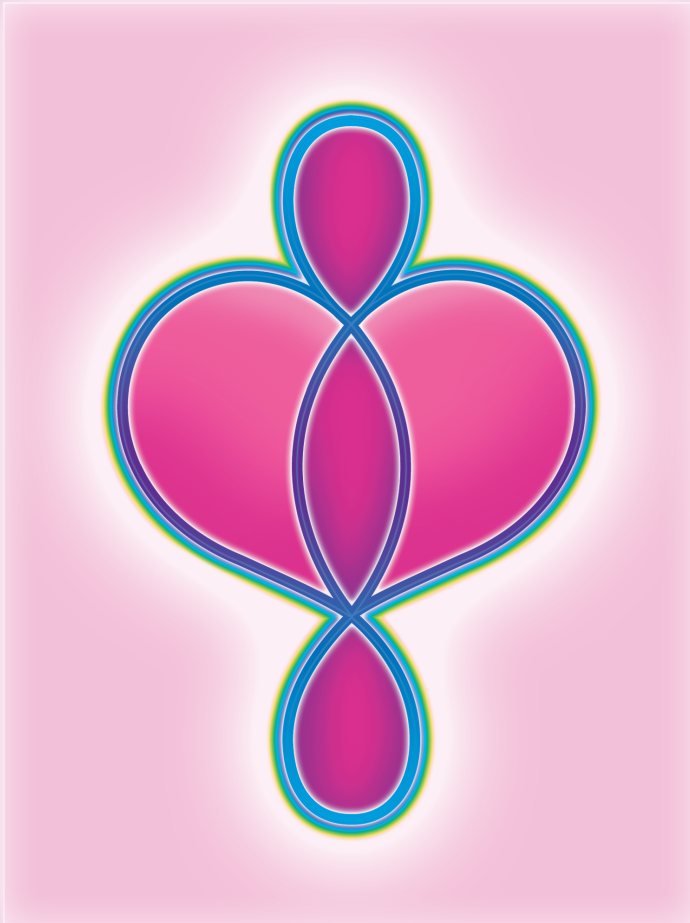


Heart Resonance

Pure Divine Love



Trevor Gollagher

Heart Resonance - Trevor Gollagher

Heart Resonance



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1

THE PURPOSE OF THIS BOOK

In this book I will share with you my 16 year journey of spiritual discovery, which culminated in the releasing of Heart Resonance energy onto the planet. I will reveal the amazing spiritual contacts I had and the experiences I went through as Heart Resonance eventually became my life.

What is Heart Resonance (HR)? It is truly a most amazing, cutting edge tool for spiritual transformation, which has been grounded onto the planet at this time to assist with the spiritual ascension of mankind. It is also a profoundly simple yet very powerful energy healing system that can effectively shift disharmony in the body and create a state of health and well-being. At its core is the energy of unconditional love.

This book, Heart Resonance, has been written to enable both HR practitioners and students to grasp a deeper, more comprehensive understanding of how and why Heart Resonance has come to be. If you are already trained in Heart Resonance, I hope by reading this you will gain a better appreciation of this sacred and wonderful energy. If you are new to Heart Resonance, I hope that my story will motivate you to connect to it and experience it for yourself.

There are many energetic systems currently being grounded onto our beautiful planet. Most are impacting on the human energy system in order to bring us into alignment with the spiritual awakening and shift mankind is currently moving into and through.

We are all unique beings of energy who come from different points of origin. We each need different influences and energies to unfold in our lives to shift us all into the new golden age of mankind. Within this diversity of energy systems there will be similarities, as all are shifting mankind

towards ascension.

Which system is right for you? My answer to that question is: Search your heart for what feels right; there is not one right way.

Heart Resonance energy is here for those who need its particular frequency shift to carry them forward. It is not for everyone; however, many people will be drawn to it. I suspect that such people will originate from the same soul family that is to once again re-unite in the name of love, moving forward on this Earth to be of service to all who dwell here. If you are reading this now, then maybe you are one of them.

May your life be filled with Love and Happiness.

Trevor Gollagher

WHERE IT ALL STARTED

Coming from a dysfunctional family with an emotionally abusive alcoholic father, I often felt second rate. As a result, I had low self-esteem throughout my early childhood years. This impacted greatly on my emotional state and made me a very shy, withdrawn and repressed person. I was a very fragile soul, living in continual fear of my father and what the future would bring. I often pondered why my life was so messed up and why all this was happening to me. I didn't deserve the trauma I was experiencing. For many years I felt like my experience was very unique to my family, as all my friends seemed to have happy and joyful family environments. Later in life, I became aware of how common dysfunctional families actually were.

The chaos of my young childhood years triggered a need and desire to find answers and to look for happiness. This led me to search for a deeper meaning and purpose to life. Amongst all the emotional abuse and trauma, somewhere deep inside of me I had a sense of support and protection by some unforeseen forces. Even in times of great distress and turmoil, I knew I would somehow be okay.

After many years, I realised these forces were in fact spiritual helpers who, in supporting my journey, often left little clues and insights to guide me on the right path. In my late teens I discovered martial arts, which opened the door to meditation and initiated awareness of my inner-self and intuition. I fell in and out of numerous spiritual teachings and concepts from that time onwards, up to the nineties. I occasionally went off the rails as a form of distraction and sabotage. But, somehow I always found my way back to my spiritual journey.

In the early nineties I became a spiritual workshop junkie. Hungry for knowledge, I studied numerous forms of meditation, healing modalities

and philosophies every chance I had. I read this book and that book, pondered my navel whilst sitting under a tree and studied just about everything that ended in 'ism'. One of the many things I trained in around this time was the energy healing system of Reiki. I received training in the Usui, Hayashi and Takata lineage and underwent intense study for four and a half years.

After two years of training, I started to teach Reiki in capital cities and country towns throughout Australia. It was in the mining town of Mt Isa, in Outback Queensland, that I experienced the first of many deep awakenings. I was teaching a class at 11 am when I started to experience a stirring up of Kundalini energy at the base of my spine. This surge of energy intensified to such a level that I could no longer teach the class. I was losing all sense of awareness and finding it very hard to hold onto a focused reality.

I made an excuse to the class that I was not feeling well and rescheduled for the next day. From previous teachings I knew I had to be in a space where I could open and allow this release of Kundalini energy to move up the central energy channel, without restriction or resistance. Fortunately, my accommodation was nearby. So I went back to my room, laid on my bed and gave in to the experience.

As I let go, an enormous amount of energy rushed up and filled my body. Very intense waves of energy moved through me and gave me a sense of great expansion. This went on for about ten minutes in real time, but it felt like hours. As the intensity started to subside, my body began to radiate enormous amounts of heat in a pulsing action. As I gave in to this even more, I experienced a sense of losing all physical form; I became a pulsing radiant light.

As I lay there, I felt my physical body lifting up and floating about one metre (three feet) above the bed. After a while, I realised it was only an energetic experience and not my actual physical body. My energy was so expanded that it felt like my physical body was higher and bigger than it actually was. I was having a more direct experience of my vibrational layers; sensing all of me, not just the physical aspect. Throughout this

whole experience I was cocooned in a brilliant light field. It was the most amazing feeling of completeness I had ever experienced.

The experience lasted for about an hour and then gradually started to settle down. Eventually, I got up from the bed, went into the living room of my accommodation and sat with my partner and a friend. They could tangibly feel the heat radiating from my body as soon as I entered the room. This heat was so intense you could have fried an egg on my body. I touched my partner's hand and almost burnt her—I was that hot.

This whole experience somehow shifted my perception of life. Many things no longer seemed important or real. I went through about a month of shifts and changes occurring within my body and thought processes. Once or twice a week, I would feel small surges of energy pulsing through me. This whole experience was scary, yet beautiful at the same time.

It was not long after this period that I became attracted to Buddhism, taking refuge in Buddha in 1994. I was given the name of “Tenzin Wangchuk” by my Lama. All of my spare time between teaching classes was dedicated to my Buddhist practises. Over time, a deep sense of peace and understanding arose from within. Out of this came a great desire to help as many people as I could to attain sustained peace and happiness in their lives.

My life's purpose and direction became very clear: I was here to use my newfound awareness to help others. Simply awakening to this clarity brought a deep sense of contentment to my life. I had real purpose and direction. It also occurred to me that my childhood experiences had been invaluable training for the work ahead of me.

Around that time, I continually focused on and looked for better ways to be of service to people. I spent much time in contemplation and often asked spirit, “How can I be more effective in bringing benefit to more and more people?”

As a result, I realised that to achieve this there must be a different, simpler way to what I was currently using. Even though I did not know what it was—yet—I knew spirit would make me aware of what it is was when the time was right. My intentions were pure and honourable and I sincerely

desired to help others.

During this period, I also began the practice of Sesshin which literally means “collecting the mind”. Sesshin is an opportunity to cultivate concentration and awareness. Practising it usually means going into retreat, without distractions, for days on end and putting full focus and attention onto a specific thought, question, or a point within the body or surrounds. It is the original practice from which the popular practice of Dyads was created.

By practising Sesshin, I was fortunate enough to have numerous self-realisation experiences. As a result, I started to become aware of a frequency shift in my meditations. During that period of my life, I was very dedicated to the process of meditation, practising 4 to 6 hours a day. This made me very sensitive to subtle guidance from spirit. At the time, I was living in Brisbane, Australia, on a large natural bushland property owned by a friend.

During a meditation one day, I went through a rapid shift in consciousness. At the time, I was sitting in one of my favourite places overlooking a small pond. Upon opening my eyes, my mind started to receive rapid downloads of information from spirit.

In my conscious mind, I became aware of how all the energetic bodies emanating from my physical body were energetically linked through a series of energy pathways and how they correlated to my mental, emotional, physical and spiritual states. Even though I had a very good comprehension of energy and how it worked, I could not believe the depth of this new knowledge entering my consciousness. I became conscious of the interrelatedness of energy flows and channels within and through my physical and energy bodies.

The human body has an enormous and complex energy system. In the traditional knowledge of the chakra/energy network, we have 7 major chakras, 22 minor chakras, approximately 360 sub-minor chakras, 3 major energy channels and thousands of finer energy channels called “nadis pathways” that connect everything together.

In our changing times, however, a new understanding of our energy system has emerged, leading to new discoveries within the chakra/energy system. Many new pathways and chakras have been found emanating from within the body and some are in the etheric layers surrounding the body.

Through the new understanding I was opening up to, I became aware of how the entire intricate network of energy pathways actually functions. I discovered how this amazing system is mirrored and reflected in each of the seven energetic bodies that extend from the physical body. (“as above, so below” or better put “as within, so without”) I also discovered that the energetic bodies that extend from my physical body directly link into and impact on different aspects of my body and mind in my day-to-day life. Each of these energetic bodies relate to different aspects of my human functioning. For example, I have an emotional energy body that directly influences the emotions and so on.

One of the amazing understandings I discovered was that all things happening to me in any given moment of time have already happened in one of my energetic bodies. Everything first manifests ethereally then filters down into conscious reality. Even before this occurs, the potential of it comes to life in another energetic aspect of me that exists on the very outer extremities of the energy body/fields. This energy layer is the energy blueprint where all potentials for this incarnation first manifest.

My newfound awareness showed me that all potential experience is created at the blueprint. It is then filtered down into the appropriate energy body where it manifests and impacts. Once this occurs, it is brought down into the physical body to the appropriate level and manifests into my life.

Not long after this initial experience at the pond, spirit started to make me aware of little points along the energy body’s energy channels. I could use these points to put in and take out different energies. I became very excited about this prospect because it brought to me a whole new dimension in regards to how to approach healing. I was made aware that I could remove a lot of disharmony and disease, even before it manifested in my physical body.

This also meant I could work on healing the body outside the physical body, thereby stepping outside the influence of any emotional resistance to change put up by the mind and ego. At first, spirit made me aware of a set of three of these points, which I started calling “release portals” because they resembled little vortexes of energy. Sometimes they appeared as little bowls or indents in the energy field; however, they did not have a fixed shape, position or character.

As I focused on and worked with these points, a new understanding of their function started to arise. As time went on, I found more and more of these release portals. Throughout the eight years of working with these points, I mapped out close to three hundred of them. The portal network became quite complex and vast.

During this time, I started to teach people this portal release technique under the name of Energybody Therapy; the forerunner to Heart Resonance (HR).

During this period of discovery, I underwent some amazing shifts in consciousness and perception. The more I focused my attention onto these subtle energy points, the more I started to perceive finer energy. The more I perceived, the more aware I became of my own inner energy. This had quite an impact on how I understood and saw myself.

I started to see how I shaped my life and how my thoughts, words and actions played a big part in how I created my reality. I also became aware of how much my emotions, and the suppressing of them, impacted on my external experiences. I saw what I was not acknowledging and what I actually thought about others and myself.

Not all that I saw I liked. I recognised all of the emotional issues I had suppressed over the years and how they were affecting my ability to have a happy life. Once I saw these issues, I could not hide from them anymore. I had to make some big decisions and choices as a result.

To give an example, I became aware that I was a very judgemental person who was critical of any person whom I saw was not agreeing with my beliefs and understanding. I was extremely narrow-minded; it was my way

or no way. Also, very aggressive people would really get my defences up. I realised these were the effects of old energy imprints from emotional issues around my father.

My judgmental attacks were my way of hiding my lack of value in myself. I let other people's beliefs make me feel I was not good enough to be right. This then made me continually justify myself, to show I was good enough and worthy of acceptance.

When I really saw what I was doing and the underlying reasons why, I knew I had to make changes. I did not want to continue to carry these old beliefs about myself. I wanted to grow and to value and cherish who and what I was more.

I have found that the more I grow and shift in vibration, the more I become aware of the things that burden me. This process has been ongoing and continues to this day. Thankfully, however, I do not get caught up by or frustrated with this awareness anymore. In fact, I now see this as a blessing.

Each time I am presented with some level of my own lack of value in myself, I see an opportunity to take steps to love myself more. With more love of self, more joy, ease and allowance comes into my life. This also equips me with a better energy and consciousness space to help even more people. All negative experiences provide great opportunities for having a better quality of life.

It was around this time that I started to work inter-dimensionally as a healer. I would often travel into other realities, just at the onset of sleep, and work as a healer for beings who a council of spiritual masters would provide for me. I never knew if this was occurring as a test for me or because I had the right frequency or knowledge to heal what was needed in the beings I was working on. I had a suspicion, though, that they knew who I was and were calling on the energy of one of my past lives when I was a master healer.

This experience would happen on a regular basis. I would look forward to going to bed at night in anticipation that this night would be one of those nights.

At sessions with gifted clairvoyants, I was often told of a past life as a powerful master healer who held great knowledge. In that previous incarnation I wore elaborate clothes and adornments, as though I was some kind of high priest or similar. During healing sessions with clients in my current day clinic, I sometimes enter into a deep energetic space and seem to tap into a level of knowledge and a healing resonance that comes from some far-off space and time. Wherever this is, it feels very ancient. Somehow, this energy is not an external energy I am tapping into, but some level of myself in a far-off time.

The more I developed and grew as a healer and teacher, the more this old level was awakening. It was as if I had this time capsule of knowledge, abilities and techniques just waiting to be opened and to rise up into my current life. I had (and still do have) a sense that one day I will gain full understanding of this old life and utilise the full extent of its knowledge and power. Sometimes I feel like I hold some ancient information that will arise at the right time to help with the ascension process of mankind. At other times, I laugh these thoughts off as the workings of the mind and ego.

In 2009 I had confirmation of my insights by one of the world's most gifted channels. She told me I am a Master Starseed Soul who has been incarnating here on Earth since long before Atlantis and Lemurian times. Many of my lives have been as a spiritual adept, and I hold within my energies things called "glyphs". Glyphs are installed into a soul's energy field by spiritual councils and are a source of information not available here on Earth. I was told I have 4 glyphs: 1 activated and 3 lying dormant.

This channel feels Heart Resonance is some of the information that was released into my awareness when the first glyph was activated. She also believes at least two others will activate in this lifetime, bringing to and through me information and processes to support the ascension process of mankind. She believes my sole purpose in this life is to help the planet to ascend into fifth-dimensional consciousness.

Getting back to the inter-dimensional healing ... Early one morning, whilst in a dream state, I was called to perform inter-dimensional healing. I was

taken to a temple of light. It was circular in shape and made of white stone with beautiful columns all around. The stone of this building seemed to radiate light and felt alive. It was not just rock as it had intelligence and seemed to interact with some higher being or consciousness.

Upon arriving at this ancient temple, I was brought into a central room with lots of windows where I was able to look out into the distance. The view gave the impression we were in some form of higher dimension, floating in space. Because I now had some elevated perception, I could see in and through the beautiful stone-walled structure of the building.

Inside the room there was a group of tall, slender men in long, flowing robes. Through telepathy I became aware they were a council of wise souls and were powerful beings. I also knew this from the intensity of the light emanating from their bodies.

For a moment, they entered into communication between themselves via telepathy. Then suddenly one of them came to me and asked me to follow him. This communication was also non-verbal; his thoughts just appeared in my conscious mind.

I was lead into a room where there was a powerful healer-being. He was very intense in light and started to radiate his frequency which contained light and information that penetrated my whole being. I could feel shifts occurring inside my body, as if it was some form of initiation. This went on for some time and then, just as quickly as it had started, it stopped. The being then left the room and another being brought in a person.

Once again, through telepathy it was made clear that I needed to perform a healing on this person. I was not shown how but I intuitively knew what was appropriate for the person. Upon finishing the session, I somehow found myself back in my bedroom; I was there but with no recollection of travelling back to my bed.

I would always feel expanded and energised from these sessions. On numerous times after this original experience, I would go straight to the healing room inside this temple, without meeting up with the council of light beings. There was always a person or being waiting for healing who

I would work on intuitively and then leave. Sometimes there would be a group of people or beings to work on, and at other times there would be just one. In this reality I was accessing an energy that was enabling me to remove and clear any illness or problem that somebody or some being had. I felt unhindered and unlimited in my healing work.

Every now and then, I would meet up with an old soul in the building and information would be transferred between the two of us via telepathy. It was like meeting up with kindred souls.

One evening in 1998, something different occurred. One of these more highly evolved beings came to me in my bedroom and gave me a powerful transmission and initiation. At the completion of the initiation, he touched me on the forehead and handed me an etheric crystal. For about two weeks after this, I went through many shifts and releases in my body and felt very energised and expanded. Unbeknown to me at the time, this was my initiation and transmission into the Heart Resonance frequency.

I then became obsessed with finding the crystal that the being had given me ethereally. I had a good knowledge of crystals, having worked with them for a number of years; but I could not recall a crystal like this one. It was a cluster of green quartz-like stone with darker green tips. I knew I had to find this stone in solid form.

I asked around at many crystal suppliers for the name of this type of crystal and where I could obtain one. The answer from everyone was that they had never heard of any crystal matching this description. This went on for about a month, until one day I received a phone call from one of my students in Singapore. She told me she wanted to attend my next spiritual retreat in Brisbane, Australia—and she had a present for me. To my amazement, her present was my crystal. My student is a crystal healer who, while visiting a New Age store in Singapore, noticed the crystal. She felt overwhelmed by its power and just had to buy it. Upon returning home, very excited about the prospect of working with her new crystal, she connected into its energy to see how best to work with it. She received a very strong message from the crystal that it was not meant for her and in fact she was to give it to me.

This communication was very clear and strong. So, to her disappointment but to my delight, she brought it to Australia and presented it to me. Somehow, the energy of this crystal felt familiar to me. It was as though this stone had come home to me from some far-off place and time. I have found that this crystal contains two portal gates that can be used to access different realities. There is also an elemental energy that seems to be attached to it, acting as some sort of sentinel, guarding its doorway.

I have shown this crystal to a select few intuitives and psychics and have been told numerous stories of its origins and purpose in my life. I was told by one of them that the crystal is alien in nature and origin and was put in a cave in this time so I could gain access to it in this life. It was even suggested that I was the alien who put it there, knowing I would incarnate in this life and be reacquainted with it, to continue using it as a tool for my work.

All of the stories have been colourful and interesting, though not really important. It is a pretty rock which somehow wants to stay with me. I am sure, if it has an important reason for being in my life that I am not yet aware of, it will make me aware of its purpose when the time is right.

For some reason, however, I know I am not meant to show this crystal to just anyone. Somehow, its energy is for a select few whom I trust. I am sure that one day I will know why this is so, but for now the reason is not clear to me.

After I received this initiation from the being in my bedroom, I started to undergo a massive shift in my consciousness. For about two weeks after the initiation, I underwent lots of powerful energy shifts and releases.

All of my clinic clients during this time had quite amazing healing responses to their treatment sessions. Somehow, this initiation had supercharged my healing ability. The contact with this powerful being had connected me to a higher vibration, which then empowered my healing work.

I also started to notice a deepening of my consciousness occurring. Revelation after revelation started to occur. My connection and communication with the spirit world awakened onto a new and greater level. I began to

experience information automatically downloading into my conscious mind. This information, albeit unknown to me at the time, was starting me off on a new and exciting journey of spiritual discovery and training. It was as if the initiation I had received was my acceptance and enrolment into a higher spiritual school.

