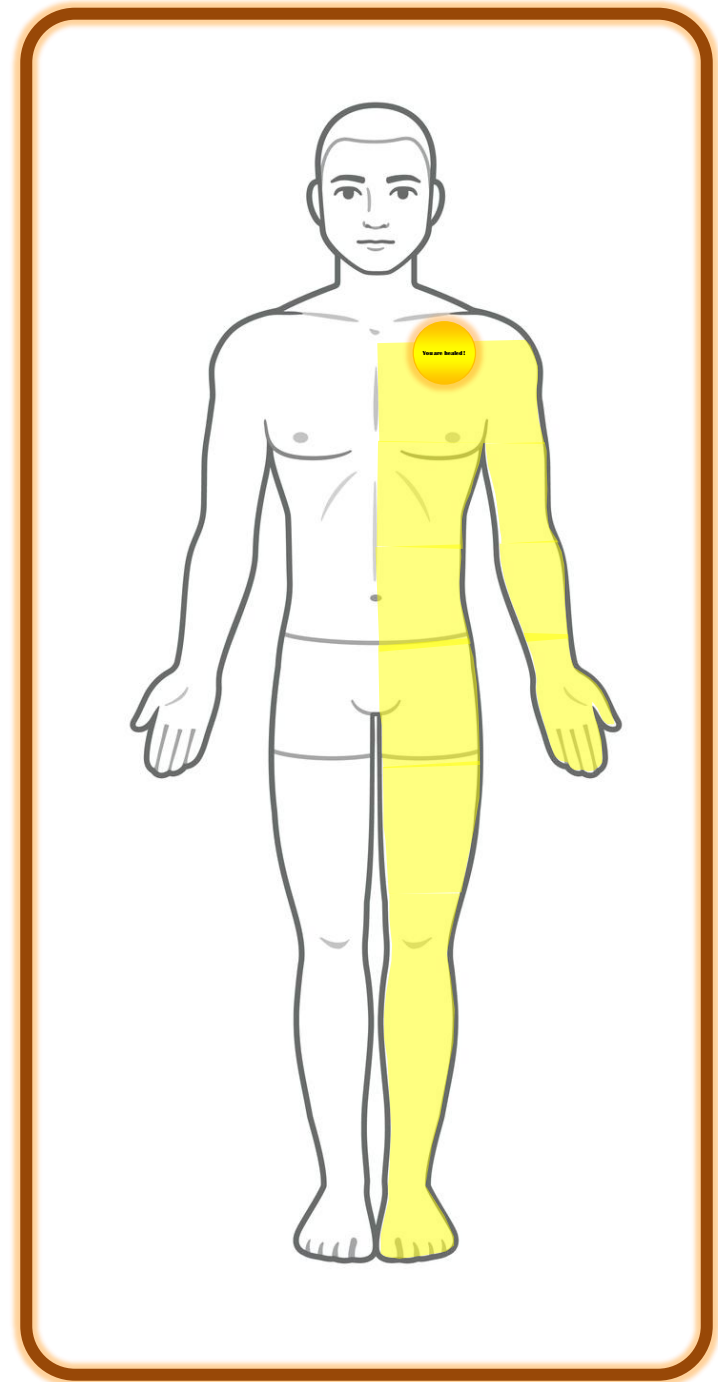
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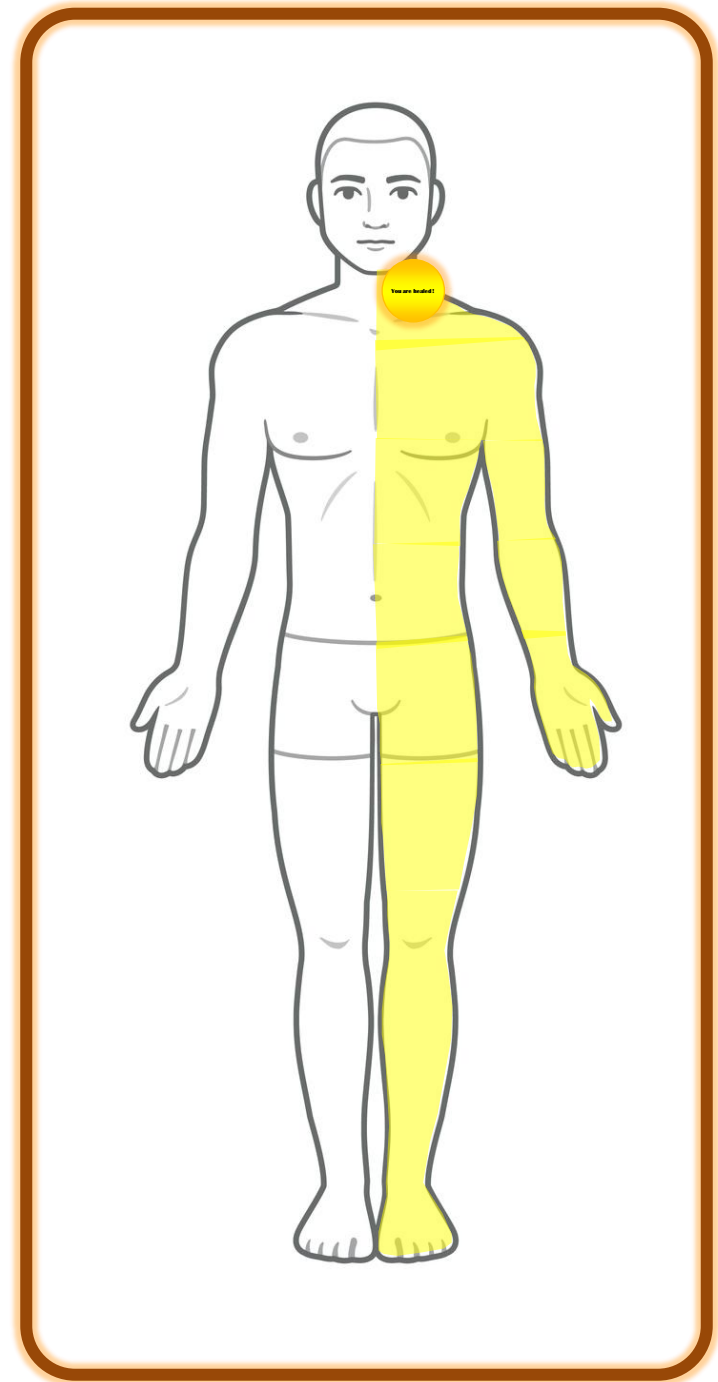
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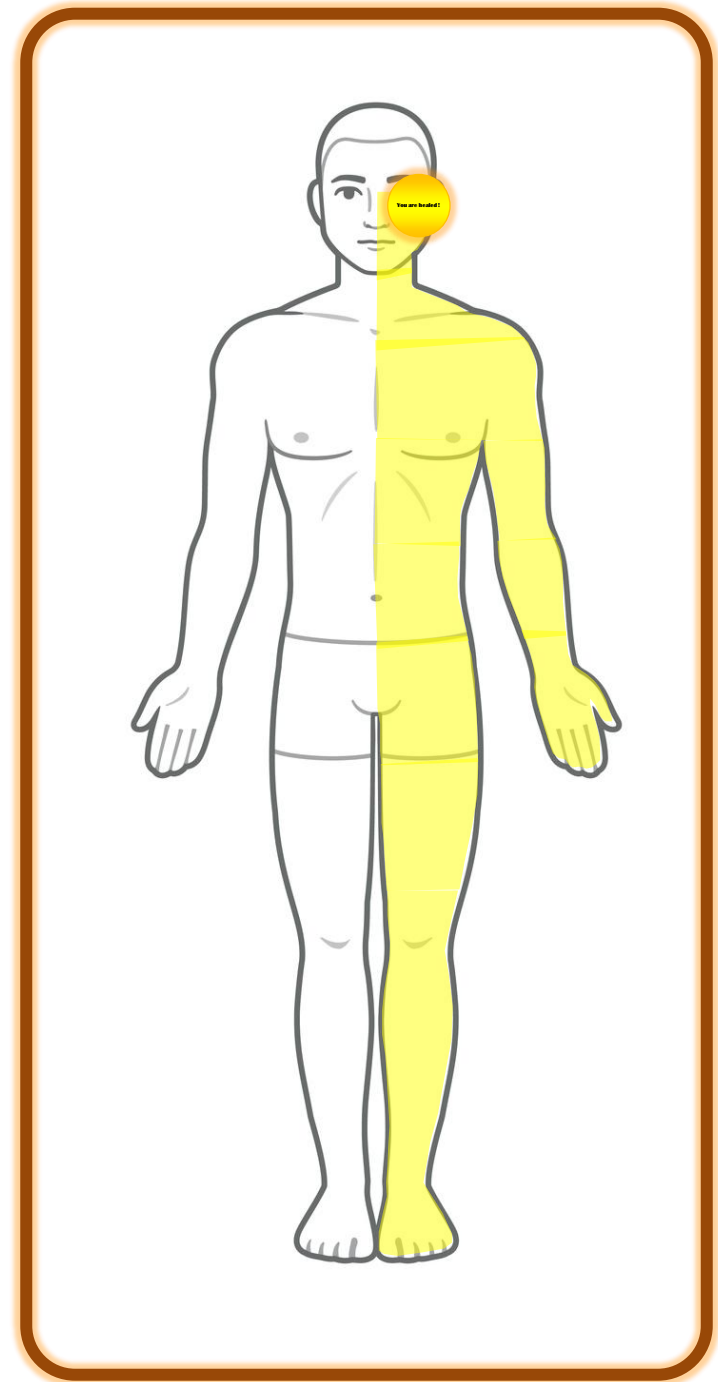
