



# SELF HEALING

The Must Have Maintenance Tool For All Lightworkers

## **How it works: General user manual**

### **In actively using this IT maintenance tool you are able to:**

Awake and quench your Higher Self.

Break the chain of fatigue

Raise your vibration and frequency and maintain that level!

Shed personal weight of negativities **all by yourself** using this App series

Experience Ancient Wisdom and Possibilities coming through

### **Be more productive:**

Increase your level of motivation, while tapping into the Quantum Field

Expand beyond your own perception of self limitations

Optimize the vision of your MIND to gain full capacity

Exploit your mind's full potential and capability

Train, categorize and identify your vibrational essence of being

### **Quantum Field connection (even when already in place):**

Establish your own permanent connection and tap directly into the unlimited Quantum Field knowledge

Shed the veil of conventional thinking rational and relink your system to the Universe

Raise your own frequencies utilizing the App series for conscious alignment and expansion

Enjoy the personal benefits of Field connection

Enter the Field connection with the Gateway level 1 and start your personal energetic journey

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# Step I Day I

Clear your MIND



Heal YOURSELF



# App level I “The Gateway”

Questions to ask yourself after experiencing “The Gateway”, Level 1

- Did I feel an energy flow rising up from the feet during watching the app?
- Did I feel more energy flow the second (third, forth,...) time?
- Did I feel a sense of complete relaxation?
- Do I really know and understand how my MIND got structured or programmed through life experiences or cognitive learning?
- Do I know at this point how my MIND or perception in General is structured?
- Do I carry the heaviness of this world on my shoulders?
- Do I carry energetic blockages in my system?

On day 1 of this 5 day maintenance journey you want to write down your energetic experience and all upcoming emotions, which are stored in your body and system

On a scale 1 -10 (10 feeling the best) be aware and measure how you feel at the moment App level 1 is ending

You can experience App level 1 multiple times on this first day of maintenance work!!

## Step 2 Day 2

### How is it Possible?

## App level 2 “Perception”

- \* Guided Mind Over Matter Stimuli
- \* Perception is the Internal Switchboard For Changing Biochemicals (Dr. Bruce Lipton)



Questions to ask yourself after experiencing “Perception”, Level 2

- Is my life on a level where I want it to be?
- Do I see the glass half full or half empty all the time?
- What is my state of MIND? What can I do to adjust and raise my vibrational level?
- How do I raise my personal frequency to be above negativity, depression, self doubt, low self esteem, low confidence and/ or low sense of worth?
- Do I really seek that life line of fulfillment?
- Do I have a good idea about MY Soul and MY Spirit, in MY Body, and what it is?
- Do I have the concept, that my perception is really a switch board for changing my reality?

On day 2 of this journey.... watch App level 1 again and then experience level 2 “Perception”

Make notes about the above questions!

We are inundated with unwanted data downloads from multiple sources such as media, subliminal marketing, consumer profiling and BCI (Brain - Computer- Interface). Make the first step of realization and let this APP level 2 engage and awaken your MIND.

## Step 3 Day 3



## App level 3 “The Identifier”

### Questions to ask your self watching The Identifier, Level 3

- Am I dealing with either/ or fear, stress, pain, anxiety, shame, guilt, grief, anger, resentment, doubt, tension, anger, hate, rage, betrayal, embarrassment on a daily basis?
- Can I start to connect the dots and start to find all the answers I carry already, without knowing?
- Am I dealing with emotions, where I have no idea where they come from?
- Am I ready to create a list of all negatively charged core beliefs, which have been implanted from third parties or have been self created in order to cope with certain life circumstances (i.e. " whatever I do... it's never good enough", etc)
- What does it take to start thinking independently for my own self identification, shielding me from any harm and destruction from the outside.
- How do I break out of any submissive state in creating a formula for self ascendancy (governing or controlling influence over my personal life)
- How can I retain positive thoughts and emotions and utilize it in order to benefit and expand myself and my being?

On day 3 of this journey.... watch App level 1 and level 2 again and then experience level 3 “The Identifier”

Make notes and a list about the above questions!