Not long after the initial contact, I felt a spiritual presence around me that continually fed me information and understanding. It was as if this spirit was my teacher who had come to start my training into a new level of spiritual evolvment. My original pondered questions on how I could be of more benefit and help to others were somehow being answered. My prayers were being responded to and spirit had come to support my purpose.



STARTING TRAINING IN THE SPIRITUAL SCHOOL

If I had known what was ahead of me at this stage, I probably would have thought twice about what I had asked for. To open up onto a more effective level of consciousness, enabling me to bring more benefit as a healer and teacher of spirituality, I had to walk my talk. This, I thought I was prepared for and had actually embraced. However, I have since found out my honourable intentions had conditions.

Yes, I wanted to do the work, but not if it was going to confront me with my deepest fears and insecurities. Regardless of what I thought, growth and confrontation seemed to go hand in hand. Many years later, I discovered that spiritual advancement is very joyful if one actually gets out of one's own way and allows the unfoldment of spiritual consciousness to awaken and move through.

I had to learn this the hard way. I spent many an hour in complete panic and fear for my mental and emotional state and often contemplated if I wasn't, after all, going completely mad. I would have moments of sheer bliss, followed by moments of not coping with awakening and all the choices and decisions that come with it. I had to learn "trust of spirit", which was a very hard thing to do sometimes. At different stages, I knew I had to let go of friends, family and loved ones. Sometimes I had to make strong, heartfelt changes because some connections to people, beliefs and perceptions were not in alignment with my spiritual direction. I felt driven to spiritually grow and anything or anyone that hindered this unfoldment had to go. My spirituality became paramount.

My angelic teachers always instruct me in the most amazing way. This is how my training is often done. Firstly, they start by putting insight and information in my mind. Secondly, they immerse me into the actual experience, both visually and energetically. When teaching me about energy channels and fields, they sometimes literally pull me inside these pathways. This is usually done within my own body.

I remember when a new energy channel in my body was activated. This channel was activated through a transmission of energy coming from my spirit teacher. Firstly, he installed within me this energy channel that ran down the back side of my spinal column. After this was done, he pulled my consciousness inside the channel so I could see and feel what it actually was. At the same time, he imprinted my consciousness with deep understanding of the channel's purpose and functionality. This gave me the most complete picture and knowingness of what the energy channel was and how to use it.

I have found this immersion process to be the most effective way to get full learning of whatever it is they are teaching. I don't only "get it"; I have direct experience on all levels as well, so there can be no mistake in the dissemination of the knowledge to my students. One of the reasons why I feel I was chosen to pass on this information is because I am a neutral channel; I pass on without adding my own imprinted issues and emotions. This allows their information to flow through purely, without it being tainted by my negative emotional perceptions, beliefs and conditionings.

Once I started to receive teachings from these higher evolved beings from the angelic realms, I underwent many awakenings and changes. Every new bit of information had an energetic impact on my life. With knowledge came change. This process and way of teaching me has continued to this day. It has brought frequent and sometimes rapid change to my life. This has not always been easy to move through, simply because my humanness likes to resist what it does not know.

My humanness also fears the ramification of positive change because of how it affects the ego, mind, emotional baggage and beliefs. In many ways, the assimilation of this new higher frequency and the information that

comes with it removes the importance and control of the ego and mind. It moves life towards the heart and in so doing starts the process of dissolving what we fear.



THE UNDERSTANDING OF ENTRAINMENT

Some of the first things that my spirit teacher taught me were to do with how the Universal Law of Resonance works. I was shown how the process of entrainment shifts energy. Entrainment is the outward flow or action of the Law of Resonance. I have talked about entrainment in other books but for those readers who have not read any of them, I will provide a brief description of what entrainment is.

Basically, when two energies come into contact with each other, the dominant energy will set the pace and the other energy will automatically be pulled into a vibrational match with it. It will not always become a perfect match, but the weaker energy will always be pulled towards the stronger energy. The speed of the weaker energy and how far it will move into alignment with the other depends on how powerful the dominating energy is.

This shifting of energy is unavoidable because it must follow universal law. Because everything in existence is energy, all life is impacted by entrainment. This can be a good thing if the dominating energy is positive. But many energies, especially some of our own suppressed emotions, are not always of this frequency.

Once I understood entrainment, I was shown how the energy of Heart Resonance created a healing shift/response in the people I was working on. I was also made aware of how negative energies impact us while we are out and about in our day-to-day lives.

All day, every day, we are continually being pulled into either a vibrational match with other energies or, if we are the dominant energy, pulling other

energies into our energetic frequency.

Entrainment happens on all levels of existence. Not only do we get entrained by external energies around us, entrainment also happens on a micro level within. The majority of negative energies held within the body are often intense.

Why? ... Because of the resistance to them we continually create. Negatives are energy forms that we often resist, simply because we don't want to "go there". Stress and anxiety are frequently caused by their presence, which in turn intensifies the negative energies even more.

The intensity of negative energy often pulls lighter, more positive energy into a vibrational match. Often our positives are not as intense as our negatives. As humans, we tend to focus more on negatives than we do positives. It is this focusing on negatives that gives them more weight, thereby making them stronger. When this occurs, it darkens and burdens the flow of our internal energy. This will eventually make our day-to-day lives a little harder.

Why? ... Because of another universal law called "The Universal Law of Attraction". This law states: "What you vibrate within will be validated externally". This is why it is so important to work on transforming all of our internal negative energies into positives.

Heart Resonance is one of the most powerful energy tools for achieving a positive shift of all negativity. When turned up, everything within its field gets entrained to its quality (Pure Divine Love).

WORKING WITH THE NEW FREQUENCY

As soon as I understood how and why entrainment worked with the new frequency I was tapping into, I realised that there was no need to continue with Energybody Therapy and its portal release points. All I had to do was to connect into this new frequency and resonate its strong field. Then, all energies within my energy field would automatically start entraining.

My spirit teacher showed me how to turn the intensity of Heart Resonance energy up, making it the dominant energy in any given situation. When I stood next to a client, I would turn it up and all the negative energies within the person would start to entrain to the energetic quality of Heart Resonance, and healing would occur. This would happen without doing anything at all to my client.

In fact, the less I focused on my client and the more I focused on turning up the Heart Resonance, more of a positive shift would occur in my client. I did not need to know what was wrong with my client to have success.

I found this so exciting, as I no longer needed to tune in, diagnose, analyse or be involved with my clients in any way. This took out of the equation my ego and mind and made the treatment simpler, purer and, most importantly, more powerful. It brought an end to heady mind games that can often pollute energy therapies.

It was around this time that I was given new information on our chakra energetic system. I was shown changes occurring in the energy flow and positioning of some of the traditional seven chakra positions. It was made clear to me that three of the seven traditional chakras would play a more dominant role in the years to come. These three chakras were the Crown,

Heart and Base Chakras. I was shown that working on these three chakras balanced all seven. By using the Heart Resonance energy with these chakras, I would open and clear my grounding channel, allowing me to be more centred and, most importantly, grounded.

The term “grounding” is often misunderstood. Many people suffer from being ungrounded without even realising it. Some classic signs of being ungrounded include the inability to make decisions, the inability to complete tasks, anxiousness and nervousness, and a general sense of being disconnected (or as I would say, “off with the fairies” or “the light’s on but no-one’s home”).

I see a lot of this in the spiritual New Age Movement, where people actively work on stimulating the upper chakras to gain more spiritual growth and understanding or to become more intuitive. The vital point that is missed is that spiritual movement comes from a balanced chakra system. If you stimulate the upper spiritual centres but not the lower, you will cause an imbalance that in turn will hinder movement forward.

Some people actually unground themselves to create a state of unawareness, so as to not see the emotional hurts and pains they are carrying. This is often not a conscious decision but a deep subconscious one.

As I began to practice working with Heart Resonance energy on myself, using the techniques I was shown, I started to find that a lot of tension and struggle seemed to disappear from my life. Another interesting thing happened: I naturally became more detached and allowing of all people and situations.

Once I saw these benefits, I started to use Heart Resonance in my clinic, with amazing results. Stress and illness would reduce, even after one session. It started to change the way both my clients and I thought about life. Thoughts became more positive and a greater sense of tolerance towards people and issues arose.

After using the energy more and more on clients, I started to experiment by introducing the use of crystals during Heart Resonance sessions. Because of my previous training in crystals, I knew quartz is an excellent

amplifier of energy. By bringing quartz into the sessions, it would actually make the Heart Resonance field stronger, thereby increasing the power of entrainment. With guidance from above, I finally settled on two simple yet powerful crystal layouts to use, which were a combination of quartz, tourmaline and kyanite

My intuition was running wild at this point in time. I kept thinking of many different uses for Heart Resonance Energy. For example, I discovered that I could send this energy over a distance, with great results. I also started to treat animals, plants, food and eventually different environmental situations—all with amazing results.

I remember conducting an experiment on my neighbourhood with the environmental technique I was shown. Here in Australia, we have a scheme called “Neighbourhood Watch” where the police and public work together to be more alert to crime in the neighbourhood. The association that was formed out of their efforts produces a monthly newsletter.

Every month, in the back of the newsletter they include the stats on crime in the area for the past month. For example: how many cars stolen and how many burglaries. Anyway, I noted the crime stats for the past month, which are usually quite low in my suburb. I proceeded to use Heart Resonance every day for the whole month, focusing on my neighbourhood. I was hoping that it would have a positive impact on it.

I waited for the next newsletter to arrive and I was very surprised at the results. The crime rate had dropped by a massive 70%. Wow! Then I started to think that maybe it was just a coincidence. So, I stopped working energetically on the neighbourhood for the next month. The results were that the crime rate jumped up again, not as high as before, but it was most certainly up.

So, once again, I worked on the neighbourhood for the next month and the crime rate dropped down. This categorically told me that Heart Resonance was indeed having a positive impact on my neighbourhood.

Another wonderful experience with using the environmental technique occurred during a plane flight. On this particular flight, I was just about to

have an in-flight meal when the captain came on the intercom and told us to buckle up our seatbelts as we were about to enter into some turbulence. As a result, the flight attendants actually stopped serving the meal, expecting it would be too rough. I started to resonate Heart Resonance out into the environment, both in and around the plane, with the intention of calming the turbulence. The most amazing thing occurred—the plane went from bouncing around to being perfectly still. It was like we were not even moving. I have applied this technique numerous times during flights and always with the same results. I often wonder what the captain must have been thinking. All his instruments would have told him there was turbulence, yet the plane was calm.

It never ceases to amaze me—the power of Heart Resonance.

NEW EMPOWERMENTS

After working with all the techniques of my new Heart Resonance, I built up a whole repertoire of ways of working with the energy. I realised that I was only limited by my own imagination when it came to treating others and myself. By understanding entrainment and how to apply its principles, I could have a positive impact on anything at all.

By this stage, I completely understood everything I was working with, including the many uses and principles of Heart Resonance. My spirit teacher's teachings were fully assimilated. It was time to receive more.

It was about 2 am one morning when I was awakened by my spirit teacher's energy coming closer to me. I noticed he seemed to be more intense in his energy than usual.

While I was still in a half-awake, half-asleep state, he connected to my energy and started yet another initiation process on me. After this was completed, he left and did not return for about a week. During this week, I felt very restless; I could not sleep solidly. My thoughts were running rampant and my internal energies were shifting and changing.

At the end of the week, he returned and told me this initiation had been an empowerment to give me the ability to initiate others into the vibration of Heart Resonance. Over the next few days, I was shown how to perform the empowerment on others and the importance of why it is done the way I was shown.

This was very exciting! I now had the ability to awaken others into this new and amazing frequency. I was told to start teaching people all that I had been taught and discovered about Heart Resonance. I was to perform

the empowerment process I had been given; to activate its flow within my students.

Over the next couple of weeks, I put together a workshop format to teach people my new Heart Resonance system. Without advertising, people seemed to come from nowhere to learn Heart Resonance. When asked at the start of workshops why they decided to learn Heart Resonance, a common reply was that they really did not know why; they just felt they needed to attend.

This pattern has continued to this day. People just feel drawn to it. For some, it is as if they have been waiting for this for years, regardless of the many healing and growth systems they have previously learnt.

All of the students attending my Heart Resonance classes started to achieve fantastic results when treating others. Many new Heart Resonance (HR) practitioners were incorporating Heart Resonance into their existing therapy practice, while some people were learning Heart Resonance to treat family, friends and themselves.

I have had much feedback on the benefits of using Heart Resonance by itself and with other modalities. One such use comes to mind from one of my current Heart Resonance teachers in Canada. She is a hypnotherapist facilitator and teacher. This is what she had to say in regards to using Heart Resonance Level One in hypnotherapy sessions:

“When a new client comes for any type of therapy, they are often a bit reserved and a bit wary of the unknown. With hypnotherapy, that wariness is increased if the client has received misinformation about hypnosis. They may understand that hypnotherapy is very powerful and can help them quickly. At the same time, it is sometimes a new exploration for them and they may not realise how safe it is.

Heart Resonance Level One can set the energy and the vibration in the clinic even prior to the arrival of the client, so when they come in they immediately feel comfortable and safe. They will immediately be entrained to the Heart Resonance energy coming from the Hypnotherapist. Resonating Heart Resonance energy continually during the client session keeps the client feeling calm and relaxed; increasing relaxation and speeding up the hypnosis process.”

There have been many experiences shared with me in regards to how Heart Resonance can relax, calm, increase healing, transform negative emotions to positives, and instigate shifts and healing (mentally, emotionally, physically and spiritually). Even very old chronic conditions, such as pain and depression, have all responded very well to Heart Resonance.

Another wonderful story comes from a Heart Resonance teacher from New South Wales, Australia. Here is her story:

“As a qualified counsellor, I deal with many clients who are extremely distressed. I found using Heart Resonance to be a very valuable tool in my counselling work. I connect to the energy before a client comes into the room and, as I sit with the client, I just “amp up” the energy as we go through the session. I find my clients are always much calmer at the end of the session than when they arrived. I have found Heart Resonance seems to support clients in letting go of emotion and supports them in becoming more detached from the situation they find themselves in. I also find that often their problem-solving skills are enhanced with the use of Heart Resonance, thus enabling the clients to feel more empowered and more in control of their lives.”

I could write a book solely on the many benefits Heart Resonance has achieved in people. Maybe one day I will, or at least put more uses and stories about Heart Resonance on the official website <www.heartresonance.com>.

It was not long after I started teaching my first classes in Heart Resonance that my first spirit teacher left my life and a new teacher came to me. Every new spirit teacher(s) I am given always seem more evolved and vibrating higher than the previous teacher. As I grow spiritually, it appears my teachers are upgraded as well.

One teacher comes to teach me what they need to and then another arrives and teaches me their information. It is as if I am moving through different grades of schooling. Each new section corresponds to another year at school. On completion of the year, a new teacher and class starts, moving me further along this path of wonderful learning and spiritual advancement.

I have thought about this process often. I feel I need to grow and adjust energetically for each new teacher to come and work with me. Each teacher's energy field is always more intense and brighter than that of the previous one. The sheer presence of such beings has enormous impact on my own energy system. It moves stagnation and often confronts me with my own emotional issues and stuff.

Each new teacher elevates my energy field, which allows me to be exposed to greater, more intense spirit energy. As I grow, a stronger energy can be present in my life without overwhelming my energies and system. Each new teacher prepares me for the next one to come along. It is like they are building my capacity to handle greater flows of spiritual energy, eventually enabling me to access and/or download the energy and information needed to fulfil my purpose: assisting the ascension process and our awakening into the new golden age of mankind.

THE TABLE OF EIGHT

After about six months of working with Heart Resonance and teaching many people, a major shift occurred. I started to sense an ever-growing presence of numerous energy beings coming into my field. When I became accustomed to their presence, I could see there were eight in total. These beings carried very specific energies, and I eventually could distinguish each one of them solely by their unique vibrations.

Their unique, individual frequencies contained an emotional character and personality. All of the eight had a joyousness about them that was very infectious. I eventually came to know that each one was a specialist in a certain field of spirituality. When they were combined, they brought to me completeness and balance in spiritual insight and knowledge.

They came into my field so often and had such understanding of me and where I was moving to, energetically speaking, that I saw them not only as teachers but also as my spiritual friends in etheric form. I somehow felt very connected to them, as if I knew them from somewhere. Years later, I realised each of these eight beings were my students in another lifetime. They had come back to me in this life to direct me in my spiritual mission. I had made a decision (long before they were my students) to play a part in the ascension process, and now, because of the level of reality that they had chosen to work at, they were able to support me in my endeavour.

As each came close to me, they would alter my frequency, simply by being present. Sometimes they came in groups of three or four; other times individually. Every time they came, I had information and understanding just pop into my consciousness. It was as though they were preparing and guiding me to be more effective in my new Heart Resonance work.

This group of teachers continuously painted different scenarios of what they were teaching me, which empowered me to understand their teachings even more. They showed me the teachings from different angles and viewpoints, allowing me to fully comprehend the concepts they were putting forward.

The different combinations of their energies affected my consciousness in different ways, creating shifts and releases within. During a meditation session one day, the entire group of eight turned up. I had never before had this experience of all of them being in my energies at the one time. This caused an intense energy vibration to flood my body. It took quite a while to adjust to their power and intensity. It caused my body to shake, as if I had lost control of my nervous system. I started to experience muscle spasms and involuntary movements. Throughout this whole experience I felt safe and nurtured at all times. The experience itself was not unlike a Kundalini release; that sense of feeling overwhelmed yet incredibly free at the same time.

The teachers stayed in my energy for quite a while and showed me their ability to create unlimited combinations of energies. This was achieved simply by working the different sequences of each of their vibrations. These energy combinations held information that was somehow imprinted into my consciousness. My teachers were able to create energy overlays within me that changed my energetic structure and nature.

This overlaying of energy was performed to change and adjust my energy patterns. It also gave me an understanding of a whole new way to shift energies within something. Not only were they doing this to me, but they were also showing me what was possible for me in my work with others.

What they would do was to bring a certain frequency into my body. Then they would bring in another frequency and merge the two together. To paint a better picture for you, I will give an example of what they did by using numbers.

Let's say they brought the number 10 vibration into my body. Once they did this, they then brought the number 20 vibration in and merged it

with the number 10. This would create a whole new energy frequency, consisting of the combined energies of 10 and 20. (In essence, this is the basics of all creation.) This merging was done slowly, as though they were adjusting the combination, moving it in and out until it was just right.

This merging process was a little like one of those old fashion weight scales, with the weight on a slider. The person weighing would gently slide the weight backwards and forwards until balance was achieved. My experience was like that, with a gentle movement of the frequencies back and forth to create the exact balance and combination.

You could also see this as two circles of energy. As they brought the second circle in, the overlap was moved back and forth. The further it was overlapped, the more it changed the vibration within me. Going back to the numbers; the end result was the creation of a new vibration that consisted of an energy quality somewhere between 10 and 30.

This process created a totally new frequency within me that would later change my life. This energy merging technique that they used often changed my understanding and thoughts. The energy itself was imprinted with spiritual information and processes. As they moved this energy in, through and around my energies and body, information was imprinted within my consciousness.

Once again, all of these different frequencies were created by each of the group's unique vibrations. For example, No. 1 and No. 3 would vibrate together, thus creating an entirely new set of frequencies. Similarly, No. 4 and No. 2 would combine, again creating a new set of frequencies.

As well as being able to create together numerous combinations of energy that could be used to create and shift other energies, each teacher also had their very own unique skills and abilities. Each taught me their individual techniques and processes and at other times they combined during teaching sessions. They never gave me their individual names, as they said their vibration was who they were. But they liked to be referred to as the "Table of Eight".

Unbeknown to me at that time, the Table of Eight were to stay with me for

several years. They were responsible for imparting the majority of the Heart Resonance system and gave me numerous empowerments, activations and teachings.

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WORKING INTERNALLY

Some of the first insights and teachings the Table of Eight opened me up to was to do with the possibility of working with the entrainment process internally; a process which works similar to the microwave oven, which cooks from the inside out. This technique was the first of many techniques that were to eventually become my Level Two Heart Resonance workshop.

I was shown how I could merge into the body of my client through my consciousness and move into different organs, muscles, bones and fluids. I could thus resonate the Heart Resonance energy closer to the stored disharmonies. This allowed me to be even more effective in entraining negatives into positives.

The Table of Eight showed me that I could actually merge into the disharmonious imprints and become a part of their energy. Once I had done this, I then found I could resonate Heart Resonance within the vibration and totally change its makeup and quality. Once the negative energy was changed to positive, it could no longer negatively have an impact on the body. In a sense, I was able to dissolve all negative-based energies from within, simply by locating them and doing the technique I had been taught. As all illness is negative energy-based, this allowed me to be very effective in treating numerous conditions and disease held within a person's body.

Many hypnotherapists are finding this internal work very beneficial to use while conducting a hypnotherapy session. While the hypnotherapist is working on the subconscious mind to discover what has caused the incorrect programming, they can also be exploring the physical body of their clients with the Level Two "inner journey" techniques. Combining

their work with the mind and the work they can do with Heart Resonance Level Two, they can create a new balance within the client.

Likewise, massage therapists find they can journey into muscles within their clients and work on releasing stagnation, while at the same time massaging the muscle. This results in tense muscles releasing quicker and much more effectively, making the therapist's job easier. The clients, as well, find they are more relaxed and balanced as a result.