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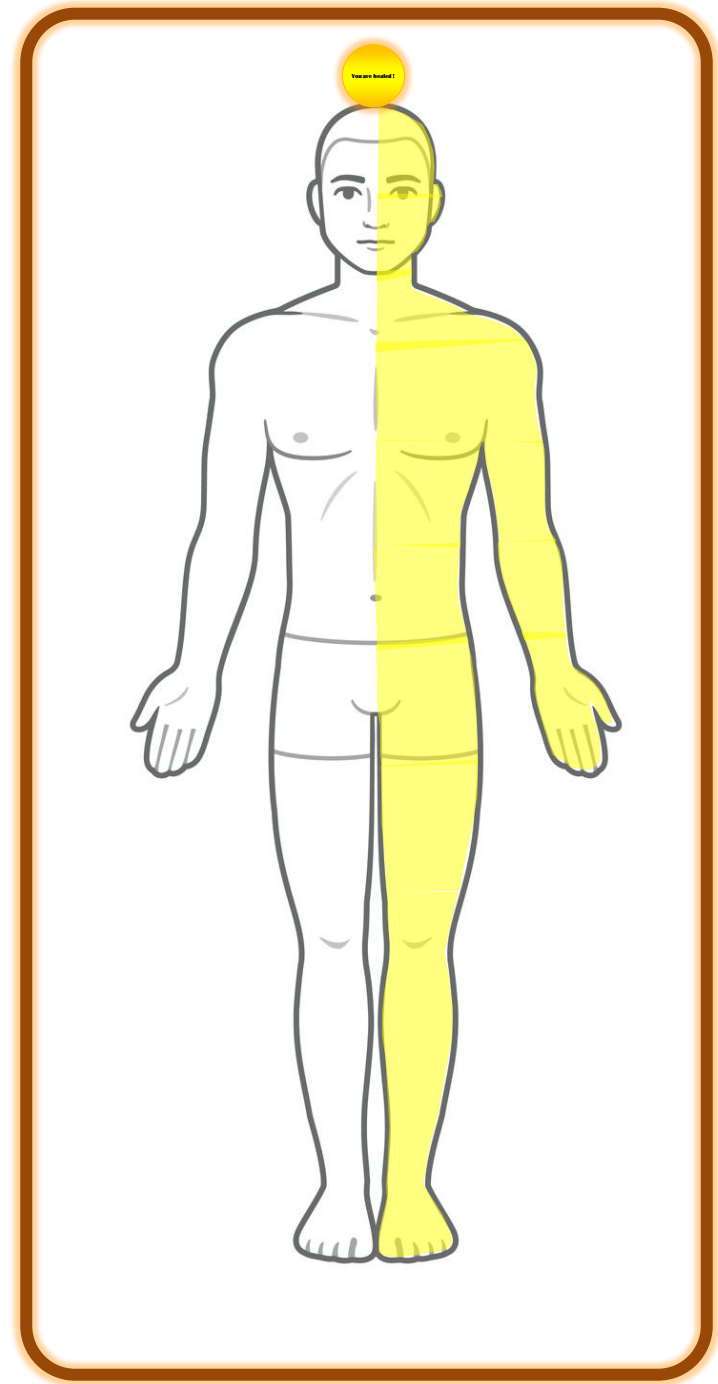
Where the sphere was, there is now a golden energy field inside your body.