Each and every one of us can identify with fear, stress, pain, anxiety, shame, guilt, grief, anger, resentment, doubt, tension, anger, hate, rage, betrayal, embarrassment. The difference within every human being is the way of processing and managing such emotions and energies. In order to shed off those burdens of negative related energies and data, it has to be found, identified and eventually resolved and addressed.

# Step 4 Day 4

## Accessing and understanding the CODE



# App level 4 “Utilize”

### Reflections about The Utilizer, Level 4

- Recognize what is REAL and what is not, find the true essence of information, make notes where you got all of your information in the past (i.e Media, educational institution, etc)
- Look through the notes that you have taken within Level 1 - 3 and identify changes in your thought patterns and your state of MIND.
- Tap into the possibility of your full potential, identifying and filtering false information collected on your life pathway, growing from a infantile state to present day.....make notes about information which turned out to be false.
- Make notes about your possible accelerating experiences and understanding about the importance of self love and acceptance.
- Exercise to develop and heighten your senses:
- Chew on a raisin for 15 minutes during a meditation, stare into a beautiful rose for 20 minutes and make notes about your sensations.... create more stimuli all by yourself and share your experiences with your peers

On day 4 of this journey.... watch App level 1, 2 and 3 again and then experience level 4 “Utilize”

Make notes and a list about the above reflections!

In order to Utilize Ancient Wisdom and access the CODE, we have to step away from the present day conventional mindset and programming or conditioning. Our birth right is CHOICE and FREE WILL!

The natural pathway is connecting to the Ancient Wisdom, by re establishing and re discovering your natural state of MIND and all it's cellular information storage. Utilizing such knowledge is from the connection within, energetically experienced in Level 1, with established energy flow from the Quantum field. The choice to experience all of it up to this point, is within YOU.

With this Utilize application, you will be able to enhance, understand and expand your experience and AWARENESS within the Quantum Field connection.

# Step 5 Day 5



# App level 5 “Toolbox”

## Reflections, using The Tool Box, Level 5

- Recognize, realize and understand the tools you have already available in your system, which open the doors to the Gateway..... clearing perceptions and identifying and utilizing energy flow..... re connecting to your own thoughts, feelings and emotions, inner strength and wisdom.
- Dial up your own vibrational level like a volume control on your stereo system.
- Using the Tool Box, Level 5, through Introspection, examine your own conscious thoughts and feelings.
- Use your Mind to identify with your resonant cord within your cellular patterning.
- Align every cell of your being with frequencies that occurred while experiencing Level 5.
- Use the mind reset button to get out of the undesired emotions, we put into the bookshelf in Level 3.
- Shed all undesired emotions and feelings and bask in the light of positive energies.....make notes and continue to expand your level of self awareness and consciousness.

On day 5 of this journey.... watch App level 1, 2, 3 and 4 in a sequence again and then experience level 5 “Toolbox”

Make notes and a list about the above reflections!

The must have application, Level 5, on the quest for expanding your consciousness, working the tool box and raising your vibrations and frequencies. Understanding and using the right tool for the job is the next essential building block. While everyone is searching for a huge toolbox to fix a multitude of problems and issues - there is only one tool needed to unlock the power of your own MIND:

The energy within your MIND (Prana) **IS** that tool.

Understanding the complexity of this tool, Level 5, will become your manual, on how to utilize this ancient wisdom for personal gain and benefits. You will be able to learn to access data base storage of emotions and energies and start with managing positive life experiences.

This is your moment, where you can completely connect to the heights of Quantum Field benefits. This application Level 5 can strike a resonant cord within your cellular patterning or structure, that aligns every cell of your being with frequencies, that occurred in the moment of enlightenment or perfection.

Step 6  
Day 6

Step 7  
Day 7

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Clear your MIND



Heal YOURSELF



Give your body  
and Mind a break,  
**RELAX** and  
**LISTEN!!**

....and make notes about thoughts, ideas,  
emotions, feelings, changes....

Repeat process  
Week 2, 3, 4  
Day 1, 2,3,4,5 etc

App level I  
“The Gateway”

Continue to utilize Global's first unbiased approach to open your MIND to the unlimited possibilities of the Quantum Field, through IT Technology, like in week number 1!! Make notes and share your experiences and discoveries with us and the world