In addition to all the wonderful benefits of working internally, I found this process also had a big impact on my intuition and my ability to observe subtle energy. It made me more perceptive and sensitive to energy flow. This also meant I was able to see, even more, my own energy system and the state of its vibration. It allowed me to recognise more easily what was positive and what was negative within myself and others.

This opened up a whole new arena of experiences for me. I started to feel the flow of energy inside people when I worked on them. I also started to sense and receive communication from a person's body whilst treating them. I remember the first time a client's body communicated to me. It was a very strange experience.

I was working inside a person's stomach when, all of a sudden, I could hear words inside my head, expressing to me what was burdening the person's stomach. It was as if it was talking to me by placing words into my head. At that moment, I considered the possibility I was going completely insane.

After this first experience, I started to receive much communication from all over the body. Sometimes I would be in the stomach and the neck would communicate. At other times it seemed like all parts of the body were asking for help. Sometimes it would be a kidney; at other times a muscle. Sometimes, instead of words in my head I would get pictures. I even started to have direct experience of emotions that a particular body part was feeling or had stored within itself. All of these experiences allowed me to target and find the areas I needed to work on more precisely.

As I started to link more and more into the negative energies held within

people, I was taught and made aware of the importance of remaining detached and neutral. Thankfully, through a lot of detached observation meditations I had done for many years, neutrality was easy for me.

With all techniques of Heart Resonance, detachment, non-judgement and the ability to not tune in, diagnose or analyse make the process work more powerfully. At all times with Heart Resonance, the key is to “just be” and “allow”, and whatever comes up as a result of this, don’t question. Just respond in a non-judgemental way and do what intuitively feels right. I encourage all HR practitioners to work in this way.

All Level Two practitioners are also finding that their awareness of self and others is dramatically improving. This is causing a purging of disharmonious energy within them all. Many are experiencing greater intuition. Others are even opening up more and more to the spirit world, as a result of becoming subtler in their vibration.

I would like to share with you a testimonial I received from a student, explaining how Heart Resonance has changed his life. This will give you another view into this wonderful system:

“My personal experience with Heart Resonance is quite exciting indeed. Where do I start? One of my first WOW moments with this modality was when Trevor Gollagher worked on me with Heart Resonance. I not only felt him entering into me through the top of my head, but also felt him moving through my chest and into my abdominal region.

Yes, this was for real!!!

Since I have done the Heart Resonance training, it has been like a domino effect with what I have been experiencing, with more and more exciting things coming my way and at a faster rate. I’ve had incredible “time shifts” take place and have had my manifestation abilities greatly increased.

Other wonderful dimensional beings have joined me on my journey too, since doing Heart Resonance, without me asking them to do so. They have kind of “hitched a ride”, so to speak ... and thankfully so.

I am also a massage therapist. After several massages, you can tend to get a little

tired. That doesn't happen to me anymore because the moment I feel any type of exhaustion, I connect with Heart Resonance, bring it in, and whoooooomp ... I'm fully energised.

Since I have transformed myself with Heart Resonance, my Heart Resonance clients have not only said from day one that my sessions are powerful and cause shifts in them, but that with each session the Heart Resonance energy flowing through me to them seems to be gaining in strength. People have come to me who have been in pain for years and years, with no relief by using allopathic medicine and then, after just one session in many cases, leave being free from pain.

I have not only found that this Heart Resonance system is fantastic to use as a modality by itself, but that as you increase your use of it, the more your perceptual awareness changes and shifts. In my life, for example, I now see, sense and interact with so-called "structure" and the physical plane in such amazing, magical-like ways, too numerous to mention here. For all of this and for what is yet to come, I only have one thing left to say: Thank You."

THE IMPORTANCE OF WATER

While working on someone internally one day, an interesting experience occurred. One of the person's spiritual support crew guided me through a new process that they called "Body Water Scrying".

Firstly, let me explain what I call your "spiritual support crew". Each and every one of us is born with a spirit guide or angel. This spirit helper stays with you until you pass over. Often this spirit guide then helps you move in and through the veil, on to your new life. Once this happens, their job for your incarnation is over.

Your guide is here for you in this incarnation to offer love and support for your human journey. They do not interfere with your life, as they are not allowed to. However, when you ask for assistance, they do their best to provide all that they can, in accordance with Divine Order and Plan.

Sometimes your guide calls in other spiritual beings that are more skilled in certain areas, to be of service to you. Spiritual souls who exist on this level are not necessarily gifted in all aspects of life. Just like we souls in human suits are not gifted in all areas ("as above, so below"). This is why they often call in extra help. In any given moment of time, you may have as many as three or four extra helpers "up there", all working for you. The additional guides come and go, depending on what you need in any given moment. All of these beings, the one who is with you all of your life and the others who come and go, are your spiritual support crew.

Anyway, back to the story ... I was working on transforming a disharmonious energy in my client and noticed it was not clearing. I was just about to move on when their spirit guide started to communicate to me. They suggested I move into the molecular structure of the water held within the

body, merge with the disharmony found within this level and resonate. They gave me a specific technique to go to this level and showed me how to focus upon what I needed to become a part of in order to clear it.

I checked this process with my spirit teachers and they validated it. I never add anything into the Heart Resonance system without getting approval from above. This maintains the correct essence and consciousness within the system. I am very strict on this with all of the teachers I have trained, as well.

The first time I did this process, it felt absolutely amazing. It was as though I had become a part of the water within my client's body. I lost all sense of "me" and became fluid in form and movement. Because I now existed on this molecular level, it was easy to see many subtle energy inclusions contained within what I was now a part of.

This enabled me to perceive and clear many negative imprints that would not normally be picked up. Somehow, existing in molecular form opens up a finer awareness of issues often missed during a normal healing session. In a sense, I was seeing disharmony from its foundation.

Water is the biggest element in our lives. Not only do we need it to survive, but our whole mental, emotional, physical and spiritual states are governed by it. Our bodies are 70-80% water and all of this water holds memory. The memories held within the water greatly impacts on the cells contained within our bodies.

All of our cells literally float in water that is called "intercellular fluids". When this water gets imprinted with emotions, it impacts strongly on the emotional state of the cells. You may or may not be aware that our cells have their own emotional system. This system is separate from our greater emotions, yet the cells' emotional system strongly impacts on it.

When the water around cells is imprinted with emotion, it entrains the cells that are floating in it. This in turn can increase the likelihood of other cells in close proximity also being entrained. It can spread, like a chain reaction, and before too long you have a whole group of cells being impacted. Because we all tend to suppress thoughts and feelings,

especially negative ones, we often entrain many areas of our bodies with negative energy through the water's imprinting. This often leads to stress, depression, aches and pains, and general struggle and burden on some level. These negative imprints are a major cause of illness in the body and mind.

I found that the Body Water Scrying technique I was taught was a great help in shifting out of the body a lot of this imprinted negativity. As a result, I was able to clear mental, emotional and physical symptoms from the underlying cause. This often resulted in a more permanent fix.

Body Water Scrying worked very well for people who were suffering from depression and high levels of stress. It was a very calming and balancing treatment form that was also good for children who suffered with nightmares and for adults who were restless and affected by insomnia.

Because our water held within is directly connected to our emotions, when we infuse it with Heart Resonance energy, we make its vibration and flow positive. This has a calming and balancing effect on the whole body.



COMMUNICATING WITH CELLS

In April 2008 I made a fascinating discovery. I was working in my clinic on a client, on the inside of his body. I was clearing some residue imprints within the cells, as I often did, when suddenly the cells started to express emotion. At first, I thought this was some trapped, unresolved emotion that was stored long ago. But, I soon realised it was the cells' actual emotion. Straight after this experience, spirit started to download into my consciousness a greater and deeper understanding of what I had just discovered.

What I learnt was that cells can actually feel emotionally sad, fragile and even vulnerable. When disharmonious energies imprint into cells, often through the intercellular fluids, they feel burdened by the heaviness of this negative frequency; just as we can feel when continually exposed to negative people and experiences. Once this happens, cells become sluggish and struggle and will eventually manifest illness.

At that moment in time, I also understood why some symptoms re-manifested in people's bodies. It was because the cells themselves were depressed or feeling negative. Even though the negative energy imprints would be cleared during sessions, the downtrodden emotions that the cells were holding onto would re-manifest negative energies back into the cells. It is a little like when you deal with a negative experience but later think about it again. It then pulls your emotions back to that same negative experience.

This can actually cause the cells to develop self-esteem issues. Even though cells live their life, finally die and are replaced by new life, the negative burden somehow remains and penetrates the new batch of cells, continuing the cycle. I had thought about how this could happen and one

day it dawned on me: through entrainment the new cells take on the old negatives.

As old cells die and new ones appear, the old cells remaining in the area impact on them. As a result, the new cells get entrained into the old imprinted energy, and the old energy is then carried into the new life. Cells get entrained by the intercellular fluids, as well, simply because they are swimming in it.

The dying cells' negative memories are literally passed on to the new generation. This is very similar to parents passing on to their children the emotional baggage they carry. The cells also have a genetic line that brings into the newborn cells qualities and traits of the old.

One of the wonderful techniques I was taught by my spirit teacher was how to change the emotional state of depressed cells. I was taught that the cell membrane was like the boss of the cell. Through the membrane, I could change the beliefs of what the cell thought to be true about itself. I could take a depressed cell, one with little self-worth, and train it to feel love and recognise its value.

Just like people, when cells feel great love and value of self, they get greatly energised. The life of the cells becomes more positive and easy. When your cells are vibrating with loving emotions, it goes a long way towards feeling happier, healthier and having a more positive outlook. When you feel good inside, you feel good outside. When your cells are happy, you are happy.



THE HOLY TRINITY TREATMENT

During my Heart Resonance Level Two education, I discovered how effective it was to incorporate the energy of Mother Earth and the higher frequency of God with Heart Resonance energy. Through previous experience with grounding meditations that connect Earth, God and Heart Centre energies, I understood how balancing and nurturing these energies are to the human energy field.

As I started to think more about this, I realised that by my incorporating Heart Resonance with these energies through the grounding channel in the body, I could have quite a profound impact. This was confirmed by the Table of Eight who then started a whole new round of teaching, guiding me through the technique of what I now call the “Holy Trinity Treatment”.

Bringing all of these energies into the Sacred Chamber (held within the upper ventricle of the physical heart) and moving them all through the grounding channel helped to create positive energy movement within. This allowed for the release of stagnation in the grounding channel, which supported balance and, importantly, more stability and consistency of grounding.

I found that using this treatment form on people, as well as on myself, helped to re-centre and balance the whole system. This is a wonderful tool for our current times, especially due to its impact on the grounding channel.

Our grounding channel is often forgotten in modern-day spiritual practice, yet it is essential to keep this pathway clear and open if we are to hold balance. Many people will work on the central channel but not the extension of it, which is the grounding channel. The grounding channel

starts at the etheric chakra which is called the “Soul Star Chakra”. It flows directly down from this chakra, enters into the central channel through the midline of the body and exits through the “Earth Star Chakra” that is below the feet.

When the grounding channel is stagnated, decision-making becomes difficult. The person will experience an inability to complete tasks and will often feel nervous and fragmented.

Our grounding channel is an energetic pathway that is used by the Universe to supply spiritual consciousness to us and the planet. Our bodies utilise a percentage of this spiritual energy which comes into the channel. The rest flows all the way through and out the end of the channel via our Earth Star Chakra into the ground. This is one way (but not the only way) Mother Earth receives spirit energy, to help with her upliftment of consciousness.

When this channel becomes clogged up with unresolved emotions and energies, we literally get overloaded with too much spiritual energy. This occurs because the energy that is meant for Mother Earth cannot get through in the right volume and then backs up.

When we get overloaded in this way, it has a dramatic impact on our nervous system. It also tends to make us very floaty and “off with the fairies”, so to speak. We turn into space cadets: “the light’s on but no-one’s home”.

Regarding the Holy Trinity Treatment, I have found this treatment form to be very effective for treating people who are highly stressed or out of balance. I remember once treating a lady who held a high-profile position in the company she worked for. Just for the sake of the story, let’s call her “Mary” (obviously not her real name). Mary was running on adrenalin, working very long days and drinking bucketloads of coffee just to keep up with it all. Her adrenals were overloaded and drained, her liver was starting to lose function and she had absolutely no tolerance. The slightest little thing that didn’t go right would send her into a tailspin.

One of Mary’s friends bought a gift voucher for her so she could have a session with me. When she came to see me, I knew immediately that the

Holy Trinity would help her. When I got Mary up onto my treatment table, I journeyed inside her body and into her grounding channel. It was very clogged up with unresolved issues and emotions she had repressed. She had done this so she could cope better with her day and function at some level of control and security. This repression is a very common practice for a lot of people in this day and age. Initially, this can help a person cope, but eventually it will catch up and turn them into an energetic mess.

As I stood there doing the Holy Trinity Treatment, I could see her body physically responding in a positive way. All of her tension was melting away before my eyes. At the end of the session, I asked her how she felt. Her response was that she felt very relaxed and her head seemed clear for the first time in a long while.

Because Mary was so moved by what Heart Resonance did for her in that first treatment session, she decided to learn it. She was one of my first Level Two Heart Resonance students. Heart Resonance changed the way Mary thought about herself. It allowed her to see that her health and happiness were more important than making money and climbing to the top of the business world. The stressful and intense environment she was working within was killing her. Mary ended up changing jobs and working for a smaller company, with greatly reduced stress; she is living a much happier life.

Mary still makes a good living, but the difference now is she also has quality time for herself. Life could not be better. Mary once told me that Heart Resonance was the catalyst for helping her to see what was really important in her life.

The Holy Trinity Treatment brings some of the most positive energies in existence into and through the body. This changes a person's energetic makeup and allows for divine energies to be more present in their day-to-day life. The more I worked with this process, the more I understood how special and sacred it was.

I realised this treatment was creating a Divine Trinity within, hence the name of this treatment form. The Heart Resonance logo, which can be

viewed at the Heart Resonance website <www.heartresonance.com>, is a representation of this.

I started to experiment more and more with this treatment in my clinic, using it on ungrounded people for conditions of stress and depression and for all emotional issues. I was amazed at the results.



WORKING WITH HOLY TRINITY CONCEPTS

After a few months of working with the Holy Trinity process, the Table of Eight showed me that it could also be used very successfully on concepts.

I was shown how I could use it on the environment, future events, past events and even affirmations. Even though I do not use affirmations myself, some people enjoy working in this way. To learn about why I do not use affirmations, read my book, "In God's Love". I personally believe affirmations are counter-productive to a spiritual life.

So, why would you want to use the Holy Trinity process on these concepts? Because of the powerful and positive impact you can have on them. This process will always bring more positive outcomes and release.

I was shown how I could substitute the sacred chamber (which is utilised during Holy Trinity treatments) with an event or object, and then move Mother Earth, God and Heart Resonance energy through these things, in the same way as a treatment on a person.

I found that by working on future events, all people, situations and places involved became more positive and harmonious. What a wonderful thing to be able to do! I also found that by doing a Holy Trinity treatment on a future event every day leading up to the event, the resultant energy accumulated. This energy seemed to be stored out somewhere in the ethers and the whole lot would release into the event at the stated time. Wow!

For past events, I found I was able to clear old imprinted emotions and energies that were still impacting on a person's life. It worked a little like re-birthing but with one major difference: the person did not have to revisit

the old emotions of the event. It cleared without the trauma.

I found I could target known past events with the energy combination to clear their burdening impact. An interesting thing about this technique was that when I did clear an original issue within myself or within another person's energy, it also cleared other experiences connected to it further on in my life or the other person's life.

For example, let's say I have a fear of heights because when I was six I fell out of a tree. This experience imprinted me with fear and ever since then, because of this original imprint, I keep attracting experiences to validate it.

Why? ... Because of the Law of Attraction, I attract external experiences to validate what I vibrate within.

As a result, I find myself having to climb up a ladder when I am ten years old. This experience then creates more fear and empowers the original energy imprint of when I fell out of the tree.

This in turn increases the likelihood of attracting more height experiences, and it goes on and on. When I clear the original tree issue, all the connecting experiences go as well; it is like a domino effect. So, if I start clearing issues from when I was young, I will find that the further I go through my life there will be less and less to clear.

To explain further, the Law of Attraction is why we tend to attract certain people and repeated experiences into our lives. For example, someone has an experience when they are young that makes them feel less valuable or abandoned. It could be something as small as their mum not letting them go shopping with her. The child's mind misinterprets their mother's refusal as "Mummy does not want me. I must have done something wrong." As a result, they take on a belief that they are not good enough or are bad, which in turn creates a correlating energy imprint.

Now that they carry this energy imprint within, the good old Law of Attraction comes into play. Their external experiences start to create situations to validate their self-worth issues. Most likely, this person is loud

and ‘out there’; always looking for validation. They find partners in their lives who make them feel valuable. But, often it turns out that these partners will either leave them for someone else or devalue them on some level or, at the very least, not support their imprints. They then try harder to get recognition, which often annoys their partners even more. Eventually, it all falls apart and they start it all over again with someone new; recreating this endless cycle and each time reinforcing the belief imprints held within.

We all tend to seek what we feel we don’t have in life or lack in our emotions. The crazy thing is, however, this view of lacking something is often an illusionary or distorted view of real truth. This view was taken on as a belief somewhere back in our younger years because of our narrow perception of what was being presented through experience.

I found the Holy Trinity technique to be highly effective for known issues. However, for most people there are thousands of negative experiences they probably don’t even remember anymore. For such unknown issues, one can use a one-year-at-a-time process to clear them.

By using the Holy Trinity concept technique on the environment, I was able to change negative energies within physical areas into positive energies, to make the area feel more comfortable. Once I had learnt this technique, I spent weeks and weeks visiting shopping centres, dental clinics and numerous places that had negative energies, to clear and transform these environments into a more positive state. I even worked on major road intersections where accidents were a common occurrence. A lot of negative energy is released at accident sites. People become angry, fearful and negative. These energies hang around these intersections and increase the likelihood of more accidents: “like attracts like”.

I also worked on cars and houses where people had arguments. All these negatives energies could be cleared. With this process, I was able to work on anything or anyone. It really was limitless in its use.

I found I could also send this process over a distance as well. This opened up a greater level for working with Holy Trinity.



THE BODY SYSTEMS

One morning, while working on the molecular level of the water within my own body, the Table of Eight made me aware that I could actually use this technique in all the twelve major body systems.

These systems are:

1. Cardiovascular system: blood circulation - heart, arteries and veins
2. Digestive system: processing food - mouth, oesophagus, stomach and intestines.
3. Endocrine system: communicating within the body, using hormones
4. Excretory system: eliminating wastes from the body
5. Immune system: defending against disease-causing agents
6. Integumentary system: skin, hair and nails
7. Lymphatic system: collecting and transporting tissue fluids from the intercellular spaces in all the tissues of the body
8. Muscular system: moving the body with muscles
9. Nervous system: collecting, transferring and processing information with brain and nerves
10. Reproductive system: the sex organs and reproduction
11. Respiratory system: the organs used for breathing, the lungs
12. Skeletal system: structural support and protection through bones

Once again, I was shown how to dissolve into the molecular structure of these systems (just like with the water technique). This gave me access to the most minute disharmonious stagnations and imprints.

Once I located these negative energies, I would merge into them and use my resonating technique to entrain them into positive, thereby instigating healing. I found this body system work to be absolutely fascinating.

I have had many amazing experiences working in this way in all of the systems. I have been able to help women with reproductive problems (especially the inability to fall pregnant) and people with respiratory conditions, digestive issues and many other complaints.

The nervous system is an interesting one in regards to pain. Pain in the body always comes from the nerves, especially the nerve endings. Through experience, I have found that sometimes pain, particularly if there has been an acute injury, can get trapped in the body. If this is not released, it can lead to chronic pain.

When an injury occurs, the nerve receptors jump to attention. They do this as a normal response, to alert the brain to a problem. Once this happens, the brain will respond by stimulating the nerves to feel pain and bring blood to the area which in turn will create swelling, immobilise the injury and stop further damage.

Once the problem has passed, the nerve receptors revert back into relax mode, and all is returned to a healthy state. However, for some unknown reason they sometimes lock into defence mode and entrap pain as a result, holding it in the area. Some chronic pain conditions that people have are a result of this.

In regards to pain, a lady asked me if Heart Resonance could help the constant pain she was experiencing in her legs. She told me she had tried many things to shift this pain, but to no avail. Once again, I will give this lady an alternative name and call her “Karen”.

Karen was experiencing over-sensitivity of her nerve endings. This was causing pain, even from the slightest touch of her legs. When asked if I

could fix her condition, I gave my standard response for all conditions: “I have absolutely no idea”. I never know how a person’s body will respond to being exposed to Heart Resonance energy. I do know, however, it will always be positive. But, sometimes that positive response manifests in a totally different area in the body to what is expected. This is another reason why I never have expectancy when working with Heart Resonance, as this can only lead to disappointment.