Now the sphere has landed on the top of your head.

Your entire left part of your body "glows" golden ... and is filled with energy and with the affirmation:

"You are healed"



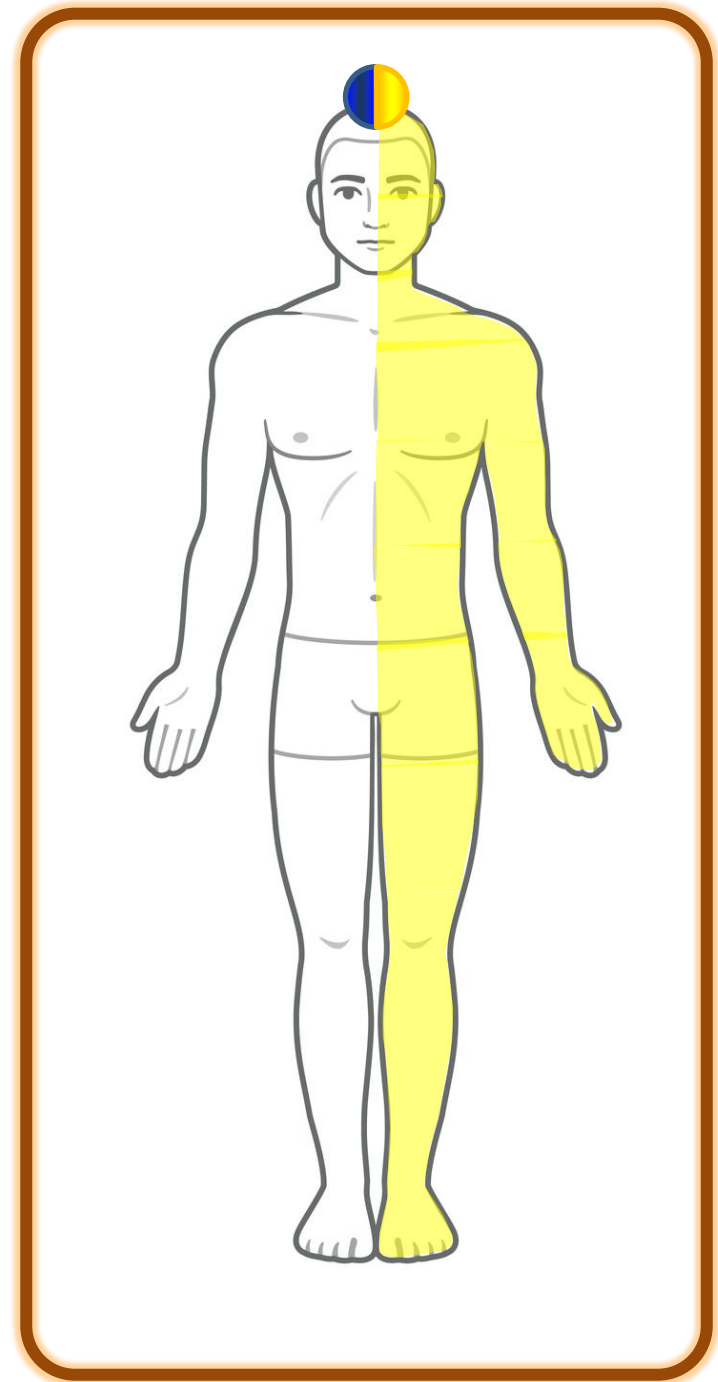
Now you change the color of the sphere:
from shiny gold to indigo blue.

* * *

Now exhale slowly and let the sphere
travel from the top of your head down
through the right side of your body to
the sole of your right foot.

This "downward migration" takes maybe
five to seven seconds. You can of course
allow yourself a little more time if you
feel like it.

You are healed !



Now let the indigo-colored sphere move downward. While doing so, exhale slowly.

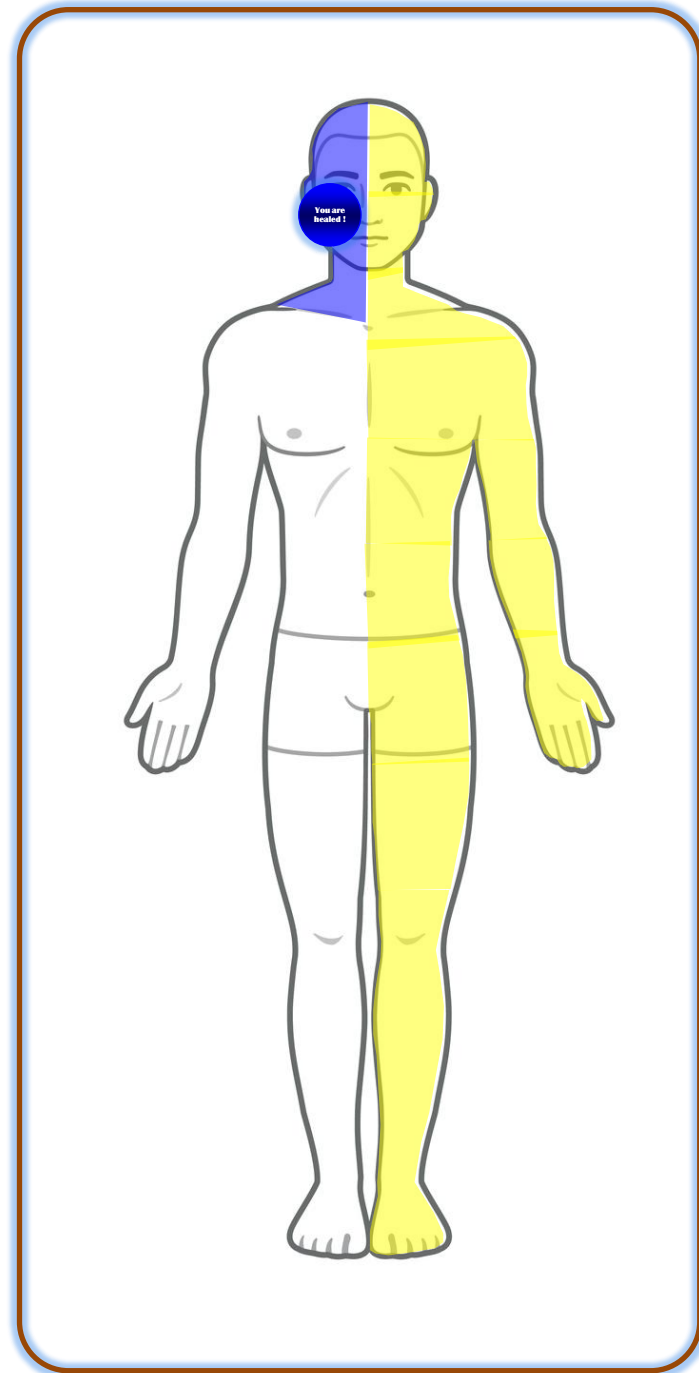
* * *

The sphere is still "electrically" charged and emits small sparks that spread wherever it is.

* * *

You can, if you wish, additionally imagine the following:

Where the sphere is located, an indigo-colored energy field is now created inside your body.



Now let the indigo-colored sphere move further down. While doing so, continue to exhale slowly.

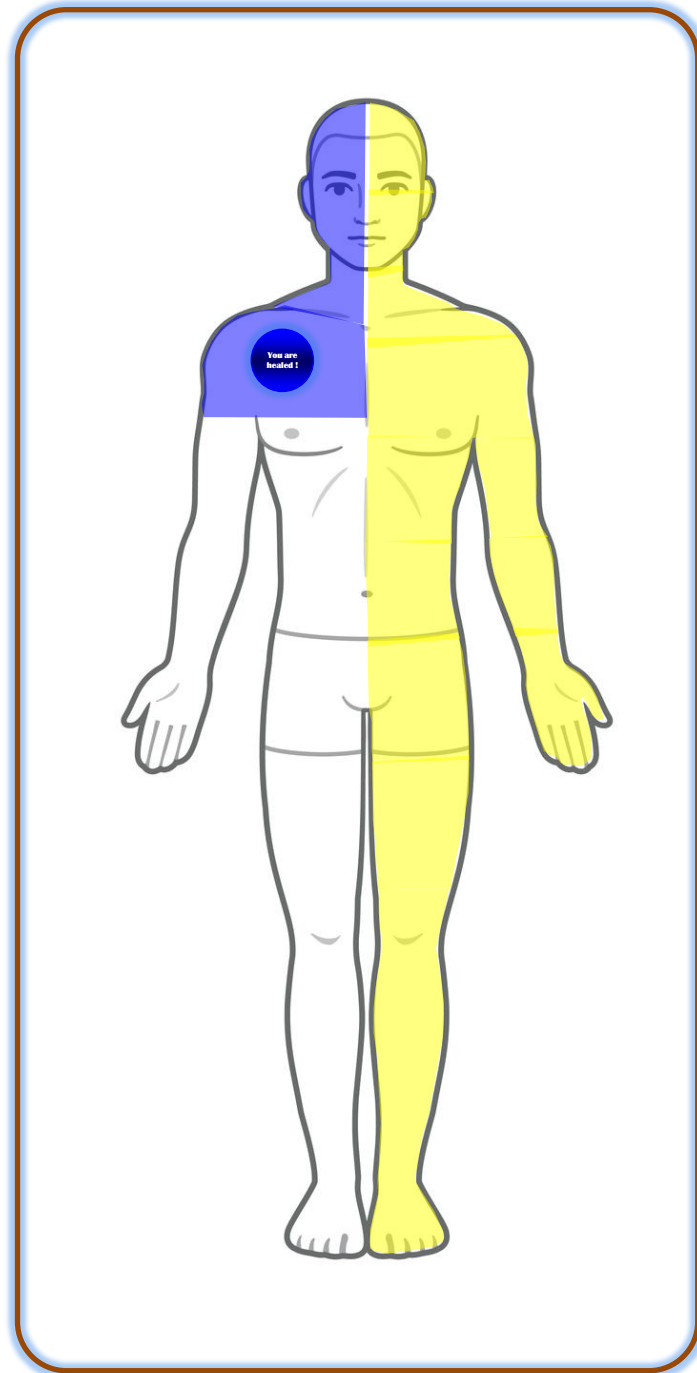
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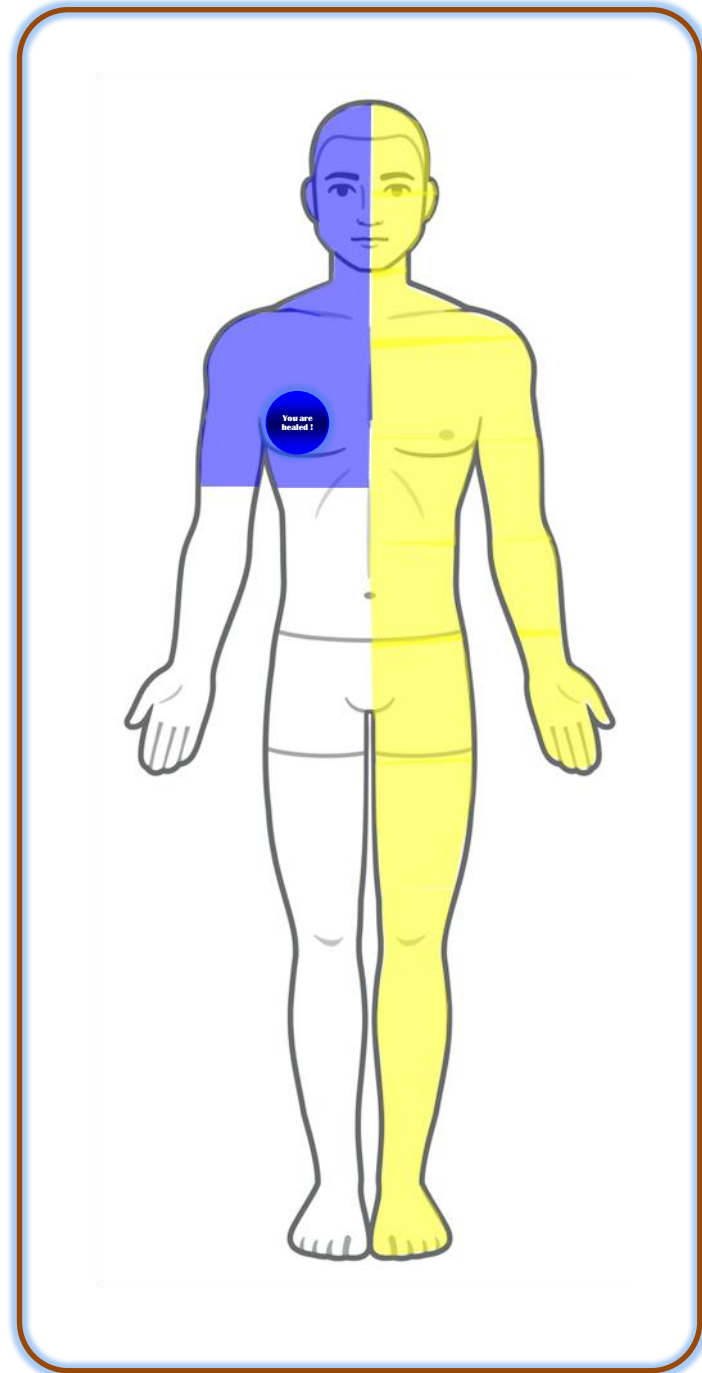
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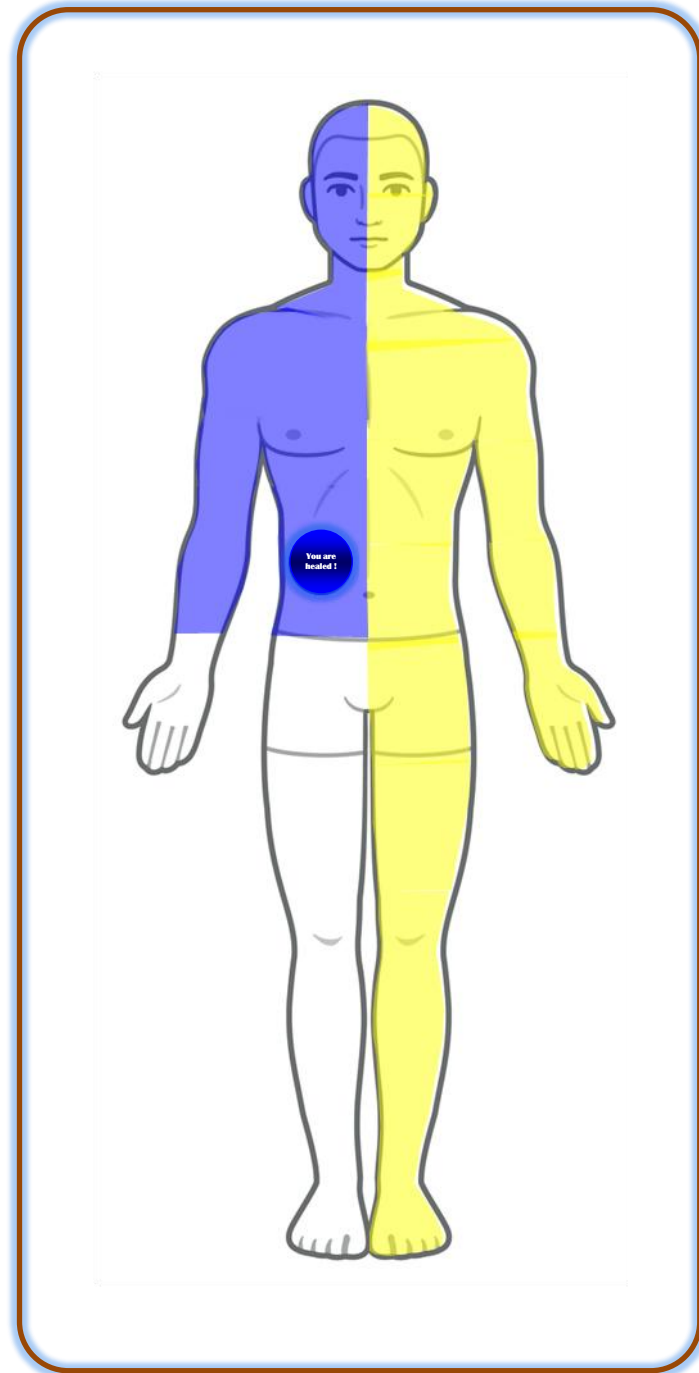