The following is what I did for Karen, which incorporated both Level Two and Level Three techniques. Part of my treatment involved my moving into her body and dissolving into the nervous system in her legs. Once I was there and I started to move around, I could feel the overstimulated and raw nerves. I resonated all through the nerves with an intention to nurture and calm. Then I used a Level Three technique to communicate to the nerves and, in so doing, I re-educated them to turn down their overactivity. In a sense, I was able to turn down their volume.

Almost immediately, Karen experienced a reduction in her pain. I saw her a few days later and found that her condition had continued getting better and better as each day passed. Eventually, Karen became pain free. Once again, I was totally amazed at what Heart Resonance energy was doing for people. I continually feel humbled by this very special energy.

Another example of working with the nerves comes from one of my students who treated a victim of a motorcycle accident. This is what she relayed to me:

“I recently had a client who had been involved in a very bad motor bike accident. He was in a great deal of pain. He had many broken bones and a punctured lung. In treating this client with Heart Resonance, I used several Heart Resonance tools. These included a couple of Level Two techniques.

I was able to dissolve into the molecular structure of his nervous system, to help ease nervous system “jam up”, to promote nerve recovery. I also utilised very powerful techniques of dissolving into the molecular structure of the body water of this client, to help rebalance emotions. This supported the healing of emotional trauma associated with the accident. The client made a remarkable recovery in a

reasonably short period of time.”

As mentioned earlier, I have personally experienced—and my students as well—great results in working in all of the twelve major body systems.

Another great experience I had was with a lady who was experiencing difficulty in falling pregnant. Most conditions in the body have an underlying cause. This cause is often a stagnation of emotions. In this lady’s case, she had experienced abuse as a child that was repeated many times throughout her life.

This repetition occurred because of the original imprint that had been created by the initial experience, which then created this frequency within her body. This frequency then brought more experiences, due to the Law of Attraction, to validate her original imprint. It made something seem real that was not real at all.

This woman had often attracted partners who devalued her. She had also attracted people into her life who abused children. On a deep subconscious level, she did not want to bring more children into the world because the imprint she held believed they would be abused. This imprint, albeit not true, was made real in her vibration because of the original belief she held from her own experience.

Even though she now was with a partner who loved her and they both desperately wanted children, her abuse imprint was resisting pregnancy. She was creating fear around the concept of bringing children into the world. This fear was creating resistance to energy flow within her reproductive system.

As a result, she could not conceive. Both of them spent time and money undergoing tests, taking medications and trying all sorts of things to fall pregnant—but to no avail. Eventually, they ended up in my clinic. After talking to the both of them and doing a quick scan through their energies, I could see she had lots of stagnated imprints held within her reproductive system.

I did my molecular work on her reproductive system and cleared the

original imprint and all energy associated with it. Within a month, to the delight of herself and her partner, she had fallen pregnant.

Since this experience, I have treated numerous women with great success. It is amazing what removing emotional stagnation can do to someone's life. When energy movement is reinstated, the body's natural ability to heal itself is strengthened. Homeostasis is quickly achieved when flow is correct and in balance.



THE MERIDIANS

After I had been using this new body system technique for a while and fully understood its potential, the Table of Eight expanded this process even further. They showed me how to use it on the meridian channels in the body. Meridians are channels used in traditional Chinese medicine. There are twelve standard channels and eight extraordinary channels, which I have listed below.

Twelve standard meridians

The twelve standard meridians run along the arms and the legs. They are:

1. Lung
2. Large Intestine
3. Stomach
4. Spleen
5. Heart
6. Small Intestine
7. Urinary Bladder
8. Kidney
9. Pericardium
10. Triple Warmer (also known as Triple Heater)
11. Gall Bladder
12. Liver.

These terms refer to the biological functions and not the structural organ, which is why there are some on the list with no corresponding anatomical structure.

Meridians are divided into two groups: Yin (female) and Yang (male). The Yin meridians of the arm are: Lung, Heart and Pericardium. The Yang meridians of the arm are: Large Intestine, Small Intestine and Triple Warmer. The Yin Meridians of the leg are Spleen, Kidney and Liver. The Yang meridians of the leg are Stomach, Bladder and Gall Bladder.

Eight extraordinary meridians

Besides the twelve standard meridians, there are an additional eight meridians which play an important role: the eight extraordinary meridians. These eight extra meridians are different to the standard twelve organ meridians in that they are considered to be storage vessels or reservoirs of energy and are not associated directly with the Zang Fu (internal organs).

The eight extraordinary vessels are:

1. Directing Vessel (Ren mai)
2. Governing Vessel (Du Mai)
3. Penetrating Vessel (Chong Mai)
4. Girdle Vessel (Dai Mai)
5. Yin Linking Vessel (Yin Wei Mai)
6. Yang Linking Vessel (Yang Wei Mai)
7. Yin Heel Vessel (Yin Qiao Mai)
8. Yang Heel Vessel (Yang Qiao Mai)

The knowledge of the meridian system is quite complex and takes many years to completely understand. Thankfully, working within them with Heart Resonance is a very simple process. Generally speaking, a traditional Chinese medicine practitioner works on bringing into balance meridian

energy flow. The more balance achieved, the better the health of a person. The skill of the practitioner to diagnose what is out of balance and what is the best way to bring it back into balance determines if the treatment will be successful or not. With Heart Resonance, diagnosis is not a part of treatment procedure and for this reason the practitioner cannot get it wrong. Heart Resonance energy will always work in a positive way, helping to reinstate harmony and the best possible functionality.

By working in the meridians (similar to working in the body systems), blockages held within the body can be easily shifted. I have re-established balance within a person, especially elemental imbalances, by working in their meridians.

Elemental energies are directly linked to different aspects of a person's body and mind.

For example:

Water element relates to emotions and fluids in the body Earth element relates to structure, such as bones and muscles ... Fire element has a lot to do with a person's confidence ... and so on. (For more information on elemental energies and meridians, go to good ol' Google.)

The Table of Eight spent lots of time with me during this period and helped me to effectively work with all of these systems. This indeed opened up a whole new arena for facilitating positive change—helping people to live with a greater level of health and harmony.

All the new meridian, body system and Holy Trinity techniques formed the foundation for the Level Two Heart Resonance workshops. Once I had full understanding and had practiced these new and exciting processes, I was guided to assemble a Level Two workshop and started to teach it to all interested Level One students.



NEW TRANSMISSION AND ENERGY PATHWAYS

About six months after having received all of the meridian and body system techniques, I was given a powerful energy transmission from the Table of Eight. This was to change my whole understanding of what Heart Resonance was and why it had been grounded onto the planet at this time.

Up until this point, I had viewed Heart Resonance solely as a healing modality. Now it was made clear to me that Heart Resonance is actually an energetic tool that will help people to align with, move into and move through the ascension process. It is here to alter people's vibrations and dissolve the negative fear-based energies that hinder allowance of their spiritual shift.

Understanding what the Table of Eight were now telling me changed my whole understanding of my purpose in this life. It also made me aware of the importance of getting Heart Resonance out to as many people as I could. I became very driven to be of service to the Divine. I dropped many of the things I was currently doing in my life and devoted all of my time to developing and spreading Heart Resonance.

When I was given this transmission, I was allowed to just be in its energy for about a week. After this I started a whole new learning curve. I was brought into my body on numerous occasions and shown what the transmission had done to me. During the transmission, the Table of Eight had changed my energy circuitry. They had installed into my Thalamus Gland a doorway of light and installed and activated a new energy channel down the back side of my spine. They had empowered and activated my

energy system so I could actually use what they were to teach me.

I was made aware of what the transmissions/empowerments that I had received up to this point were doing to me and other people. Not only were they activating the Heart Resonance frequency within us, but also transferring a new level of consciousness and information. Each transmission also activated all of the techniques and processes of the Heart Resonance system within all who received it. This made it impossible to get any of the processes wrong; it always pulled everything into alignment to the consciousness of it. This was automatically achieved by simply setting one's intent to do a certain technique.

Over the next few months, I was given the processes and techniques for the foundation of Heart Resonance Level Three. As with all things my teachers imparted to me, I was allowed time to work and play with this knowledge until I felt confident to release it to the general public.



THE LEVEL THREE MEDITATION

Not long after they gave me the new transmission, I was given a new meditation technique that utilised the new pathways and activations. I was told that this new meditation would help to dissolve fear-based energies held within the body. It would also impact on the cells' abilities to assimilate higher and more spiritual light energy. This would align and prepare our bodies to move through the energy shifts required to fully ascend into our upcoming new spiritual era.

When I was shown this meditation, I was literally brought through my body by following a very specific pathway. The meditation itself was a process of visualisation whereby one's intention brought a liquid flow of Heart Resonance energy through the body. When I was brought through this pathway, I was shown the correct sequence and how it felt energetically from inside the pathway and out, including all of the smallest details of what it was for and how it would impact and instigate shift and change.

The Table of Eight always gave me every possible experience and insight into any of the techniques and understandings they were giving me. This was done so I could assimilate the consciousness and essence of the techniques fully, so that when the time was right to teach them I could impart the knowledge and, more importantly, the consciousness accurately. There was never any doubt in my mind about any of the techniques they imparted.

From doing this meditation, I became more in tune with subtle energy. My awareness and consciousness expanded. I started to perceive energy in all things with greater clarity. It also started to bring up within me a lot of the emotional stagnation I still had not addressed. After continually doing this meditation for about a month, I was experiencing many changes and

shifts in my body, mind and spirit. I sometimes felt confronted by the understandings and realisations I was having about what I had accumulated in my body over the years.

It also had such an impact on my energy sensitivity. Not only was I becoming more aware of all of my own issues and stuff. I was also starting to get a complete history of what my clients had done and what they were carrying in their energies, as soon as they walked into my clinic.

If I wasn't the type of person who could watch this knowledge without getting attached to it, I am sure it would have sent me mad. My detached allowance practise in my Buddhist days was really paying off.

The new energy channel that I now had running down the back of my spine had numerous purposes. Not only had it been installed to allow me to do the new meditation, but it also had a bigger part to play in shifting my consciousness.

This new energy channel that was now a part of my chakra energy system was to play an important role in the spiritual shift needed to move me more in alignment to ascension. It allowed the transportation of Heart Resonance energy in and through my whole energy system, especially through the major chakra channels and pathways and also the nadis channels.

I eventually called this new channel the "Path of the Soul". It was energetically linked into the Central Channel (sometimes called "Sushumna"). As a result, this linkage enabled the distribution of Heart Resonance to much deeper levels.

Because the energetic quality of Heart Resonance is in alignment with our current spiritual awakening, it helps to pull us more and more into this frequency and reality.

This new channel was part of the pathway that was to be used for my new Level Three Meditation practice. Every time I did the meditation on myself, it brought me into a very deep connected space. It acted like an intravenous drip that was directly linked into my energy pathways and consciousness, pouring more and more Heart Resonance energy into my

chakra energetic system and creating quite profound shifts in my psyche.

Over the next few months of doing this meditation, I realised that many of the insecurities and fears I was holding on to began to release and shift. The Table of Eight had said to me that this meditation would help to dissolve fear-based energies from within the cells and I started to experience this.

This meditation impacted on my cells, changing them so that they were able to utilise higher spiritual light energy. It allowed them to assimilate higher levels of light frequency, thereby moving me more quickly into alignment with the ascension process.

In a sense, it upgraded my energy circuitry, giving me a much improved chakra/energetic system.



LEARNING ABOUT THE SERPENTS POINT

After they equipped me with the new Level Three meditation, the Table of Eight brought my focus onto the new energy gateway they had installed into my Thalamus Gland. They told me this new energy spot was called the “Serpents Point”.

I was made aware that all life carries a fragment of God within itself. In a sense, all life is in essence God. Each little piece of God is here solely to gather energetic experience of what is available in this reality and to send it back to source (the bigger piece of God). The human body is just one vehicle to carry the God-fragment. For more information about this concept, I recommend you read my book, “Gracious Awakening”.

The Serpents Point allowed me to link in and merge with my God-fragment (Godself) and function from this level in very profound ways. From a healing point of view, I was able to create shift and change on a level previously unobtainable. I was unhindered by my humanness and was creating as God, albeit in a limited way due to the vibrational limitations of living in this Earth-bound reality.

This absolutely blew my mind. For the first time in my practitioner life, I could move on to many levels and clear what was hindering my clients. Another interesting thing occurred from regularly connecting on this level. By making this God-fragment within myself more present in my life, I started to vibrate higher. This had positive and broad ramifications for all aspects of my life. I was able to distinguish spiritual truth easier, which enabled me to make more actuate choices and decisions.

By merging with my Godself, I found I could gain answers to questions that I had on my mind. My intuition went through the roof. My sensitivity

to subtle energy became enormous. When I merged with my Godself while doing my Level Two internal treatment work, I found I was able to detect with much more clarity all that was not well in both my life and the lives of others. I even found I could connect to my spirit guides easier while in Godself connection.

Not long after my initial “wow experience” occurred, the Table of Eight taught me techniques to clear residue energies within people by working while in connection with my Godself. They taught me a process for clearing the vibrational cause of disharmony. I was able to backtrack through the energy pathways within people to find the original cause of disease.

I was made aware that imprinted beliefs and perceptions, as well as emotional stagnation, hindered the natural processes and flow of the energies of the body, thereby burdening the body and putting its functionality under pressure. I was shown how repressed emotions imprinted into the cells and intercellular fluids. Even if emotions were cleared, the imprinting left behind would still burden the system and sometimes re-manifest negative energies.

By working while in Godself connection, I found I could clear lots of unwanted energies that were connected to the physical and energetic bodies. Some of the areas I could now work on were things like unauthorised connections and violations, genetic issues, contracts and agreements from other lives, family ties and connections, suggestive thought imprints and implants. As time went by, the Table of Eight taught me many more uses for my new technique.

My work became limitless, free and more effective—way beyond my previously held capacity and abilities. In a real way, I could now enter into the energy fields and the physical body and create positive changes. I could also clear the causes of many reoccurring conditions. This in itself was a blessing as I used to get so frustrated, if, after working on someone, I found the problem I had cleared was resurfacing a month or two down the track. But, I found I was now able to create a permanent fix in what I was treating. On the occasions when this was not achieved, I would find linkages to other areas of dysfunction, where I was able to instigate positive

shift and change.

This allowed me to clear the disruptive energies that were negatively impacting on a person from levels that they were totally oblivious to. All of us are hindered by our emotional stagnation. The most painful and feared emotions we hold are often buried so deep within that we forget they are actually there. Just because we do not recognise them anymore does not mean they do not impact on us. Some of our most powerful repressed emotions hurt so much that we lock them away, in the hope of them never being found. These energies are the ones that frequently create the most disturbances to our happiness.

I also found I could have a positive impact on changing the patterning that was causing much disharmony. Even the ways of a person and their long held beliefs could be changed.

Without my newfound knowledge of the Serpents Point and its ability to connect to my God-aspect, none of this positive work of clearance would have been possible. I was now entering into a new phase of Heart Resonance. This new Serpents Point work was changing all the rules.

I remember a person I worked on, using these new Godself techniques. Let's call this person "Bob". Bob had repressed many traumatising experiences from his past. He had been sexually abused when he was young by his stepfather. As a result, he had major issues around aggressive, dominating men.

He searched out gentle, nurturing people in all areas of his life. Bob's partners were always women who were very feminine and soft. He would attach to these women, to the detriment of his growth. He would give all of himself and become an energetic gimp and an emotional pleaser.

He took on jobs that were nurturing and became a helper to many charities and groups. By being caring towards others, he thought he was being caring towards himself. In most cases this would be true, but in Bob's case it was a masking and avoidance mechanism. He did this to somehow make up for the pain he suffered when he was young. At the very least, it removed him from aggressive, dominating people and energy.

At the start of my first treatment session with Bob, we sat and talked for a while to get a bit of his history. He opened up to me about his childhood and how he was sexually abused. He told me of the issues he was experiencing in regards to his health, which was the reason he came to me in the first place. Before I even started working on Bob, I could intuitively tell he had very little love of himself. As a result of his abuse, on an emotional level Bob had taken on the belief that he was not valuable. In his childhood mind, he believed that if he was truly valuable he would not have been hurt; his being hurt confirmed his lack of value. Because Bob held these beliefs and associated energy imprints, he created many negative experiences. He manifested day-to-day life that would continually set him up to be hurt and disappointed or to experience some form of hardship. Why? Because he held an imprint and belief that he was not good enough to have what those whom he considered “whole people” had—happiness and love.

Because he felt less valuable and unloved, his body responded by becoming less healthy and unlovable. When the body does not feel love, each and every cell suffers while trying to maintain happiness and health. Gradually, Bob’s body became sluggish, sick and burdened. To help himself feel better, he started to use drugs, eat nutritionally poor comfort foods and not exercise. Overall, he stopped putting effort into good health. His deep inner perception (which he saw to be true) made him not nourish his life, as he believed he did not deserve to have nourishment. This all added to his lack of love or value of himself, which just compounded and validated his non-truthful beliefs of not being good enough.

As a result of this, Bob’s body had deteriorated so much that his skin looked grey, his liver, gall bladder and numerous other organs were trashed, his bones were weak and he had digestion issues; his body was literally falling apart.

During the first treatment session, I scanned through Bob’s body while in my Godself with the intent of locating the original imprints of his abuse. I found many of these imprints in and around his solar plexus area, which made a lot of sense considering this area is the place of personal power and inner strength. I dissolved these energies and then asked to be taken

to other energies in the body that were connected to the original cause. I was taken through many areas in his body by following these energy connections. Every time I found more disharmonious energies, I dissolved and cleared them from his body.

By the end of that first session, I had removed many of the burdening imprints. His whole body breathed a sigh of relief. Since that initial treatment, I have treated Bob many times. With each session his mind, body and spirit are getting stronger. He no longer eats bad food. He has stopped taking drugs and has started exercising. Bob is looking for more and more ways to love and value himself.

For the first time in his life, Bob is feeling valuable and has a sense of achievement; contentment is arising from within. He even actually laughs and smiles now, which was very unusual for Bob previously.

Over the last few months, Bob decided to learn Heart Resonance to take responsibility for his own life through self-treating. We still meet up occasionally for a chat and a little guidance, but Bob's life is moving towards the love and joy he deserves.



CLEARING RESIDUES, IMPRINTS AND UNAUTHORISED CONNECTIONS

Our bodies are literally storehouses for emotions and energies. The water, lymph and other fluids, silica and liquid crystals, cells, muscles, bones, tissues and energy pathways in the body are all influenced by energy imprints, stagnation and residues.

We can never truly live the way God intended when we are continuously carrying these extra restrictive energies. For most of us, our bodies are literally full of burdening, disharmonious energy stagnations.

Many of the day-to-day experiences we have either support our energy flow through expression or hinder it through repression. All unresolved issues and emotions literally stagnate our energy flow. When this occurs, it prevents vital life force energy from moving in and through the body to supply nourishment to our endocrine system. This nourishment is very important because it is our endocrine system that keeps us healthy, happy and well.

Our mental, emotional and physical health is maintained by our body's endocrine system producing the right amount of hormones at the right time. It is vital that this system has correct hormone production. Why? Because this is how the body maintains homeostasis (optimal balance and functionality).

When we clog up our energy pathways with stagnant imprints and emotional residues, our endocrine system is put under enormous stress. It literally gets starved of vital life force energy nourishment and has to work much harder. This can eventually lead to illness.

Our emotional baggage and non-truthful beliefs and perceptions are the major cause of dysfunction in the body. However, we can also be interfered with by mischievous external energies and entities. These beings or energies can install energy tubes, strings and plates, known as hooks or implants. When these connections are made, they often interfere with or block the body's correct functionality.

Let's now take a look at some of these restrictive energies and how they affect our lives.



IMPRINTED EMOTIONS, RESIDUES AND BELIEFS

All negativity begins life as some form of imprinted non-truthful belief, emotion or residue stagnation within the energy flow of the physical or ethereal bodies. Occasionally, negativity can also come from outside influences via unauthorised interference.

Regardless of where negativity emanates from—either internal or external—it always has its roots in fear, which is a distorted view of love. This fear is often a result of what we think, feel and believe about ourselves and others.

The fear and negativity you generate and experience is not caused by somebody hurting or annoying you. Blaming other people for your experiences and how you feel arises from your distorted perceptions of what is in reality presenting. It is all about how you perceive what you experience and not the experience itself—you create it all. It really has nothing at all to do with other people. This is just how the universe sets up things so it can validate for you what you vibrate within. This is a very loving thing the universe does for you. It gives you the opportunity to see truth and in so doing offers you the choice to love yourself more by responding rather than reacting.

Everything that you experience is actually created by your own very unique vibration. The old saying, “Everything I see is me”, applies here. Negative experiences are always the result of energy non-flow. Internal energy stagnation occurs first, followed by experience. This is how external experiences are created. Due to the Law of Attraction, your external experiences are a direct reflection (or carry the tone) of what you vibrate

within. So, your external experiences give a very good picture of the state of your internal energy. If your life is a mess on the outside then your internal energies must be as well.

Change your internal energy and your external experiences will change magically. It works in the opposite way to what most people think. To change anything, you have to change it within yourself—not outside yourself. Otherwise, it will be a temporary change that will re-manifest. This is why the inner body treatments of Heart Resonance Level Two have such a powerful impact on a person's life. They clear stagnations directly from the core of the energetic issues held inside the body, which corresponds to positive external change.