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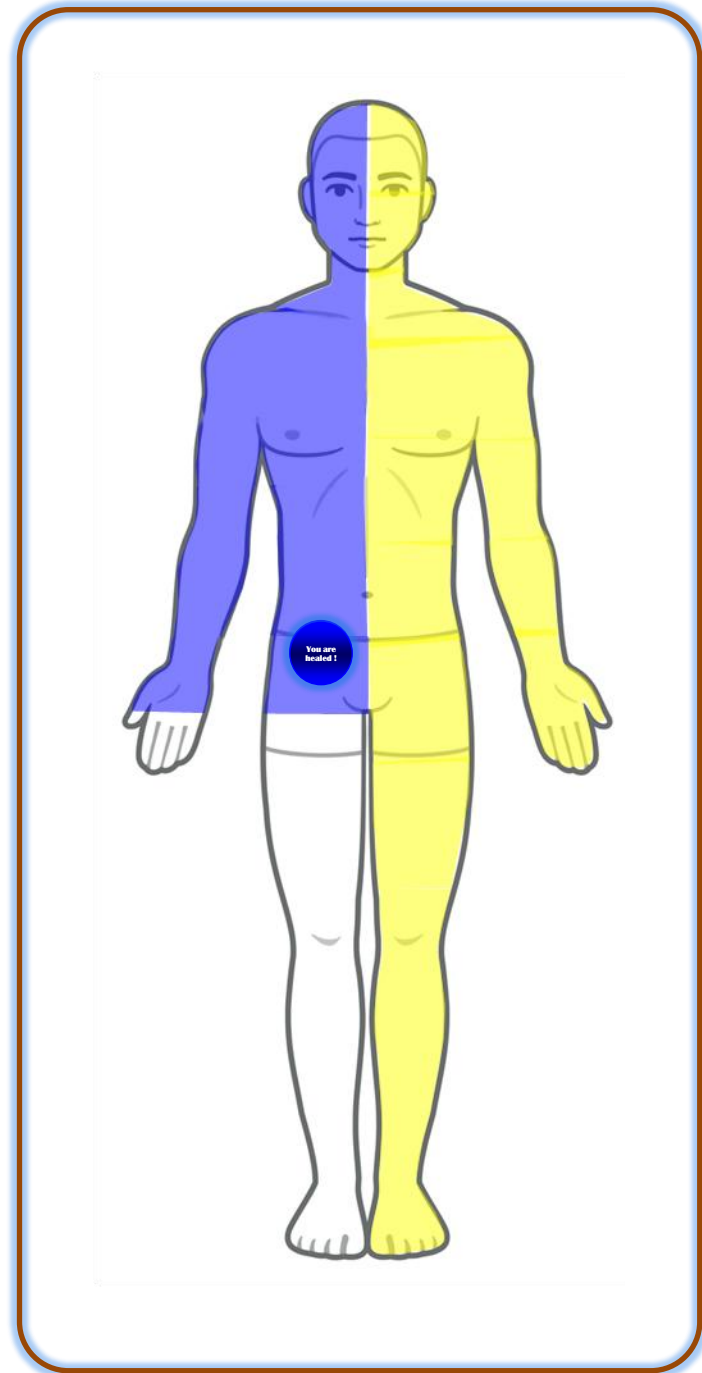
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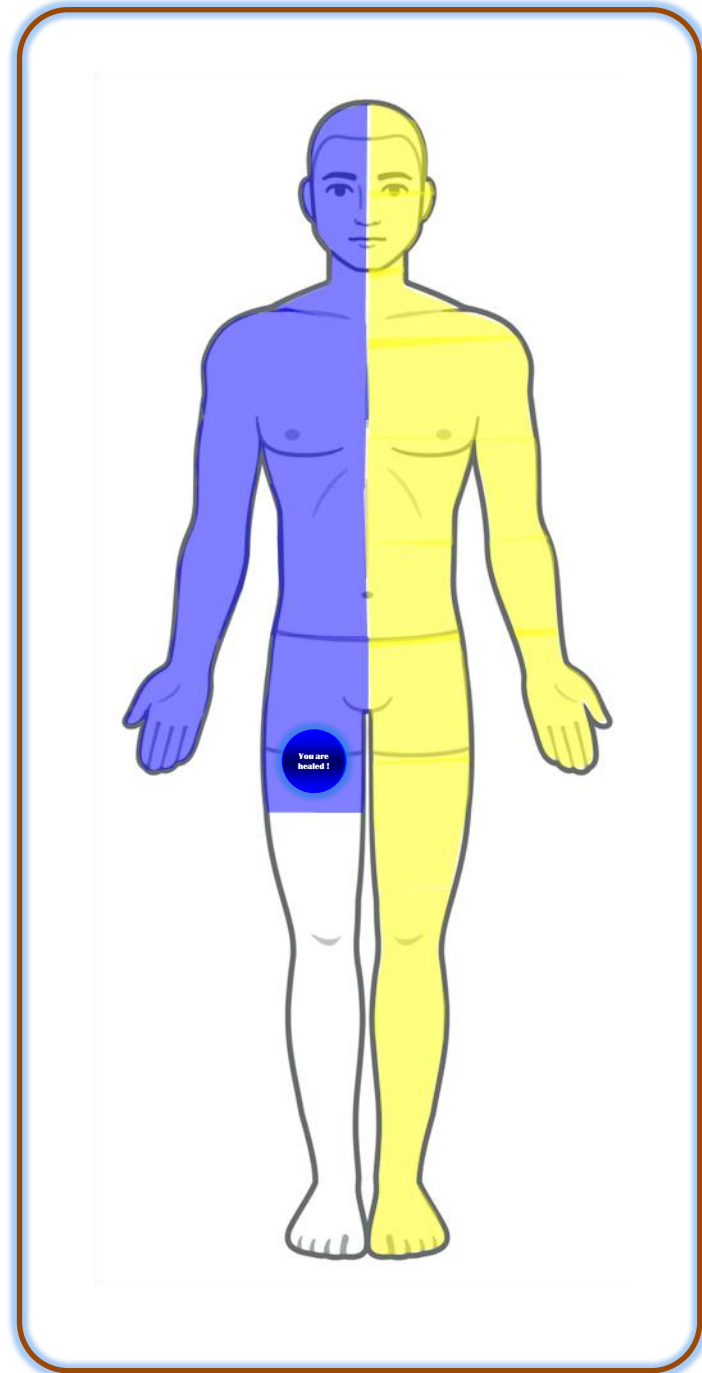
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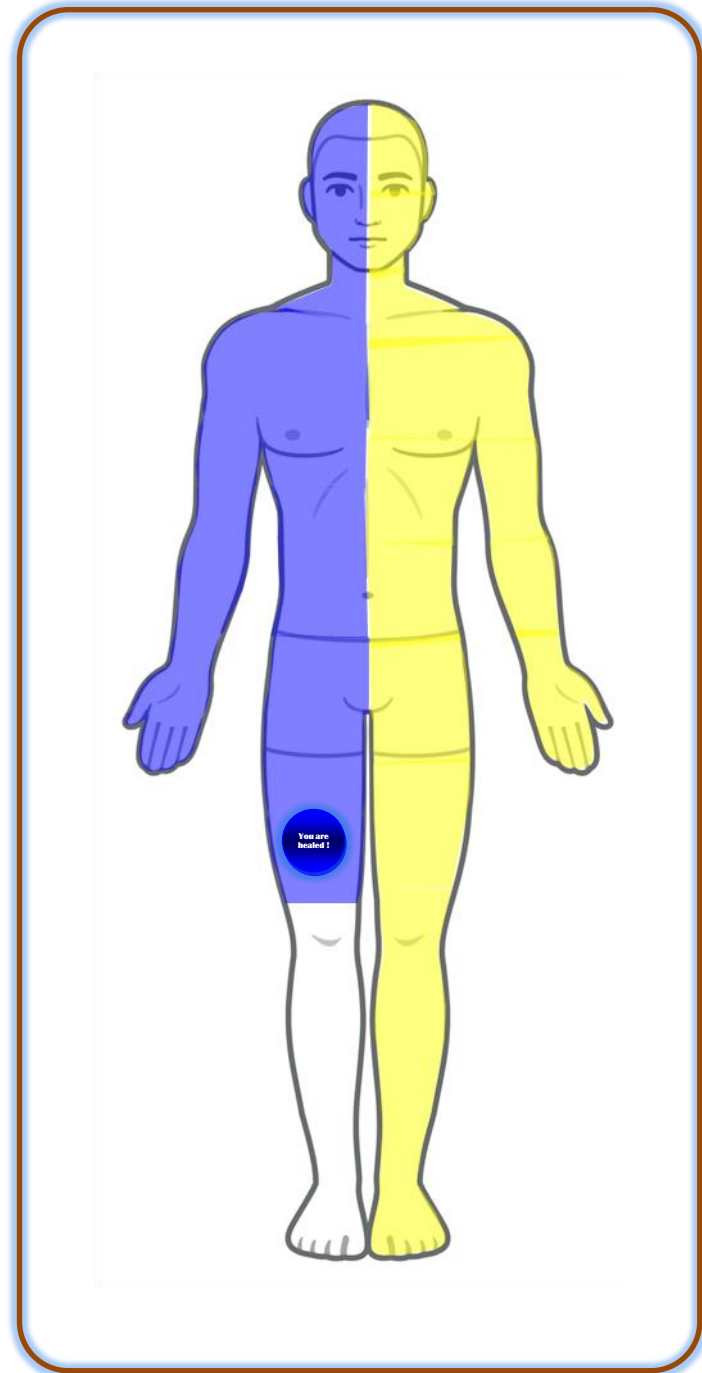