Our thoughts are a big cause of stagnation that will eventually create residue imprinting. When we do not fully express what we think and feel, it burdens us. What do you think happens to the thoughts, words and feelings that are not fully expressed or communicated? They don't just dissolve and go away. They stay within the body and hinder the natural flow within our energy pathways. Stagnation of energy flow is one of the worst things we can do to ourselves if we are serious about living a happy and contented life.

My spirit teachers taught me the importance of keeping flow and movement in our internal energies. They also taught me how and why flow creates positive experience. True happiness is only attainable if one fully allows movement in energy flow. When we are in flow, without restriction, we allow our natural state of harmony to bubble up to the surface.

When we are in flow, we naturally experience positivity. All of our life's experiences naturally unfold with ease, in harmony and without effort. Our natural state is one of unconditional love, joy and abundance. At our very core we are the frequency of God. We all carry the quality of this loving energy. Everything we desire as humans is already within us; there is absolutely nothing to attain. We just need to let go of our non-truthful beliefs and ideologies and allow what we seek to be present.

Creating energy movement and living in a state of allowance and

detachment brings our natural state and quality to the surface of our reality more readily. Life is not meant to be hard. It is always our continual aligning to and giving energy to non-truth that makes it hard. All burden and hardship is self-imposed except on the odd occasion when we are violated by discarnate energies.

At any stage of life, when we feel burdened or negative and struggle we are having a direct experience of the delayed impact of our internal negative stagnation. If you yourself feel this way, recognise you are resisting or repressing emotions or are experiencing stagnation somewhere within. Recognition of stagnation is a good thing, simply because you are then able to make change. You cannot change anything if you do not know it is there.

Once you are aware of stagnation, you can then take active steps towards creating more flow, freedom and positivity in your energies. We all have the ability to create change through our choice to perceive truth within any given situation. It is one of the wonderful gifts we have as humans—the ability to choose how we perceive. True perception sees that all negative energies and experiences are not real; however, they appear real and impact on us because of our distorted view of universal/spiritual truth. Because we believe in and give so much energy to non-truthful perceptions, we are able to manifest into reality their existence. Truth is seeing everything as a piece of God—and God is always positive and loving. Anything contrary to this is simply not real and only appears that way. Just because something appears real and we feel the impact of it doesn't necessarily make it real.

From the day we are born, we collect beliefs about the world, people and ourselves through experience. Our past conditioning determines if we react negatively or respond positively in any given moment. Reaction often is generated because we see what is presenting itself in the experience as an attack on whom and what we are, due to a lack of self-value. Reaction always occurs because we do not see truth in the moment; we only see a distorted view of what is really occurring.

Distortion comes directly from our non-truthful beliefs, imprints and perceptions, which are deeply ingrained from past experiences. All negative

experiences which we attract are just the universe's way of presenting to us, and validating once again, what we already vibrate within. All negative experience gives us opportunity to let go of non-truth, thereby allowing us to recognise the love of whom and what we are. So, when that which you perceive as a negative experience comes your way—be happy—because right in that moment you have the power to validate the love of who you are by responding positively, without judgement. In that responsive moment, you will love yourself more by not giving energy to non-truth. Loving self is the ultimate aim of any human.

When you react to what someone has said or done, you generate more negative imprinting, thereby creating resistance to energy flow. This resistance to flow always brings negative experience and in so doing compounds the original negative belief or energy. This increases the pulling power of the negatives within, bringing to you more negative external experiences to validate what you are. This creates a cycle of reaction-attraction, pulling you down into a spiral of negative burden and hardship, making all areas of your life just a little harder. A key point to remember is: stagnation creates blockage and blockage always burdens.

Positive response, on the other hand, allows a situation to exist without judgement, attachment or resistance. Response is non-restrictive and creates a flow and movement that always brings positive outcomes and experiences. It's all about energy flow. The best possible life you can experience comes from creating energy movement. This is achieved by aligning to universal truth, which is love. The more ways you find to be loving towards yourself, the more your life will blossom.

Once I was shown the importance of flow and how imprints, residues and so on negatively impacts on people's lives, I was given new training in how to clear stagnation. My spirit teachers gave me simple techniques that combined Level Two inner body treatment processes with Godself energy. This gave me a new set of tools to clear the build-up of imprints and residues and the impact of disharmonious beliefs. I was amazed at how simple it was to locate and clear these energies. I observed within my clients that their lives had become freer, easier and more open after receiving this new treatment process.

After a few weeks of working on clients and putting into practice this new work, I incorporated it into the advanced practitioner (Level Three) training. These clearing techniques for imprints and residues have become a powerful tool for the advanced level Heart Resonance practitioner.

UNAUTHORISED VIOLATIONS - HOOKS, IMPLANTS, DISCARNATES AND LOST SOULS

In our current times, due to general conditions of life and individual situations, many people feel stressed and overwhelmed. As explained in the previous section, much of this occurs because of the endocrine system being compromised due to stagnation. It is these stagnated, disharmonious energies that weaken our energy systems and open them up to external attack.

Six out of ten people I see through my clinic present symptoms of attack. They are usually carrying some form of hooks, attachments, unauthorised violations or discarnates (entities). This phenomenon is becoming much more prevalent, due to the increase in the aforementioned negative emotional conditions and stress. When we are feeling down, we weaken our energy defences. The more we feel negative, the weaker they become. If someone is going through emotional trauma because of depression, loss or break-up, this can actually create cracks in their energy armour. When this occurs, it is like holding up a sign saying, "Party over here, guys", inviting all the negative, mischievous energies to jump in. This will often allow unauthorised connections and influences to disrupt their life.

Another way unauthorised violations occur, especially discarnate attachment, is through addictions. Drug, alcohol and sexual addictions and the energy they carry make us easy targets for entities. Entities often create energy linkages to the vibrations of addictions, especially pornography, because the energy of such addictions is often compatible with negative entities.

Most unauthorised violations come from the fourth dimension. It is this

realm that still carries the frequencies of negative vibration. Once a being or energy reaches the fifth dimension, they immerse into love. When this occurs, they no longer behave in a negative way. There are seven major types of entities that create most of the violations from this realm. They are: demonic entities, mischievous extraterrestrials (ETs), wayward earthbound souls, discarnate spirits, ghosts, reptilians and assorted astral entities. Crossing between our realm and the fourth dimension, some entities attach to: negative media issues, violent video games, pornography and other fear- and control-based negative energies and issues.

When these unauthorised energies impact on a person, they will invariably go through uncharacteristic changes. For example, they may develop a sense of not feeling well or will feel sluggish, finding difficulty in day-to-day life. Depending on the energies involved, a person can even have dramatic mood changes. This may sometimes cause out of character, aggressive behaviour and a darker outlook on life. They may become withdrawn and want to be reclusive.

Rapid negative change is a common reaction to an unauthorised violation. Someone can even appear like a different person, to the point that their skin colour changes or shifts in body shape occur.

I remember an experience I had while treating a lady in Tasmania, Australia. This lady, who I will call “Jane”, had experienced severe pain in her hip for many years. She had been to almost every type of practitioner you can think of, including medical doctors and natural therapists, to try to get some relief. But, to no avail.

Jane ended up in one of my Heart Resonance Level Three workshops. Because we had uneven numbers in the class, I had to participate in treatment sessions. I always ask at the start of sessions if the “client” has an area they would like me to focus on. This often saves a lot of time in moving around inside a person’s body, looking for issues. Jane asked me to look at her hip and told me the history of her chronic pain in that area. As soon as she started talking about it, I sensed a hook attached to her.

I worked on Jane by entering into her body energetically and moving into

her hip. There I felt an energetic hook that appeared like a curly telephone cable, spiralling out from her hip into the fourth dimension. Such types of energy connections often appear like cords or strings that spiral away from the body, out into the ethers.

Hooks are often connected to people by mischievous beings or energies to cause some type of resistance or hindrance. On this occasion, I sensed that connected to this cord was an energetic being that existed in another reality. This creature was very immature and was having some fun at Jane's expense. It was not dark or evil, just mischievous.

Using the techniques I learnt from the Table of Eight, I was able to disconnect this energy hook and stop any reconnection by sealing the area energetically, using a very specific frequency. I was also able to instil into the being a more loving and truthful perception of what it was doing. This allowed it to reconsider its purpose in life and to move forward spiritually. I showed the being what this "hook connecting" was doing to its life and suggested creating from love instead. I concluded that this would make the little being more happy and contented and hopefully dissuade him from continuing with his hooking games elsewhere.

As soon as I cleared this hook, Jane felt an instant relief from her chronic pain. Within a few minutes, she had no pain at all. To this day, it has never returned. I have also checked in on the being and have found he has energetically grown into a much more positive, spiritually aware soul who has moved on from his mischievous antics.

As well as hooks, there are things I call "implants", of which there are two main types: human form and alien form. There is one main type of human form and numerous minor varieties. The main type is what I call a "suggestive implant". There are two varieties of these: self-imposed and those imposed upon by another. Both of these forms of implants are associated with the beliefs we hold about ourselves and other people and how they colour our perception and decision making processes.

Many of us have numerous self-imposed suggestive implants in regards to self-value. We do not feel worthy, loved or equal to others due to past

experience and conditioning. Once we take on these beliefs, they are imprinted within different areas in our physical and etheric bodies

These imprints often become “negative external experience generators”, due to the Law of Attraction, and create blockages to energy flow. All of this burdens a person’s life on some level. Each time more external experiences are manifested due to the implant, a person will react to it once again, strengthening the original implant. This cycle is continually repeated, creating more and more burden and stress within a person’s life. Many people are impacted by implants; they are one of the most common negative conditions found in people.

The other types of implants are those that are imposed upon by another person. These forms only have an impact because we choose to believe what is being said or done and consequently take on their energies. Once this happens, they function like self-imposed implants, yet again burdening and causing stress to the system.

Other interesting forms of implants are put into the body by alien life forms. Whether you believe in extraterrestrials (ETs) or not, they do exist and are responsible for some quite nasty interference within some people.

Most ET implants feel metallic or lizard-like (reptilian) or have some sort of webbing or mesh in their texture. They are often found within skin tissue, muscle attachments and connections, and organs. They create disruptions and blockages to energy flow, thereby disturbing the natural functionality of the body’s systems. Why they are planted there is anyone’s guess. There are many mischievous beings and energies out there in the universe that sometimes enjoy creating chaos. Thankfully, the majority of these forms of implants are easy to remove.

In our modern spiritual times, many people are becoming targets for attachments and discarnates. This is becoming more prevalent because of the increase in emotional instability due to tension and stress. Our fast-paced lives make us vulnerable. Also, the increase in the use of recreational drugs is making it easier for these energies to access our space. All forms of drugs, whether prescribed or recreational, cause our energy fields to

fragment, thereby weakening our defences.

One of the ways that these energies are able to attach to people is through cracks that form in a person's energy field. These cracks are created by emotional trauma and the abovementioned drug abuse. When we are burdened, stressed out or feeling emotionally down, we can become vulnerable to attack. This is not to say that every time we are in this space we will pick up these energies. A lot of people go through life and are never impacted by these negative entities.

The majority of entities or discarnates are rather harmless and are often just lost or frightened souls looking for something familiar. But there are a small group of them who are downright mean and nasty. Their whole purpose in life is to create chaos and destruction.

I remember picking up one of these nasty ones years ago, which had actually camouflaged itself in my body. It shifted its energy to mimic the vibration of muscle tissue near my liver, to not be detected. What it was doing was restricting energy flow in the area, which would have eventually caused liver damage if not removed. Some of these energies can be very tricky.

The Table of Eight taught me simple yet powerful ways to detect and remove these mischievous energies. As a result, I have never had a problem again with them.

One of my Heart Resonance trained hypnotherapists has found that by using the Level Three discarnate techniques, she can easily remove these attached souls who are hindering her clients.

Here is what she has to say in regards to this work:

"In our hypnosis practices, many of the Heart Resonance trained hypnotherapists are attracting clients who have attachments of energy or souls that have passed previously.

The souls of these clients seem to be bringing them in, to get these attachments cleared to the light, so they can move forward with their own spiritual and vibrational development. The client is often unaware of these attachments but

does recognise that all is not where they would like to be within their life.

With Heart Resonance Level Three, hypnotherapists have the tools to both recognise these attachments and help them to move easily into the light. Releasing these burdens allows the clients to move forward with their own healing.”

When people pick up these energies, they often become fearful. This is not very beneficial as the souls often feed off this fearful energy, making them stronger. If you feel you have picked up something like a discarnate, it is always best to get a Level Three practitioner to scan through your body to detect and clear it.

Something very important to remember in regards to negative energy, regardless of what it is, is this: “Where your focus lies is the point of creation”. In other words, you will either create or attract whatever it is you are putting your focus on. The more you focus on it, the more of it you will create or draw to you. Always keep your focus and attention on what you want to experience or to have—not on what you don’t want.



HUMAN CRYSTALS AND GRIDS

The human body is literally full of quartz crystal. Have you ever heard of silica? Silica is often sold as a supplement for healthy skin and nails.

The body is made up of a high percentage of water that contains lots of liquid quartz (silica). The brain literally floats in this liquid quartz. Just like the quartz crystals you find in a crystal shop, the quartz within the body is very programmable and imprintable. Everyone's silica holds many programmes and imprinted energies.

The majority of these inclusions are emotion-based and are often negative in nature. Most are negative simply because these are the energies we least want to address. So we store them away, deep inside, hoping to ignore them. But some of these stored energies will find their way into the silica in the body and through time will imprint this negative information into them.

As a result of these negative programmes and imprints, the silica continually resonates and generates negative energy into our energetic field, just as a crystal does when placed in a room. This resonating often attracts more negative energy, through the Law of Attraction, which only serves to increase burden in the lives of the people who carry them.

By merging with our God-aspect in the way I was taught by spirit, we can literally re-programme the internal quartz with positive frequencies of Heart Resonance or Love or any energy we wish to. The sky's the limit when it comes to using this technique. When a Level Three advanced practitioner creates from their God-aspect, they become very unhindered and unlimited.

Often an advanced practitioner will programme both the client and themselves with Heart Resonance energy during treatment sessions, to take advantage of powerful harmonics that occur when two vibrations of the same quality come into close contact. By creating strong fields of Heart Resonance in this way, entrainment becomes stronger and faster. With this stronger and more intense entrainment, larger positive shifts occur, and much more frequently. The result is a more positive and healthy life for the client and practitioner.

I was shown that I could use this crystal programming in combination with actual quartz crystals, to create powerful grids of energy. Because of the previous training I had undertaken in crystal gridding, I was able to incorporate the human crystal field into external crystal layouts to create very powerful healing energy grids.

Many years ago, I had the privilege to learn dimensional and healing gridding work from one of the most gifted crystal healers on the planet, Naisha Ahsian. Combining the application of this knowledge with Heart Resonance energy enabled me to take advantage of energy harmonics in a very simple yet powerful way.

Once I was shown how to work with the silica in a person's body, I started using these techniques on many of my clients, as well as on myself. I found them to be of great benefit when I was struck down with a flu or cold. I would programme the silica in my body with Heart Resonance just before going to sleep at night. As a result, the positive energy kept entraining my body all night long. This strongly supported my immune system, speeding up recovery. A cold or flu that would normally last a week would be gone in one or two days. These techniques worked extremely well on acute and chronic illness as well.

I also found programming the silica helpful when treating clients who suffered from depression or dark thoughts. It would lift their energies up out of the darkness, increasing positivity in their thoughts. It gave them breathing space from their turmoil.

Eventually, I was even shown how to turn up the volume of the frequency

I programmed into the silica. This enabled me to create very intense Heart Resonance fields. Working with the crystals in the body is such an amazing technique. Other Level Three HR practitioners have also had great results with this process in their clinics.

Creating internal and external crystal grids is a very effective way of working with a group of Heart Resonance practitioners. Enormous amounts of Heart Resonance energy can be harnessed in this way and used for creating positive change in people, places and situations. Many of the HR practice groups around the planet utilise these techniques often.



THE POWER OF HARMONICS

Many years ago, through my work with sound healing I worked with amazing things called “harmonic overtones”. I first discovered them during my dive into Buddhism. While engaged in group chants and prayers, I noticed high-pitched sounds that seemed to appear from nowhere.

I never bothered to ask my Lama at the time what they were, as it seemed to me that many people in the group chants were making these unusual sounds. I thought it must have been some divine energy being created in combination with the sacred chants. These sounds seemed to be all around us, often appearing as though they were not coming from our voices but from some other, unknown source.

Many years later, while participating in training with renowned sound healer, Jonathan Goldman, I finally discovered what these high-pitched sounds were: harmonic overtones. As I worked increasingly with harmonics, a new and greater understanding of what they were and how to apply harmonic sound developed. I realised that harmonics played a big role in all of creation.

From my intuitive guidance, I understood that God created life through the use of harmonics. He used a primary method of energy coupling called “Vesica Pisces”. When a Vesica Pisces is created, new energy/life is formed. A Vesica Pisces is a sacred geometrical shape. In its fundamental form it appears like two interlocking circles. As the circles move across each other and overlap, the combination of the two merging energies forms a new unique energy pattern (new life). If the vibration of the two circles is the same, a powerful harmonic field is created.

When this new harmonic field is used to create another Vesica Pisces,

by overlaying the two harmonics in “fractal-like” sequences, very intense energy fields are created. I am sure you have seen the Flower of Life configuration. This is a representation of harmonic coupling utilising the Vesica Pisces shape.

Since everything in existence is energy and all energy emits sound, I realised how the law of harmonics plays a big part in how life unfolds. I was shown how powerful, dynamic shifts in energy can occur. When any two energies of the same vibration come in contact with each other, natural harmonics occur. This amplifies the field, creating change, and a new vibration is created—one of greater intensity.

Because all universal laws are non-judgmental, amplification occurs for negative or positive frequencies alike. Knowing this then helped me to see why people who carry lots of negativity can actually create harmonic patterns within that intensify these disharmonious frequencies—making their impact greater.

I could see how the Law of Attraction works hand in hand with harmonics. Let me explain a little here about how most of us create more negativity in our lives. The Law of Attraction states, “What you vibrate internally will be validated externally”. Put another way: all of your external experiences are a direct result of what vibration you hold within; they reflect what you are.

Let’s say I have the suppressed energy of judgement within me, due to a past experience. This energy creates an external experience to validate what I now vibrate (“as above, so below”, or put another way, “as within, so without”). As a result, I then either positively respond to the external experience or negatively react to it, depending on my perception of what is presenting in the experience. Much of how I choose to respond or react is determined and influenced by my beliefs and the emotional scarring of my past. Most likely, I will react with more fear of being judged and create more of this negative energy within me. If this energy is suppressed yet again (and it most probably will be) and is stored somewhere near the original fear, together they will create a harmonic due to the Law of Resonance. This will intensify the original energy, creating more powerful

external experiences to validate what I now vibrate. So, once again, “as within, so without” applies.

Once I truly understood how bringing two energies of the same type together causes a harmonic pattern to occur, I became excited about the many possibilities for applying this in a positive way. I realised I could combine this energetic truth with Heart Resonance and use it to create very strong shifts within people.

In all levels of Heart Resonance, we take advantage of harmonics. In Levels One and Two we program quartz crystals and lay them on the body, resonating Heart Resonance at the same time. In Level Three we program a person’s body crystal with Heart Resonance and at the same time resonate, creating a harmonic coupling effect.

We are also able to create numerous harmonics of different energies, both within and outside the body, to change vibrational information held there. This has a positive impact on how the body functions. For example, I often use the vibration of a certain spiritual truth, such as the energy of unconditional love. What I do is imprint this frequency into a certain area of a person’s body. Once this is done, I imprint a second frequency of the same quality. This creates a harmonic that entrains the energies in close proximity to it, altering the vibration and imprinted information stored in the area.

This works very well in cases of low self-love and self-esteem. You can dramatically change the whole consciousness of a person in this way, to bring them into a more positive and loving space.

As mentioned in the previous chapter, harmonics can be used with the silica quartz held within the human body in very powerful ways. Harmonics used in the right way can be a major catalyst for healing and positive growth.

NEW SPIRIT TEACHER

Near the end of 2009, I started to sense a very powerful energy being or soul far off in the distance. At the time, I did not know that he was to become my new spirit teacher. The sheer strength of his energy whenever he came near would make my whole body shake and vibrate. Over the coming months, he came to me more and more—every time a little closer—conditioning me to handle his intensity. He was building up my capacity to handle greater flows of spirit energy, to make his presence easier for me to cope with. Eventually, I was able to tolerate the power of his energy without being overloaded by his sheer strength. Once I felt comfortable in his vibration, he began to teach me.

The Table of Eight (now my good friends) left as their job was done. This new being was here to impart to me a whole new understanding of Heart Resonance. He was also to change my general perception of life and how we as humans create our own realities.

Over time, I learnt that my new spirit teacher was a master healer from a very high frequency field. He had the frequency of an Ascended Master. I felt very privileged to begin an intimate relationship with such an evolved soul.