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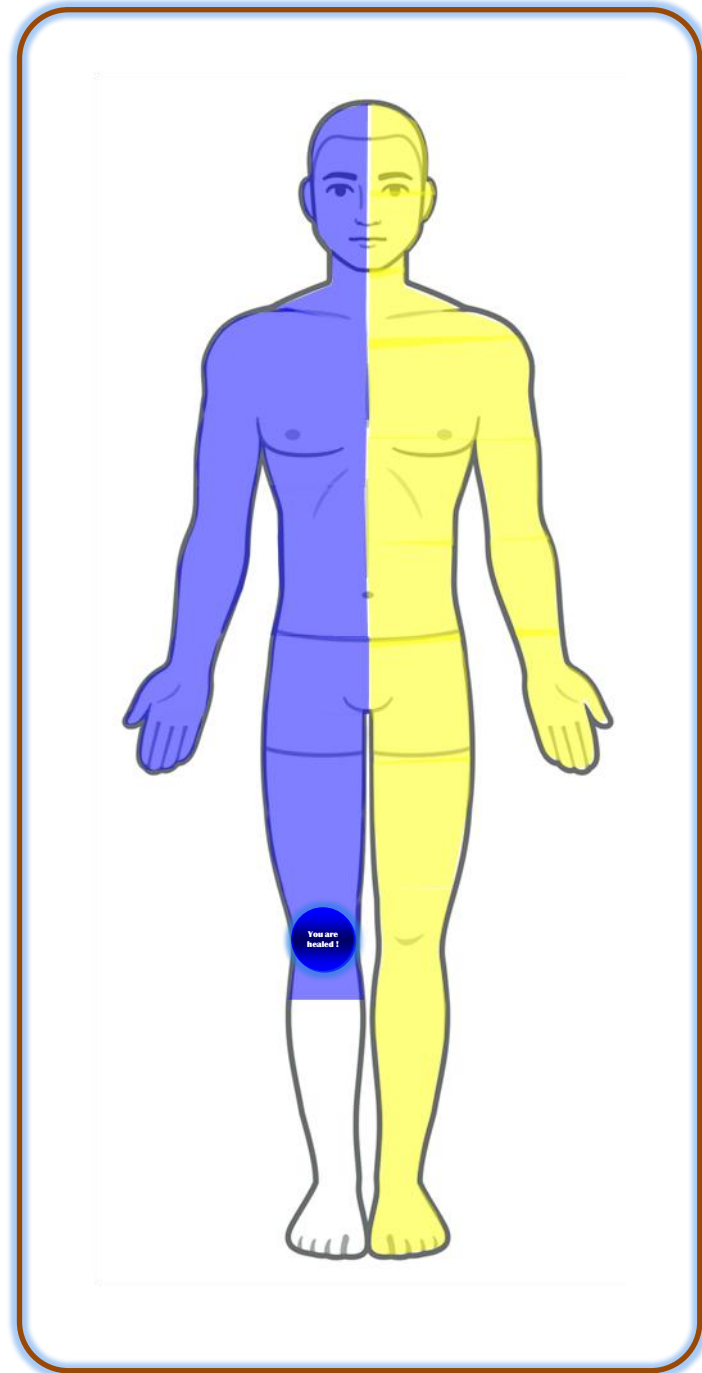
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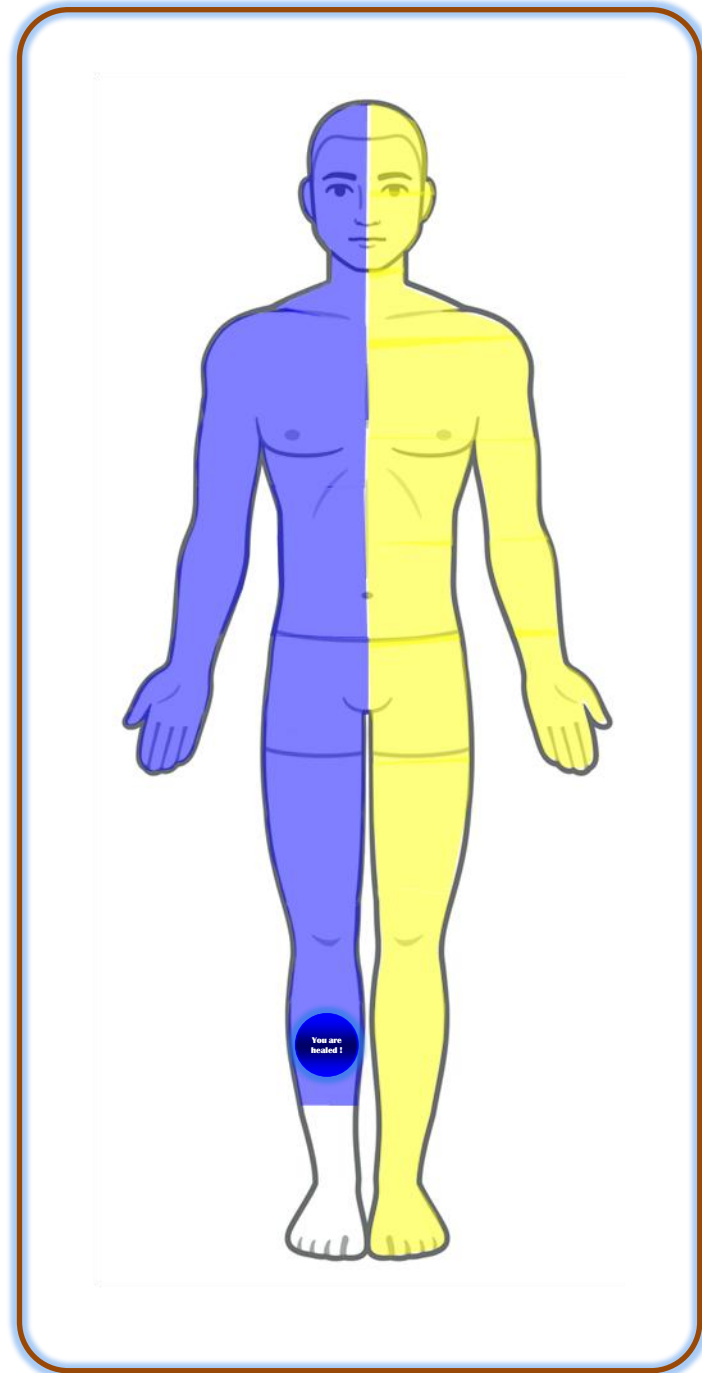
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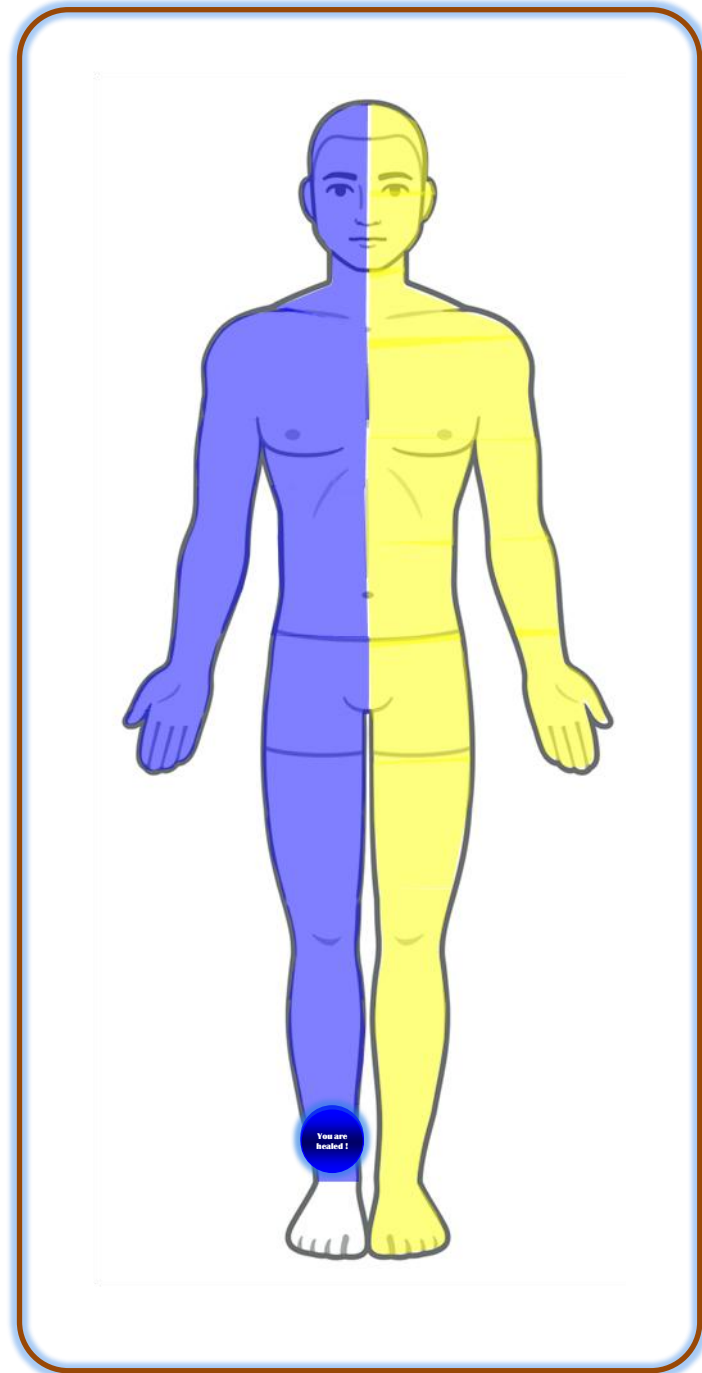
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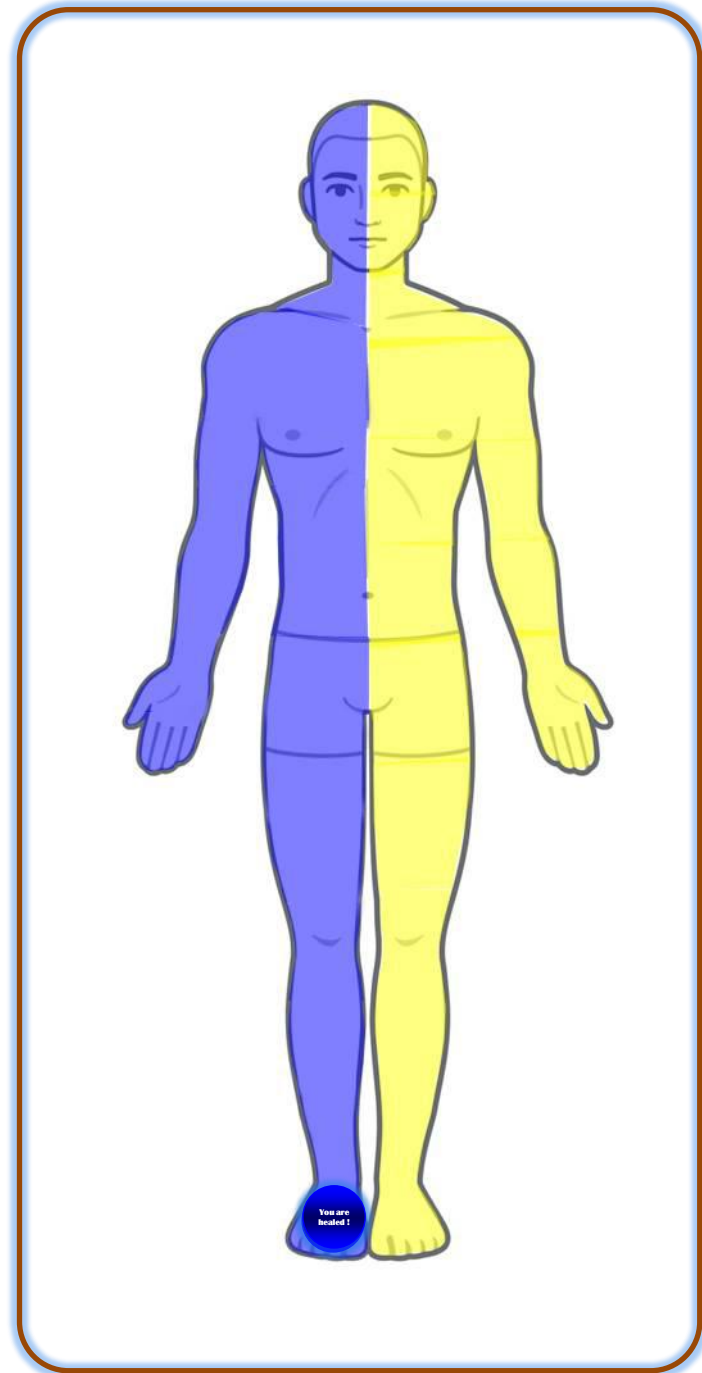
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The sphere is still "electrically" charged and emits small sparks that spread wherever it is.