My new teacher was from a far-off reality, a place which felt very familiar to my soul. I was to find out later that he was from my point of origin. What is a person's "point of origin"? It is the first place their soul incarnated to after it broke off from God as a fragment; it is their original incarnation. For most people on this planet, that point of origin is Earth. About 5% of the population, however, come from non-terrestrial origins. These people are often called "starseeds". All starseeds currently living on the planet are here solely to be of service to the whole as the planet moves into its new

beginnings of higher frequency and light. Many starseeds, either now or in the future, will be able to access higher knowledge to help the ascension process.

While living in this reality, starseeds have to abide by the rules of living in a human suit. One of the conditions for coming here is that they have to work through their human life's experiences. This is accomplished by attracting the unique experiences they have signed up to gather, while working for the planet at the same time. This also helps to evolve the starseeds' souls through being of service.

A very select group of starseeds (around 1%) move through their lessons, not for their own soul's development, but, for the development of human consciousness. In a sense, their soul's development is put on hold so they can be completely of service. My new teacher told me I am one member of this 1% group of souls. Knowing this helped me to understand many of the feelings and unusual perceptions I held about life and society in general.

It also allowed me to understand how I was able to communicate and exist in other realities, while living as a human at the same time. One of the different ways I communicate with more highly evolved souls, guides and beings is by travelling to them, as opposed to channelling from here. For some reason, I am able to move into many higher planes that are often inaccessible to most channels and people.

When my new teachings began, I was first given a new understanding about spiritual truth as compared to spiritual "non-truth". In short, it is spiritual truth that everything in existence is a small piece of God because everything is a part of the one whole or the one energy. God is the pure, positive frequency of true unconditional love. The core or essence of all energy/life in existence, including all people, is love/God. So to view anything in existence as being opposite or contrary to love/God is a false, distorted view of spiritual truth/love. Any negative experience or situation one has occurs only because of a distortion in perception of what they are seeing. In a sense, the person is in alignment to non-truth (fear) and will therefore find it very difficult to experience what is real—love. Distortion in

the viewing of truth/love happens in most cases because of past emotional imprinting, beliefs and conditionings. We can only ever experience fear-based experiences if we give energy to this belief which, as a result, will manifest them into reality.

This absolutely changed my whole perception of how we all create our lives. My new perception allowed me to see with much more clarity the impact energy has on a person's experiences.

As I became more aware of how energy impacts on the body, the mind and the spirit, I realised that every time I had a negative thought, made a negative judgement or was critical towards someone, I was actually burdening my life and giving more energy to something that isn't real—a non-truth. I already understood the Law of Attraction and how we burden our lives with the energies we create. However, I now had a much clearer and deeper understanding of it. I was actually able to see and have direct experience of this knowledge.

This process of experiential learning, which I could call “direct experience of knowledge”, is very hard to explain. My teacher was actually able to allow me to “feel” the energy of the knowledge. This is the only way I can describe this experience. This also gave me the gift of recognising information within people simply by its vibration.

At this early stage of understanding, I went through enormous shifts in the way I understood creation. I found that I no longer wanted to play a part in the day-to-day generation of negative energy.

I realised most people are continually burdening their lives through the generation of non-truthful negative attitudes and actions. From their constant criticising of life and others, many people become trapped in a cesspool of fear-based negativity and judgement. No wonder most in society struggle to live happy lives. Around this time, I made a decision to not support this negative generation. I became vigilant at not involving myself in other people's negative situations and issues.

If I ever recognised I was feeding negativity, though, I knew not to beat myself up over it, but just allow the experience to occur. After all, I am only

human and, because of my non-truthful past conditioning, I am open to straying from spiritual truth. To judge myself would once again create non-truth energy. Since I am a little piece of God and have always been perfect in every way—just like everyone else—there is no need for judgement of self or others. Judgement comes from fear, which is non-truth. All non-truth burdens my life. So if I really want the best life I can have, I always need to align to truth/love.

This change in my own attitudes had an enormous impact on the way many people viewed me. As I applied this new perception, people started to misunderstand my motivation even to the point of thinking I was being arrogant, self-centred or non-caring. It was crazy! The more I stopped negative creation, the more people around me reacted. I concluded that this was bringing up their negative issues and their resistance to them. My behavioural change altered the energy dynamic between us and they had to adjust their energies accordingly, to keep the equilibrium. On a deep, subconscious level they resented me for creating this change that they hadn't instigated. This phenomenon was very interesting to observe.

I did my best to stop any negative thoughts or gossip, knowing that they only burdened everyone involved, and I was determined to not be a part of that energy creation anymore. I did not want to support in any way people's negative emotional issues and insecurities. We all get lazy when it comes to gossip and it becomes very easy to sit around and bicker or criticise people, especially at gatherings of friends. It almost becomes a peer group activity, with someone starting to gossip about someone else and then, before too long, everyone is having a dig. Whenever anyone creates negative thoughts, words or actions, they increase the power of negative energy. In that moment, they are not being loving to themselves or others. This feeding of negative energy will only create burden in all people concerned.

When people came to my clinic for sessions, I would always encourage a positive perspective. I would not support any negative energy they were creating through their judgments and actions. To some, this appeared as cold and non-caring. But to me, this was the most loving thing I could do for them. I always encouraged the release of non-truthful energies such as

holding grudges or being fearful or non-loving. Every time someone would validate the negativity that was happening in their life and blame past situations and experiences for their lot in life, I would shift their perception to positive. This would defuse the generation of more negativity.

Some people could not see the pure intent driving me, and most were unable to see this higher truth and perception that I was now operating from. This got me into trouble on many occasions.

Around this time, I started to receive information on the deeper meaning of Heart Resonance. I realised it is not here just for healing, but primarily here for helping people align to Divine Truth, supporting them through ascension. In spiritual truth, nothing needs healing. All that is required is the shifting of distorted non-truthful views. In so doing, happiness, ease, health and abundance naturally arises. Our natural state is one of wholeness where negativity and illness do not exist.

In spiritual truth, illness and negativity do not exist at all. As mentioned earlier, it is only our beliefs, seen through our distorted view of truth, that create such experience. In a sense, we “make real the unreal”. We have such strong manifestation abilities that we can actually bring into existence something unreal—such as illness—and make it so strong it can kill us. Wow! Humans are powerful. Through my new understanding, I started to perceive that many of the things we do as humans to make improvement to our lives are actually counter-productive.

I remember one day, a few weeks after this realisation, when I decided to never again use affirmations. I was in the town of Orange, in country New South Wales, Australia. While teaching a Level Two Heart Resonance class, it dawned on me that the affirmation process was giving weight to non-truth.

Most people use affirmations to make some type of change in their life, such as bringing in more abundance or getting a new job. Basically, they are asking for change on some level. At that moment in class, I realised that anything I did which supported the need to make change only supported the non-truthful perception of my not being in the exact place I need to be

and my life not unfolding perfectly within Divine Plan. In a sense, when making affirmations for change, I am actually saying Divine Plan is flawed and to improve my life I have to fix it. But the plan is not flawed—only my perception of it is.

I ask you now to ponder this:

Do you believe in the existence of God?

Do you believe God is perfect?

Do you believe in the almighty wisdom of God?

Do you believe that God is so wise that anything God does is without flaw?

Do you believe that God is the creator of all experience?

If you answered ‘yes’ to the above, then I ask you: Do you really think God has made mistakes in creating all experience?

I believe everything in existence is unfolding within a Divine Plan and that God made this plan perfect, down to the very last little detail. I know God can never ever make a mistake as God can only create from pure, positive unconditional love, which is perfection. And it is absolutely impossible to have mistakes in perfection.

So, if you truly believe this, you must then believe everything that happens is perfect, as all is unfolding within Divine Plan. This also means that every experience you currently have or have had in the past or will have in the future must be exactly right for you and occurring in perfect time and order.

This also means that absolutely nothing needs improving or fixing, as everything is perfect within Divine Plan. So, if you truly believe this, I put this to you: Why then would you want to use an affirmation to make change in your life? This would only reinforce the belief in a flawed Divine Plan. Right now, this is the perfect place to be and the perfect experience to have. Are you going to rejoice in this perfection or are you going to

grumble and complain that your life needs to be changed?

When we use affirmations, it means we believe that Divine Plan is not unfolding perfectly. In other words, we are saying God's plan is actually flawed. In that moment in the classroom, I understood that anytime we feel we need to make change, we are giving weight to the illusion of imperfection in God's plan—an illusion that will always distort truth. When we create distortion, we increase the likelihood of having negative, burdening experiences. But, God's unfoldment of Divine Plan is, of course, not flawed. So, why do we continually put energy and effort into trying to fix it?

The thought of how silly it actually is to practise this sort of thing made me laugh. So, right there and then I made the decision to remove the affirmation content out of the workshop. It was only training people in non-truth and creating more delusions, false illusions and distortions of the higher universal truth of God in action. The last thing any of us need is more, non-truthful imprints within our bodies.

Really, we only have to just "be" and let the perfection of Divine Plan unfold, as it always manifests all experience in perfect unfoldment. God cannot get this wrong as God can never make mistakes. When this knowledge is truly comprehended, life becomes a joy. Struggle and burden can only happen in life through attachment and resistance to this truth.

This does not mean that we can't set goals and be productive, playing an active role in life. We all don't have to become monks or gurus and sit under a tree, continuously pondering our navels and watching the world go by. Our unfoldment and purpose is varied.

Life actually becomes more positive and productive when we align ourselves to God's plan and not function from the illusionary picture put forward by the mind. When we are in alignment to spiritual truth, we create no resistance to its flow. When alignment occurs, unfoldment is experienced as a smooth, positive, harmonious flow of experience. Unhindered energy flow is always positive. For some time now, I have been very active in making people aware of the importance of creating energy flow through

the practice of detachment and allowance.

Rather than looking for ways to make change and perceiving that something needs “fixing”, I encourage you to allow God’s plan to present to you whatever change it chooses to bring. By not putting up resistance to what is presenting, your truthful intuitive levels come to the fore, allowing you to live in full alignment to your life’s purpose. This is a totally different way to approach life. In essence, you will make more present the qualities of the Divine. Negativity or struggle can no longer exist, as a result.

I truly believe that way back in the past, mankind, due to its insecurity and strong ego-based mind, felt a need to take control of this unfoldment of reality. It was at that point that we tried to improve or fix Divine Plan and started to empower non-truth. This actually occurred in order to set up energy experiences for us to gather, and according to Divine Plan it was not wrong. The gathering of all vibrational experiences is the main purpose for our existence as humans.

WHAT'S OLD BECOMES NEW AGAIN – WORKING IN THE ENERGY BODIES

Way back in my early days of Energybody Therapy (almost 15 years ago), I worked in the energetic fields that extend from the physical body. The energy bodies, also known as the auric field, are a fascinating area of a human being. The energy bodies are intimately linked to the different aspects of our day-to-day lives. Once the Heart Resonance energy was activated within me many years ago, I stopped working in them. Just recently, however, I felt a need to revisit.

I was achieving great results in treating people with the numerous techniques of Heart Resonance, but every now and then I would come across a client whose conditions kept re-manifesting. This bothered me. Then, one day my intuition alerted me to the fact that the original imprint that was causing the condition had actually began life in the client's energy blueprint. I had previous knowledge of this from my Energybody Therapy days, but I had put it away to the back of my mind.

The blueprint is the field of potentials. All energy experiences and conditions that eventuate from within your mental, emotional and physical life begin life out on the blueprint. From there they filter down into the corresponding energy body. For example, a mental condition moves from the blueprint to the mental etheric body and from there it is fed into your human/physical body, eventually manifesting into conscious reality.

As these potential experiences move in and through their corresponding energy body, they are then meant to clear as new experiences are continually brought through them from the blueprint. The energy bodies are just pathways for energies to travel from the field of potentials (blueprint) to the

inside of us. However, sometimes throughout this journey energies imprint into the energy bodies in a more permanent way, causing stagnation and residue. When this occurs, it continually filters down into the body the energetic quality and nature of the imprint. This can cause a re-manifesting of conditions even after they have been cleared in the physical body.

To explain this further, let me use an analogy. Let's see this flow of energy information that comes from the blueprint, through the energy bodies and on to the physical body as a flow of water that is being pumped from one lake to another. Both lakes are joined by a pipeline, with the water continually flowing in one direction. Along the way there are little holding pools. Because the water is continually flowing, the water in these pools is continually moved through the pipeline, preventing stagnation. However, for some reason some of this water gets trapped in a corner of the holding pool and stagnates. Imagine now that this stagnated water turns green in colour. This green stagnated water starts to leach into the flow of water that is passing through the holding pool and then flows down into the end lake.

We can remove this green stagnated water from the end lake, but as soon as we do, more flows down from the holding pool. The only way to permanently remove it is to go back to the holding pool and clear it there. Once this is done, then we can do a final clean of the end lake and the problem is solved.

In a HR session, I would shift the negatives in the physical body (just like the end lake) and healing would normally occur as a result. However, if there was still an imprint in the corresponding energy body (holding pool), the condition would re-manifest. The imprint would cause the energy body to work like a feeding station, continuously feeding the imprinted information into the physical body. So, even if I cleared an issue, in a couple of weeks it would come back.

I realised I should sometimes check for imprints on these levels and, if found, I had to clear them to bring some permanency to the healings. Sometimes I would intuitively know that I needed to go out into the energy bodies to look for these imprints. When I had such feelings, I

would usually discover some form of imprint or distortion.

This process did not fix every re-manifesting issue because sometimes clients held onto negative perceptions about themselves elsewhere within the physical body that then pulled these energies back. It was quite common to find numerous linkages between emotions and energies throughout the whole body.

At such times, I would then look for the emotional scarring that was the cause of the non-truthful beliefs that they held about themselves. Once found, I would use my techniques to remove these energies and help re-install the consciousness of truth in regards to the issue. This often had a positive effect on the old beliefs, allowing the person to let go of their binding energy.

Not long after I started revisiting the energy fields, my new spirit teacher made me aware of another level within a person which he called their “essence”.

The essence is not the person’s soul or higher consciousness, but it is very much linked to both. It seems to be a very fine, subtle frequency within the physical body. Much information is held by the essence, and it is a wonderful place to access it.

The essence, just like the soul, knows exactly what the body needs in any given moment. I often connect to a person’s essence during treatment sessions to gain insights into the best way to treat them. By connecting to their essence, I also find I am able to see disharmony within their body much easier. When you merge within your own, or someone else’s, essence, you see positive energy with much more clarity. Why this happens is because when you merge with the essence, you become a part of its positive frequency. When you become a part of positive energy, you see negatives easier. When all is white, black is easy to see.

Many of my Level Three students who are not energy-sensitive have found that by merging with a person’s essence or their own essence, they have become much more energetically sensitive. This has helped them greatly in the detection and removal of disharmony from their clients.

After I was shown everything about the essence, I was told I could combine this technique with the energy body work. As mentioned earlier, by merging with the essence you become more sensitive to energy. This is very helpful when working in the energy bodies, as they are of a very subtle vibration. The further you go out from the physical body, the more subtle in vibration the energy bodies become. Being more sensitive makes it easier for practitioners to detect imprints and distortions in these energy fields.

I was also taught how to use my essence in a homeopathic way to transform disharmony within my body. I learnt how to make a vibrational essence, similar to flower essences that people take internally, for example Bach Flower Remedies and Australian Bush Flower Essences. By simply bringing the vibration of my body essence into a bottle filled with water and brandy and imprinting the water with its vibration, I was able to create a vibrational essence mixture. When taken orally, like any other vibrational essence, it had a positive impact on me. This technique also created powerful harmonic fields within my body that caused entrainment of non-truth, pulling it into the vibration of truth.

I naturally started using this method on my clients. I would merge into their essence and bring its vibration into the premixed water and brandy personal dose bottle and imprint it. The client would then take 8 drops twice a day until the bottle was empty. This helped shift their energy to a more positive state and in so doing impacted greatly on the negative imprints held within their body, releasing what was not in alignment with Divine Truth. It also supported the clearing process instigated from the session.

Not only could I make a homeopathic remedy from a person's essence. I found I could also use it harmonically by duplicating its energy over and over again. My personal experience with this newfound harmonic technique enabled me to heal a very painful and limiting shoulder issue I had been doing my best to remove for over three months.

In that time, I had spent lots of money on different practitioners to gain some relief, but to no avail. This technique allowed me to bring the original

cause and physical manifestation of the shoulder pain into the divine energy of my essence and transform it, bringing it into alignment with spiritual truth and the positive energetic nature of my essence.

How I did this was simple. I would locate where the issue was in my body (in this case, my shoulder) then build layers of my essence in and through the imprinted issue. This created a very powerful positive vibration in the area. Once this was achieved, entrainment transformed the energy quality of the imprint into one of positivity. As a result, the issue was dissolved.

I have since been experimenting a lot with using this new process on imprinted beliefs and emotions—with absolutely amazing results. By bringing my awareness onto a particular emotion or feeling, then bringing it into my intensified essence, I can dissolve its negative energy very quickly. Once this is achieved, I can then remove any connection to it held within my energy blueprint and it simply no longer exists in my life.



THE SACRED SEQUENCE

One day after a meditation, I started to think about the principle of harmonics and how it worked with Heart Resonance. When I feel drawn to enter into deep thought processes, my angelic teacher(s) often come into my field of awareness. So, once again I started to receive new information on a powerful process called the “Sacred Sequence”.

Initially, my spirit teacher showed me two flat discs or circles created out of Heart Resonance energy. He brought these two discs together to form a “Vesica Pisces”, which is a shape derived from two circles overlapping at the centre.

Once this Vesica Pisces was created, I could see a powerful harmonic of Heart Resonance energy vibrating through the overlapping circles. My spirit teacher showed me that by placing this configuration over and/or through the human body in very specific ways, I could accelerate and amplify the transformation of lower vibrating energy into a high, pure vibration. This would have a positive impact on any person I used it on, including myself.

The next day, my teacher showed me a series of Vesica Pisces. These configurations resembled “fractal like” 3D configurations that created very powerful harmonic overlays, causing intense Heart Resonance fields. I was shown how to link them all together, in and through my heart centre. As a result, the combined Heart Resonance and heart energy created an intense field of positive energy. This was very transformational for the receiving person. What I came to understand was that when using the Sacred Sequence, many old emotional imprints and stagnations held within the heart space simply dissolve and/or are entrained into the loving and pure vibration of Heart Resonance. In a sense, the Sacred Sequence is purifying

and stimulating the heart space, allowing for its truthful and spiritually aware energy to arise from within. Thus, the loving heart energy will be more present in my life. As all truth emanates from the heart space, it helps me to see more clearly and to make more positive, loving choices.

I was told this new technique was not for healing as such, but was a tool to increase and expand consciousness. In so doing, it would bring me and anyone else I used it on more in alignment to mankind's ascension.

After being shown the original sequence that consisted of three sets of Vesica Pisces cutting through the body, I was given multiple variations; some very complex, others quite simple. They all seemed to impact on consciousness levels regardless of which sequence I used. I settled on a series of four Vesica Pisces connecting through the heart for inclusion in my Level Three teachings.

Most techniques and processes I have been given since 2009 have really been about the ascension and preparing our energetic system for a smooth transition in and through it. The Sacred Sequence is no exception to this.

If used regularly, the Sacred Sequence will literally do away with Earth-bound limitations that hinder the unfolding of spiritual truth. It allows any person who uses it regularly to experience a more open and freeing existence. This supports alignment to ascension, bringing more balance and joy through the process.

By stimulating a stronger heart connection and energy flow, a person naturally becomes more allowing and tolerant in life. This state of existence is essential for an easy and joyful movement in and through ascension.

UNDERSTANDING THE GREATER PURPOSE OF THE SERPENTS POINT

Up until this point in time, I saw the Serpents Point as an important doorway to connect to the fragment of God within. This connection then allowed shift and healing to occur on levels previously unobtainable. One day, however, I started to sense that there was possibly more to this than what I had been taught thus far.

Over the next few days, this feeling became stronger and stronger until finally, whilst meditating in a forest, I was given important information on the broader purpose of the Serpents Point. It was made clear to me that it was an access point for other levels of consciousness and realities. It was like a wormhole that I could move through to enter into higher levels of reality and existence. However, which levels of consciousness I would be allowed to travel to would be governed by my soul's level of development. There were certain levels of consciousness which I would not be given access to because the awareness that that would bring would alter my soul's development. In a sense, it would take me off my path, which would not be in accordance with Divine Plan.

Months later, I was given more insights and information about the Serpents Point. I realised that some of the techniques I was now experimenting with would not be always accessible by my students. This again was because of their soul's developmental level. I have found that many "Point of Origin Earth Souls" are not usually privy to high spiritual consciousness levels. Why? Well, just like my limited access, theirs also would be limited. Again, just like me, if access were to be given it would then alter their journey, taking them away from their purpose; therefore, it would not be allowed by the high spiritual councils.

Most spirit information that point of origin Earth souls receive comes from their spirit guides or, more commonly, from their own soul communicating to them. Many people mistake soul communication for communication with some external, more highly evolved being. But a lot of people who channel are actually channelling themselves. The amazing being they feel they are in contact with is actually the beautiful soul that is inside them.

By journeying through the Serpents Point, three main areas are often accessed. These three main areas that the general Heart Resonance person is given access to are: soul paths, working with higher beings and working with spiritual support crews. For a very select few, access is given to higher angelic realms and beings. For even fewer, access is given to the Planetary Logos.