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You can, if you wish, additionally imagine the following:

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Now let the indigo-colored sphere "fly" out of your body, below the sole of your right foot ... and now repeat the entire visualization process.

How many times must this exercise be repeated, you ask? As long as you feel like it and have the strength. Maybe seven times a day? Just let yourself be inspired.

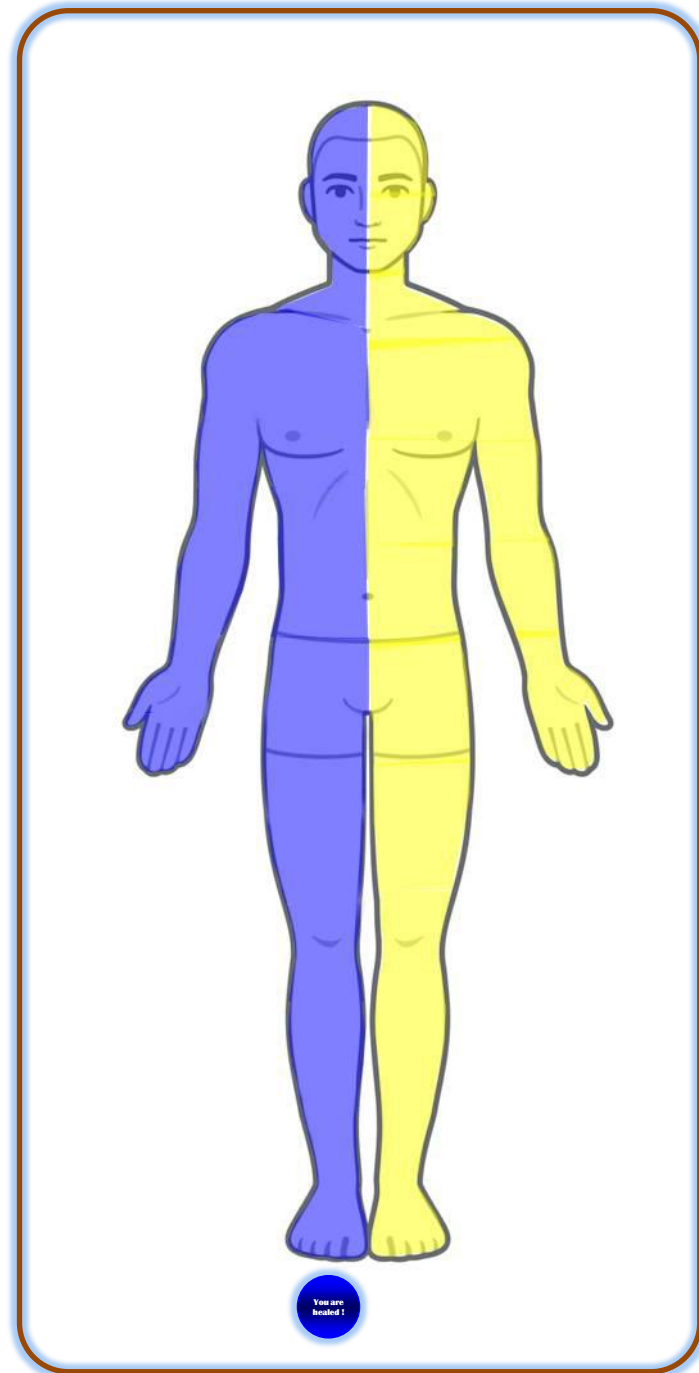
* * *

You change the color of the sphere back to gold ... place it under the sole of your left foot ... and begin to let it travel through your body again.

* * *

Lots of success!

Best wishes, Marco-Raffaello



Self-healing technique for a specific spot in your body

If you have practiced the previously described technique a bit, you can use it in a slightly modified form for targeted applications.

Suppose that you have a problem in your left knee, imagine that the golden sphere is in the area to be treated, activating the healing process of the affected cells.

If a spot on the right side of your body is affected (e.g. the right shoulder) place the indigo sphere on this spot.

Lots of fun ... and lots of success !