Besides being able to make all these spiritual connections, another interesting benefit occurred from moving in and through the Serpents Point. I noticed that from journeying in this way my angelic communication and intuition had greatly increased yet again. I was able to have more direct contact with angelic beings from many levels. (This has been the experience of some of my students as well). When I moved into higher vibrating realities, it altered my frequency; shifting me up a notch or two in consciousnesses.

I found I could commune with both my spiritual support crew and my clients' crews much easier than previously experienced. I could also link into my previous lives and access the skills and abilities of those lives. Of late, I have been connecting into one of my lives in another dimensional reality and utilising healing processes available in the civilisation that this life belongs to. With this process, I can commune with many high beings and gain insights and information to support healing work for others and myself. It has opened up a whole new world of potentials.

Let me now go into a little more detail about some of the possibilities of Serpents Point journeying.



SOUL PATH JOURNEYS

Our souls have been on a continual journey since originally breaking off as a fragment of the bigger piece of God. We are all little pieces of God, existing in our little world for the sole purpose of gathering the energy experiences available in this reality. All of these experiences in fact hold the same value despite one's perception of them. Knowing this has helped me enormously to let go of judgment and, most importantly, to value issues within my own life. To learn more about this concept, grab yourself a copy of my previous book, "Gracious Awakening" at <www.trevorgollagher.com>.

Through our soul's many incarnations, it will absorb much information and knowledge. With each incarnation, the soul becomes more aware of its perfection. Little by little, each life we live brings us closer and closer to full realisation of who and what we are: God. Once all experiences from all realities are gathered, each little fragment of God will become complete and be re-united once again in a conscious and palpable way. At this stage, we will all have full realisation of our completeness.

In the truth of spiritual consciousness, we have never been separate from anyone or anything. The experience of separation is an illusionary reality that unfolds within the consciousness that we exist in. This has been set up this way in accordance with Divine Plan so that we can gather energy experiences available here. A lot of the experiences we have come to gather are energies emanating from separation. These experiences could not be experienced if we knew separation was not real. Our minds need to function from a delusionary place, to feel separate, in order to achieve our purpose here on Earth.

Each and every incarnation, whether perceived to be in the past or the future, are very much linked to this current life we are all experiencing.

Often, these many lives are an active influence without us even being aware. Sometimes they can impact in such powerful ways that they actually interfere with this incarnation's unfoldment. When this occurs, we can experience what I call "energetic bleeding through harmonics".

Let me explain.

For a start, I propose that there are no such things as past or future lives; they are all happening right now. It is only because we live in a conscious reality, governed by time and space, that all of our lives appear as though they are unfolding in linear form or understanding.

All things in existence are made up of energy. All energy emits colour and sound and as a result has to follow the universal laws which govern energy, colour and sound. We as humans are literally a continually changing combination of a multitude of sounds and colours, most of which go unseen by the general public.

Harmonic bleeding occurs between lives because sound harmonics create bridges. Each and every life we have, whether in the past, present or future is in a continual state of vibrational (sound) change. This change occurs through the frequency being created by our thoughts, words, actions, imprinted issues and external influences. All of these things are made up of sound/energy and are generators of sound/energy.

We each have thousands of different energies/sounds within us. Through the sheer number of different energies, the law of average would dictate that every now and then two energies will be of the same vibration. This will occur because we repeatedly create emotional energies of a similar vibration. These matching energies will create harmonics that in turn will create energy bridging and amplification, making greater the sum of the two. This also occurs between your different lives as well ("as within, so without" or "as above, so below").

From moment to moment, you are a different energetic being. At different times throughout your current life, you will match the vibration of other lives that you may or may not perceive you have had, are having or will have. When this matching occurs, a natural harmonic bridge will be generated between these matching vibratory lives.

The law of sound states that when two sounds are of the same frequency, they will create natural overtones or harmonics. Because you have a natural connection to all of your lives, harmonics can and does occur when the overall sound vibration of one life matches that of another. This does not mean both lives are experiencing the same things; just their individual energies are matching. When a harmonic manifests between two lives, a stronger link is created, thereby increasing the likelihood of each life impacting on each other. It becomes easier for information to travel between the two and imprint.

This is a common way of picking up or carrying something from a past life. You can also pick up energy harmonic frequencies from perceived future lives as well.

My spirit teacher showed me how to move through the Serpents Point, travelling all the way back to my original incarnation. He called it “Soul Path Journeying”. For me, my original incarnation was a far-off non-earthly realm. From there, my different incarnations appeared like a length of string with knots tied in it, each knot representing a different incarnation. I was able to move into each life and get a real sense of the emotion and vibrational state of that life.

When I was first shown how to do this process, it really blew my mind. I was able to feel the energetic connection each life had. I could also detect any interference between lives due to harmonic bleeding and was able to dissolve its negative impact.

I love teaching this process in my Level Three classes. Many students have amazing experiences when moving through their different lives with the Soul Path Journeying method.

This technique of clearing harmonic bleeding can be used very successfully on other people as well. I have found brutalities from past lives causing all sorts of current life physical symptoms in people whom I have treated. One experience clearly comes to mind here.

One day, I was working on a man in my clinic. I will call him “Tom”. Tom had experienced severe back pain for many years but could not get rid of it. There was no current life reason for this pain. He had not injured the

area and was not repressing an emotion from his current life experiences. When I started working on him, I felt there was some harmonic bleeding occurring. So, I used my technique and went through my Serpents Point with the intention of moving to the life connected to the pain. I was taken to another life he had experienced in the past, where he was killed with a spear. He had experienced a very painful death. When he was buried in that life, they had left the spearhead in his body.

As mentioned earlier, we are always in a constant state of energetic change. At some point in Tom's current life, his experiences created a vibrational match to the past life, so a harmonic bleed occurred. This brought the pain and energy of the spearhead into his back in this life, imprinting it there. The harmonic bridge generated by the bleed had long gone, but it had left an imprint that was now causing severe back pain.

Even though the original bleed was also gone, there was still a strong linking energy between the vibration of the spearhead in the old life and the new imprint of its energy in the current life. The pain was there solely because of the past life imprint. So, what did I do to remove this pain?

I cleared the energy in his back, which should have been enough. However, I also felt drawn to travel back into that past life of Tom's (which I had already gone to through my Serpents Point). Once there, I cleared this old pain energy. After doing this, I felt that particular incarnation become substantially lighter in its energy. I will mention here that it wasn't only Tom who benefited by this energy clearing. In some way, I felt I also benefited from the overall soul consciousness by doing this process. I had a real feeling of being more complete. This can be understood by remembering that all things in existence are energetically connected, so removing negative pain energy from the overall mix must benefit the whole on some level.

The result of doing this work on Tom was that the pain in his back was totally gone in about ten seconds—and it has never come back. To me, this easy yet powerful process of clearing is miraculous. Since this experience with Tom, I have used this technique very successfully on many of my clients.

WORKING WITH HIGHER BEINGS AND THE SPIRITUAL SUPPORT CREW

For people who do not have good communication with the higher, more spiritual realities, the Serpents Point journeying method can be of great help. By using this technique, they can access many previously unreachable spiritual beings. Any being who the client or practitioner has a strong link or connection to can be accessed through this point.

Out of all the multitude of spiritual souls existing on these higher levels, there are a select group of beings who are great to work with when treating people. These beings are those who people often call “spirit guides” or “guardians”. Before you are born, you are given a spirit guide. This being will stay with you throughout your current incarnation, guiding and assisting you where applicable. They are not allowed to interfere but are allowed to give clarity and understanding when called upon, if, of course, it does not interfere with your destined purpose in this incarnation.

Throughout your life, many additional spirit beings will assist your guide with their own specialised gifts and talents. Personal guides are not always skilled in all areas of human life and will therefore call for help from other guides from time to time. In each given moment, you may have an additional two or three guides “up there” going into bat for you. These are your “spiritual support crew”.

These guys can be a wonderful source of information to help you when treating people. They know everything about the person: who and what they are, what they need and various understandings of the person’s life. I often connect to them when treating clients and receive clarity as to where and how I need to work on the person. This makes treatments quicker

and often more effective. By connecting to your own crew, you can gain insights into issues you may face, especially if you are struggling with a decision. Greater meaning and richness to life will occur from working with your spiritual support crew.

By connecting to guides, they will often become more present in your life, which gives a sense of support and comfort. Knowing they are there gives a sense of security in stressful and negative times. Regularly connecting to guides exercises the channel you have to them, making it stronger and easier to use. If you want to increase your sensitivity to the spirit world, this is a good way to do so.

I have been able to connect to some quite highly evolved master souls through this process of Serpents Point journeying. I personally have a strong connection to Archangel Uriel and Buddha and have been able to have a much more intimate relationship with them as a result of my Serpents Point journeying.

Level Three practitioners—you should always have a clear intention of who you wish to connect to when using this technique. Be very specific in who you are after. I have found many mischievous souls out there in the ethers who love nothing better than to play disharmonious games with the unwary. Follow your techniques the way you were taught in class and everything will be okay.

Connecting to these higher beings and guides can be a very loving experience for all involved and is a highly recommended practice to assist you to expand and evolve your spirituality, consciousness and effectiveness as a healer and student of life.

WORKING WITH GLOBAL CONSCIOUSNESS AND THE PLANETARY LOGOS

Through the connection made at the Serpents Point, one can enter into another, more expanded world of consciousness. My personal experience of doing this often helped me to gain a much greater understanding of how negativity impacted on the body, mind and spirit. Through working with imprints of energy and information stored within the body, I realised the importance of clearing these stagnated energies and memories to bring about positive change to life. This then helps us to align more with the consciousness of the ascension.

It was this understanding and the knowledge of “as above, so below” that lead me to think on a much grander scale. Knowing my body is a miniature version of the planet, the universe and everything within it, I thought about the clearing and healing work I do on myself and others and how to apply it to the whole:

“If I can clear disharmonious imprinting and consciousness within a person, wouldn’t it then be possible to clear it within the entire planet or universe? The principle must be the same, as everything is a smaller or larger version of everything else: as above, so below.

What if it is possible to clear non-truth from the consciousness of the planet? This would stop it flowing down into mankind’s consciousness and greatly reduce our burden. Would it be possible to remove the continual re-manifestation of all of the undesirable energies and conditions that bind mankind in misery? Would it be possible to help the planet move into a higher, more positive level of consciousness? If this was achievable, it would have a dramatic impact on us all, simply because we live within

Mother Earth's vibratory field. We are under the continual influence of our Divine Mother Gaia.”

At the same time I was thinking about all these points, I also understood that the current negativity on the planet was serving a positive purpose. It allowed each and every one of us to gather these Earth-bound experiences, to make the spiritual whole (of which we are a part) even more complete.

However, I was also aware that there was some interference with the original plan and some of what was manifesting could be altered and, in a sense, re-created. I also thought that simply thinking along these lines indicated that maybe it was time for change to occur.

These thoughts popped up after a conversation with my wife on clearing disease consciousness out of a client she had been working on. Her client had Asperger Syndrome and she intuitively felt that it was caused by an overload of energetic input that had created dysfunction in the ability of the body's motor neurons to signal correctly. This was only a fleeting concept but worthy of exploring. I suggested she use Level Three Heart Resonance techniques to filter out all unnecessary input and to re-educate the Asperger consciousness, so as to clear its impact on the body.

Later on that day, I was driving my car and just could not stop thinking about this concept:

“If I could tap into the spiritual powers that controlled the unfoldment of consciousness on the planet, then maybe the time would be right to shift the beliefs of non-truth that mankind has been functioning from since time began.”

As I kept driving, a great deal of information started to flood my mind—the more information I received, the more my understanding grew. As thoughts and information rolled into my consciousness, the name “Planetary Logos” appeared. I had heard this name before but did not know what this was. With a quick search on Google when I got home, I found out that the Planetary Logos is a group of seven very high spiritual beings in charge of the evolution of Earth and all upon her.

More questions arose: “Could I work with these sacred beings and play a part in the conscious shift on the planet? Could I even consider or be so brash in thinking I could play a part? Was it even possible or was I being absolutely ridiculous?”

I set out to experiment with the possibilities before me. I linked into my Godself consciousness within and brought myself up to my Serpents Point, going into and through it. My intention was to see if I could communicate with the Planetary Logos. To my surprise, communication was opened. I was told that in the future there will come a time when I will be able to help dissolve built-up concepts and dogmas on the planet. In fact, my recent thoughts on this matter had been a preparation for future work.

When the time is right, we will be able to clear long-held traditions and non-truthful concepts out of the human consciousness, freeing souls to move up and into an expanded, unhindered state. However, I was told that the time was not yet right but when we get nearer to the tipping point in Earth’s reality, many techniques and processes will be released into the field. This will allow many souls to assist us to ascend higher and higher.

A statement that stuck in my head was, “When information is required, it will appear”. For the whole ascension process to unfold correctly, it requires a very precise set of sequences to occur. If information is given at the wrong time, it will cause imbalance, disrupting Divine unfoldment. The Planetary Logos is there to make sure everything stays on track, releasing the right amount of knowledge and information to the right people at the right time.

I was told that the energetic signature of the disharmonious energy of disease is held within a place called the “Soul Genetic Imprint”, which is connected to humans and the planet itself. This is part of the reason why disharmony can manifest, because we hold its vibrational matrix within. This allows, through thought and focus, these undesirable energies to be brought into reality. All energies need seed to grow. Put simply, the seed of potential is ever present and available, through choice, to be brought into reality.

Eventually, the Planetary Logos will set frequencies in motion in Divine sequence, to dissolve non-truth (negative energy) at the correct time and speed. This will allow us to shift and move in frequency in a more manageable way.

When the time is right, negative energies will be dispelled from the consciousness of humanity through the imprint. This will allow spiritual clarity to appear in people's conscious minds and thoughts, enabling higher spiritual decisions to be made to help with the alignment to the ascension shift. The Planetary Logos will use the Soul Genetic Imprint as a conduit to link into human consciousness on a grand scale. This will allow a controlled shift to occur. In this way, it will free mankind from its low negative vibration. The Logos will authorise highly evolved beings to activate abilities within a select group of starseed souls, to help and support this process. Human and non-human souls will play a part in ascending mankind into the new golden era.

When the time is right, shift will occur. This is not something you have to give energy to, as it will unfold within everything at precisely the right time and in the right way.

Relax, Detach and Allow!

THE BODY CANDESCENCE

I was treating a client one afternoon, when suddenly I felt an overwhelming desire to pull their energy into a higher vibration. I had a sense that their energy was connected to my hands and I could pull it outwards from their body, increasing its frequency. In a way, my hands were like volume switches for the person's radiant light. The further I pulled my hands out, the stronger the person's light became.

Later that day, my spirit teacher came to me and started teaching me about the luminosity of the candescence of the human energy field. My teacher explained to me that all vibration emits light. All humans are made up of thousands of different frequencies that literally glow. Depending on the nature of the frequency—negative or positive—the glow emanating will differ. Generally speaking, the more positive the frequency, the brighter the light; the more negative the frequency, the less light exists. This is why, when we speak of negative energies, we often refer to them as “dark energies”.

The majority of people carry a percentage of negative energies in their vibrational makeup. Most of these are caused by suppressed negative emotions and beliefs. Depending on how negative and judgemental a person is, they could be literally full of these lower vibrating energies.

When we carry a high percentage of negatives, we become dull in luminosity. This makes us dreary and non-vibrant in life. When we glow brightly, we are more vibrant and full of vitality.

My teacher showed me a way to turn up the overall luminosity of the glow (candescence) of the body. When he gave me a direct experience of this with my own body, I felt a greater sense of being alive. He showed me that

by simply increasing the brightness of the light held within and increasing the energy of the outer vibrational fields, vitality is obtained.

When dark negative energies are made brighter, they actually change in nature. In a sense, negatives are turned into positive. When the luminosity of your body's candescence is increased, you become more in tune with spirit. As a result, intuition, consciousness and positive awareness increases. This all lends itself to a happier, healthier and more spiritual life.

The techniques that were shown to me were simple yet very effective in increasing light. I was able to achieve this through using the processes whilst being connected to my Godself.

I have found this technique great for re-energising lethargic people, negative and depressed clients and generally anyone who needs to be "brighter". It also works very well on people who have suffered a traumatic experience or separation.

On a more superficial level, if you have plans to go out to a party or event but feel tired from a hard day's work, this technique can energise you. It's like a natural energiser pill.

I am a keen road cyclist and often participate in charity events with distances of over 160 kilometres. During these rides, I will sometimes connect into my God-aspect and raise my candescence. This helps with my endurance and stamina. I seem to gain a whole new level of energy once I do this. As a result, at the end of events I can feel like I could do it all over again.

Raising the luminosity in this way has many benefits. Anytime more energy and vitality are required, this is the technique to use.



SOUL GENETICS AND THE DIVINATION LINE

Whilst working on a woman in my clinic one day, my spirit teacher gave an amazing new technique to me. This client was suffering from chronic pain in her upper body. I was clearing energy in her shoulder then checking for the results, only to find the stagnated energy was not clearing. I tried all the techniques I could think of, but to no avail. Then, my spirit teacher literally pulled my focus away from her shoulder and up into the space above her head. There he showed me an energetic field, tubular in form, emanating from the top of her head, out into infinity.

My spirit teacher called this light field the “Divination Line”. This was not a part of the main energy grounding channel running through this region. It was a totally new, never before seen vibrational field. As I was pulled into its incredibly strong white light, I became aware of lumpy, rocklike energies within it. I intuitively felt I had to dissolve these lumpy energies as they were somehow connected to the woman’s shoulder condition. As soon as I did this, she felt the pain in her shoulder subside. I was absolutely amazed at the speed at which her condition then disappeared.

After this first experience of working on this woman within her Divination Line, I was drawn into the Divination Line of other clients many times whilst treating them. Every now and then, my spirit teacher pulled me into my own Divination Line to make me aware of its many uses and the different areas of access within it. He was using my own line as a place of training for me. Like many times before, I was given a direct experience of energies and processes within my own body. Once learnt, I was then able to serve the public. This experiential learning process always helped me to become confident in the techniques, knowing I was fully equipped with

understanding and knowledge about them.

Through this process I came to know that the Divination Line is not just a beam of intense light, as it had first appeared. It actually contains multiple layers of imprinted information. Even though the light seems thin and bright, it actually has depth to it. Within the different layers, I can access much information about a person. Each layer contains different time frames of the person's life, with the imprints and information that has accumulated. In fact, every experience that the soul has experienced and will continue to experience is accessible within the Divination Line.

I also became aware of the Soul Genetic Imprint that is intimately linked to, and a part of, the Divination Line. The Soul Genetic Imprint is a vibration imprinted into all life and energy and is responsible for keeping all experience unfolding in the correct order and correct way, in accordance with Divine Plan. Information about the Soul Genetic Imprint was brought to my attention a few years previous, but I never really knew how to locate it. I suppose that was not the right time for me to know.

Everything in existence is unfolding within Divine Plan and is perfect in every way. This plan has no flaws or inconsistencies because God has created it. The Soul Genetic Imprint allows your life to unfold within the plan without mistakes, regardless of whether you perceive your life as wrong or not. In every moment of time, your life is unfolding in the perfect way for you in the big picture. It is absolutely impossible to get your life wrong.

The Soul Genetic Imprint is a storehouse of valuable information about a person's life and what afflicts them. It is also a place to access their soul's purpose and destiny. Some people find this information very interesting. However, it does not really matter where you are going. What's important is your knowing that you are unfolding in perfection in every moment. Where you are going and what you are experiencing now and in the future is, and always will be, perfect for you. You can never get something wrong, but you can perceive it as so—which is always your choice.

I see the Soul Genetic Imprint more like an intimate version of the Akashic

Records. The Akashic Records are like a universal filing system that records all thoughts, words and actions in all realities. They are similar to a cosmic or collective consciousness, and they exist out in the ethers. The Soul Genetic Imprint is like your own personal version of the Akashic Records. Once again, I think of “as above, so below”.

It was not long after being shown the Divination Line and how to clear issues within a person through it, that I was made aware of an energy access point contained within its flow. This point was given the name of “Kinetic Disturbance Point”. It is located on the inside wall of the Divination Line, just above the Transpersonal Point Chakra, which is roughly thirty centimetres (one foot) above the top of the head. It is about one hand width above the Crown Chakra. This measurement varies according to the health of the Crown Chakra and the overall energetic system of a person. Everyone’s condition is slightly different. Sometimes it appears within the area of the Crown Chakra, but I must stress that it is not a part of it or of any other area within the chakra/energetic system. The Kinetic Disturbance Point, the Divination Line and everything within it are a whole new, separate system with a totally different functionality.

Kinetic disturbance has a great impact on how our life’s experiences unfold. Disturbance causes energetic resistance and imbalance. Within our energy fields, we sometimes have disturbance in the flow of spiritual consciousness due to emotional overloading and stress. When this occurs, we often experience oblique fluctuations in the harmonious flow of chi energy, especially through and around the body. This causes dysfunction within our energy patterns that form and influence our reality. When we have kinetic disturbance, we burden our overall functionality.

This new access point allows me to connect directly to kinetic flow—in, through and around the body—so I can re-balance it. I find this technique works great on people who have fragmentation in their lives. Combining this technique with brain cortex balancing effectively centres scattered, over-thinking people.

At the time of finishing this book, another additional technique was given to me for working within the Divination Line. There is an area located high

up inside the line where an unlimited array of energy frequencies can be accessed. I call this place the “Energy Bank”.

When disease and negative imprints are created within a person’s body and energy field, they distort and stagnate energy flow. It is this energy flow, or lack thereof, that causes stress and burden on the correct unfoldment of life. As a practitioner of Heart Resonance, the aim is always to clear or transform disharmonious energy patterns and imprints, creating harmony. This can be achieved with the many techniques available in the different levels of Heart Resonance. On a rare occasion, resistant negative energies would be found that would not release. But these can now be removed through Divination Line and Energy Bank work.

When I remove negative energies from a person, I sometimes replace them with other frequencies that are more positive. (I prefer to replace what I take out, as it just feels right to do so.) Until I learnt about the Energy Bank, I always replaced the removed energy with the Love, Light and Tone of God; the frequency of Heart Resonance; or the Universal Truth relevant to the negative energy that was removed. This would often re-establish correct flow and balance.

Since learning about the Energy Bank, I have been accessing frequencies within it to dissolve and balance many conditions, beliefs, imprints and disruptive connections within a person. These energies both clear and replace negative imprinting at the same time. How I have been doing this is by moving up into the Energy Bank with the intention to move into the appropriate energy and remove, dissolve and re-balance the disruptive energy within the person’s body or field.

Once I am there, I just open and allow myself to merge with that frequency and, in effect, become that frequency. Once I sense I have embodied this frequency, I move back down and out of the Divination Line and into the disharmony within the person. Once there, I merge with and saturate it with the frequency from the Energy Bank. This transforms the negative energy into the positive frequency. The Energy Bank always supplies the correct energy to transform these disharmonies. In a way, my consciousness which travels into the bank becomes like a transporter for healing and

balancing energies.

All disease and dysfunction in the body have a vibrational remedy available in the Energy Bank. I have found myself using this process more and more in treatments. At the time of writing this book, I felt strongly that sometime in the future the Divination Line will reveal much more information and techniques that will bring benefit to people. I know there is more to discover in the Divination Line, but I also know it will appear when needed. “When the time is right, information will be given.” I keep hearing my spirit teacher saying this over and over in my head every time I ponder what it’s all about and if there is more to come.



THE THREE CROSSES

The Three Crosses is yet another self-development and consciousness expansion process for the practitioner of Heart Resonance. With this process, we work with specific energy blueprint location points and create cross configurations of energy flow. When we imprint areas within the blueprint, we bring forth energy that is moved through the whole subtle fields and eventually through the physical body. There is no other way to move frequency more directly into and through our vibratory existence.

When these points are activated, we enter into a vibrational space of clearing and shift, allowing for more alignment to God. What becomes of this connection has a lot to do with where a person is, vibrationally speaking, as it will determine how it impacts on their unique consciousness. For some, this will expand many areas of vibration within their existence. For others, it will become a foundation for shift and change.

When this process was given to me, it was recommended that when I use it I should “allow” all movement of energy that shifts within this sequence and bring forth the person’s connection to God. I was to do this by asking for all alignments to the higher aspect of God to be opened and to be allowed to flow through the crosses. If there is weakness in a person’s vibratory field, this will help to strengthen it and bring more clarity to the light spectrum within the makeup of their vibration.

Many things will change if one uses the crosses frequently. As this process is very new to the Heart Resonance system at the time of writing this book, I believe I have not yet been given a full understanding. I cannot help but think, however, that this has some connection to the original crucifixion of Jesus and the two criminals on the hill.

The symbolism in the crucifixion of Jesus and the two criminals represents mankind's imperfections within the Earth realm. The number 3 is a representation of all vibrational aspects of being within this Earthly plane: Positive, Negative and Being/Accepting. Connecting to the original truth of this vibration somehow releases distorted human consciousness.

I am sure that through time I will have a clearer picture of the deeper understanding of this very powerful technique. At all times, understanding comes when it is appropriate and not before. Everything is unfolding in perfect time and in perfect order, regardless of whether I want it to happen sooner due to my humanly impatience.

My personal experience so far with the Three Crosses technique has been quite profound. It seems to bring forth into my reality a new field of understanding and existence. It is moving me somehow out of society's restraints, beliefs and dogmas and making that which is truth more real to me. This has been an interesting experience, considering most of what life is based on is delusionary imprinting of our old world reality. If I had to describe in a few words what the Three Crosses have been doing to me, I would have to say: freeing, opening and giving clarity.

For us all to move into an ascended state, we will have to let go of all that we know to be real and true. The reality and consciousness we currently function from cannot and will not exist in the new golden age of mankind. The Three Crosses technique is yet another tool to support our journey into and through the next step towards humanity's awakening.

Just recently, whilst working on someone I was given another technique for working with a combination of the Three Crosses and the Energy Bank that is within the Divination Line. My spirit teacher called this technique the "Frequency Transference Technique". This technique brings selective energies from the Energy Bank and moves them through three cross configurations, concentrating on areas of dysfunction. When the correct sequence of flow is created, many long-held stagnations, repressed emotions, imprints and negative connections are removed.

The Frequency Transference Technique is more of a therapy technique

than just a consciousness tool, even though in the way it shifts energies and moves high positive energies through it, it does indeed impact on consciousness. By clearing stagnated energies, it aligns us even more to Universal consciousness flow which will bring us more into alignment with ascension.

This technique will truly become a powerful tool in the Heart Resonance advanced practitioner's arsenal.



WORKING AS A GROUP

Over time, the benefits of working as a group of HR practitioners have become very apparent. There is power in numbers. When working as a group, very powerful harmonics can be achieved and then directed towards the environment, people, concepts and situations.

Once a year, I conduct a Heart Resonance Conference somewhere in the world. At these events we can take advantage of the power of numbers and achieve some amazing results with our group HR sessions. Many HR practitioners and teachers have set up semi-regular group practise days or nights. To be of service, the attendees of these get-togethers often send Heart Resonance to places or people.

Many of these groups have “sending networks” where they offer Heart Resonance energy to people in need. I remember Margaret, one of my teachers in New South Wales, Australia, who was going through a tough time. Her daughter was in hospital having a life-threatening operation and as a result Margaret was experiencing lots of anxiety. Her regular sending group came together whilst she was travelling by train to be with her daughter in hospital.

Here is what she has to say about her experience:

“Heart Resonance has helped me over the last four years through some major events in my life. When my daughter was in hospital having to undergo brain surgery, I travelled to be by her side by train. It was peak hour, the train was packed and I could feel Heart Resonance energy flowing to me. As I hadn’t tapped into Heart Resonance on this day, I looked around the train to see if someone was directing it to me.

I soon realised it was Monday morning and in Coffs Harbour, in my spiritual shop, my regular Heart Resonance group would be meeting to give energy to the

needy. When I talked to them later, they told me I had been their focus for sending HR on that morning.

How good it was to feel this loving and supportive energy!

Heart Resonance is wonderful for its simplicity and for helping us to get through major life happenings and changes. My daughter was in hospital for over a week. She was in surgery for ten hours and one week in a coma. Seeing her lying there, knowing I had no control over whether she came back or decided it was her time to leave, was a big experience for me. Sitting beside the bed, if I was in fear of what she was going through I knew she would pick up on my energy. Most of the time through that week and the three weeks leading up to her operation, when she was dropping in and out of consciousness, I connected to her and gave her heaps of Heart Resonance. Both my daughter and I were pulled up into a heightened spiritual vibration as a result, allowing us to move through the experience in a more detached way. This helped both of us tremendously. Her recovery was fast and without any complications.

I am absolutely sure the experience for both of us was greatly improved because of Heart Resonance.”

Heart Resonance is incredibly supportive in its energy dynamics and nature. I have thousands of testimonials from people all over the world who, by connecting to HR, have moved through chaotic and traumatic experiences and times while feeling loved and having a sense of “everything is okay”. I have had a few people describe this feeling as like being enveloped in a little bubble of love, that is loving, warm and full of light.

If you are ever in need of some loving, pure positive energy to support your life or others, please do not hesitate to contact me via my website <www.trevorgollagher.com> and let me know. I have an enormous sending group all over the world and we all will gladly send you some wonderful Heart Resonance energy for free. This is a loving way for us Heart Resonance people to be of service.

If you are a Heart Resonance person and want to be included in this sending group, once again, just email me at <info@trevorgollagher.com>.

Help us to help many.



THE FUTURE OF HEART RESONANCE

For many years now, I have known Heart Resonance is not “it”. I have felt that there is more to come and that Heart Resonance is just a stepping stone to where I am ultimately heading. However, I do see Heart Resonance as a fantastic tool to help all who have contact with its divine energy. It is very much needed at this stage of humanity’s unfoldment to support, shift and align people to spiritual change. In so doing, it is releasing what is not in alignment to a loving transition into ascension from the delusionary space and reality that most of the world’s population finds itself in.

My spirit teacher has told me I will ground information and processes in the future at the point at which they are needed to assist ascension. I know this information will come in the perfect time and perfect way. I just need acceptance and allowance of Divine Plan’s unfoldment, knowing it knows what it is doing far better than I can currently perceive. I cannot see the big picture, but spirit can.

Heart Resonance is a foundational work for people to access and align to the ascension process. What I have found is that Heart Resonance is having a dramatic yet subtle impact on the way energy is functioning within people’s bodies. It is altering how their energetic circuitry assimilates higher levels of spirit light, re-aligning their energies in preparation for the upliftment. This is naturally making people more allowing and detached, thereby moving them into a place of love, ease and acceptance. For some, this is all that will be needed. For others, this will align them to their path and destiny of service to humanity.

As more and more people receive the Heart Resonance transmission(s), it will have a greater impact on the planet. Think of “as above, so below”. What happens internally within all of us is reflected in our external

experiences. The good old Universal Law of Attraction states: “What we vibrate internally will be reflected in all external experience”.

When we use Heart Resonance regularly, we dramatically alter our internal frequencies and functionality, which has to be reflected externally. Also, because all people, energetically speaking, are connected due to non-separation, we each play a part in shifting the whole in a positive and powerful way. Change you—change the whole.

Besides the possible impact on mankind, the energies we create also impact on our Mother Earth, which in turn impacts on us because we live within her energies. We are energetically connected to our planet, and as we rise in vibration we will experience this connection more and more. When we finally ascend, we will have direct experience of non-separation of all things. We will then see and feel the intimate connection we actually have with our Mother Earth. Many aboriginal communities are very aware of this connection and have been so for thousands of years.

As more people receive the Heart Resonance transmission(s), it imprints a little bit more of this Divine frequency into Mother Earth’s energy field. We will eventually create natural Heart Resonance harmonics between Mother Earth and Heart Resonance people. This will bring to life energetic grids all across the planet, altering its energetic flow of light on the planet. This in turn will impact on the energy grid (orbital matrix) that exists around the planet. It is this field or matrix that allows us to shift into higher, more loving consciousness.

The orbital matrix and its interaction with the planet will awaken more divine energy, which will support our unfoldment into ascension. Through time, the build up of high positive spiritual energy will create a critical mass, accelerating the dissolution of negative, non-truthful energies. It will, in a sense, entrain us all into love. Much of the critical mass will be achieved through harmonics within people, the planet and the orbital matrix. In its early stages, this will create more confrontation, internally and externally; eventually, however, moving us all towards the golden age of mankind.

Just recently (October 2010), I received news from my spirit teacher that I will soon be given a spiritual upgrade. In early 2011, I will be bestowed with spiritual gifts that will help me to achieve the real purpose for my incarnation. I currently do not know the details of what they are about to give me; however, I feel a great sense of anticipation. Within myself, I know these gifts will be something very big and associated with the ascension. During the last few months, I have been made aware that the grounding of Heart Resonance onto the planet has been just a part of the journey for me.

For some, Heart Resonance will become a foundational system to elevate them to the next level. Others will go no further and will use Heart Resonance to assist and support their lives. What is to come with my new work will be of a high spiritual consciousness. In a sense, it will be like university level information, never available before on Earth. For the general populous to “get it”, a frequency shift will need to occur within each person. Heart Resonance will become a pathway and a means to support this shift.

This all might seem very egotistical on my behalf, but that is not the case. I am no better than anyone else on this planet. I just have a clear understanding of why I am here and what my job is. For people to comprehend this new, higher vibrational process they will need to alter their energetic circuitry. One of the ways of doing this is through regular use of Heart Resonance. As mentioned earlier, some people will complete Heart Resonance training and go no further. Others will use Heart Resonance as a platform to move into this new upcoming energy. This will all depend on their purpose in this incarnation.

Regardless of what you do, all is in order and in accordance with Divine Plan.

Will Heart Resonance become redundant?

Absolutely not, as there will always be a need to be connected to pure Divine Love, as this is what I see Heart Resonance as. It will not be a “come and go” system like so many others. Its energy is pure and positive and will

support many throughout their lives.

I will always have a strong connection to it and will most likely use it often. Will I continue to teach it? Only God knows, as what is to come for me may take up all of my time. It is very important to me, however, that Heart Resonance never gets lost, even after I leave this world. For this reason, I am always looking to train teachers in Heart Resonance.

In the future, I may also set up some kind of trust or foundation to secure the teachings for generations to come. At the moment, I am in allowance to what unfolds. I do know, however, that an energetic grid of Heart Resonance is forming and will continue to form across the planet, anchoring its frequency into this reality. There will be a select group of teachers who will hold its frequency, allowing all who have received the transmission to access this field.



THE ELDERS AND THE HEART RESONANCE GRID

Whilst teaching in Canada in 2010, I was abruptly awoken early one morning, around 3 am, by my spirit teacher. He told me of a small group of Heart Resonance people who would become Heart Resonance anchors in different parts of the world. These people would be known as the “Elders”. They were to form a vibrational network around the world, to hold a higher consciousness of Heart Resonance. Their frequency would create an energetic grid encompassing the globe, helping to shift the vibration and consciousness of the masses.

The grid formations that they will create in the future will alter the energy field of the planet in such a way that it will help support and balance frequencies appropriate for the transition up and into ascension. These gridded fields of energy will help remove distortion within the outer planetary matrix. Below is an abbreviated piece of information that was given to me by my spirit teacher in regards to this.

“The gridding that will occur will bring the field into a more loving space, balancing the orbital matrix. In so doing, it will align the human energy field to ascension. This will create a slipstream effect, advancing all into the higher light field of awakening. Many souls will play a part in this awakening by leading with their frequency. This will be supported and amplified by the Planetary Logos and higher evolved beings on and off the planet. In the coming times, we all will see a paradigm shift occur due to the altering structure of the matrix. This will bring mankind’s enlightenment.”

The resonant field of Heart Resonance created through the grid will help balance the inner planetary matrix. Once this is achieved, a harmonic field will be

activated between the inner planetary and outer orbital matrixes. When both are brought into alignment through resonance, a pure harmonic field greater than the sum of the two parts will be created. This will bring to life the powerful frequency of fifth dimensional Divine Light that will saturate and bring all within its radius into a vibrational match. This is what will create ascension.

As everything rises, a new age will dawn. All will exist in a state of conscious realisation and in perfect harmony with the Divine. Non-separation will be directly experienced, and our pure essence of love will be experienced directly and completely within all. As we become whole, we will become.”

The understanding that came with this information allowed me to see harmonic vibrations moving in and out of the planet and exchanging energy between it and the orbital matrix. I could see a loving synergy and flow of loving light. I realised this will alter the vibrational frequency of the matrix, allowing for spiritual expansion on Earth. When this occurs in the future, it will bring forth the potential for ascension, pulling us all into its field.

By the sheer nature of the shift that has already occurred within the planet and the orbital matrix, we have reached a point of no return. We are destined to ascend, as the sequences of energetic events that are now taking place were put in motion thousands of years ago. This whole process is imprinted within the soul genetic imprint contained within all souls, here and in all realities. This is all a part of the greater collective soul imprint.

At different times in the future, the Elders will be shown energetic points in and around the globe and be directed to concentrate the Heart Resonance energy into them. This will activate and create subtle adjustments within the field. For many, this will have a powerful shifting effect on consciousness through entrainment, in a nurturing way. At some point, the Elders will access a greater, more intense field of Heart Resonance energy that will hold a different frequency to what is currently available. This “new version” of Heart Resonance energy will contain higher spiritual information that will be released onto the planet at the chosen time.

The Heart Resonance energy in general is already actually changing in

intensity and consciousness. The more spiritually sensitive practitioners of Heart Resonance are starting to feel this shift. I personally have noticed a difference in the transmissions I have been giving lately, including the feel of the Heart Resonance vibration. The collective pool is also intensifying Heart Resonance. The more people connect to it, the greater the intensity becomes.

For years now, I have seen images of Heart Resonance playing a part in the ascension process of mankind. I have not really known how this is going to happen, but have just known it will. I now see that these Elders will create energetic shift by altering the planetary field through their combined energy, which will impact on us all as we are within Mother Earth's vibration. They will imprint and activate grid points around the globe, anchoring Heart Resonance light.

When this occurs, we will be uplifted into a new, higher state of consciousness. This will help to rapidly dissolve all hindrances to ascension in the average non-spiritually inclined person.

All members of this Elder group are starseed souls who have incarnated into this life to help hold and balance frequency to support the global ascension process. This is their real mission for this incarnation, regardless of where they see their lives heading. Many of the Elders have felt that they do not belong here on Earth and have commented on feeling different. This is a classic sign of a starseed as their point of origin is not Earth. So they do not really feel comfortable in this restrictive frequency.

Starseeds are often very misunderstood as their perception of life is invariably very different from the general population. Many of the Elders have lived many lives here on Earth preparing for this moment. All were here during Atlantian times and would have been a part of the spiritual masters of that civilization. After the fall of Atlantis, some journeyed to Egypt and others to South America, Mongolia and Tibet. I am sure that if I asked the Elders about these places, they would have a sense of connection to one of them.

During the aforementioned visit to Canada in 2010, not long after the

morning of being awoken at 3 am, I was given two new transmissions by my spirit teacher. One was to be given to the Elders and the other to a select group of Heart Resonance students (to whom it will be given when I am told the time is appropriate). These transmissions hold energy and information that will awaken within the recipient as knowledge for their spiritual transitional processes.

I wondered if creating this select group would be seen as creating class distinctions within the Heart Resonance system. I was told this select group will indeed be accessing higher states of frequency, consciousness and information. However, I was also told that all people on this planet are equal and no one should be seen as less or better than anyone else. This is not about dividing the Heart Resonance community. It is about souls fulfilling their destinies. This is not about the individual but about the greater whole.

I was made aware of five people in Canada who are Elders. As a result, before I left Canada I gave them the activations that were required, as instructed by my spirit teacher. These transmissions were very powerful, but not only for me. They also had a big impact on the Elders. A few of them went into rapid release processes, crying and purging for days. They all experienced awareness shifts.

I was told by spirit that all of the Elders will be given the gift of 'sight' for their service to mankind. This gift, I feel, will be access to spirit and a consciousness far beyond what is currently available in this reality. They will be given the special gift of seeing truth within creation.

This will be bestowed upon them from a high spiritual council at the appropriate time in the future, so they can be more effective in what they have come to do. As a result of their new 'sight', they will take on more responsibility in being of selfless service to the consciousness shift and ascension. This will result in dramatic change for them. Society's rules and regulations, old beliefs and patterns will dissolve.

This will require great strength and focus on the part of the Elders, to allow the old paradigm of existence to dissolve and fall away. I am sure

they will, at different stages of this shift, feel very vulnerable and isolated. Eventually, their divine service will become paramount in all of their day-to-day creation and any fears or insecurities will diminish. Nothing else will seem important anymore. Their friends and families will most likely not understand, but their Soul's purpose will take precedence over everything else.

In the future, these Elders will play a much more active role in moving mankind into the new golden era. They, in a sense, will shine a light for all of those who are clouded in their vision. Through their bestowed gifts, they will be able to see with great clarity the path of ascension. At the time of writing this book, the five Canadian Elders have no real idea of what lies ahead for them. Their lives are still unfolding as usual, albeit vibrationally different. Nothing much will change until they get their call to arms.

Hopefully, by this time they will have released their resistance and attachment to their old worldly perceptions, beliefs and imprints, allowing them to move gracefully into their new vibration and greater purpose.

Many more Elders will present themselves from different corners of the globe over the coming years. They will eventually form a massive Heart Resonance grid. I am sure that at some stage in the future I will be given techniques to enable them to activate and link their energies in the way that is needed. We are really on the cusp of many positive changes for our beautiful Mother Earth and all of her inhabitants. I am so excited about what our future will bring and what part Heart Resonance will play in it.



HEART RESONANCE TRAINING

Currently, Heart Resonance (HR) is taught over three levels: Level One, HR Practitioner (Level Two) and HR Advanced Practitioner (Level Three). A fourth teaching level is also available. The three levels are simple “register and you’re in” types of workshops, but the teacher training is an interview process. Potential teachers need to have correct motivation and intent, as well as a certain frequency within. All of this is assessed during the interview. For teacher training interviews, please contact Trevor directly at <info@trevorgollagher.com >.

Below is some information about each three levels. Additional information can be obtained at the official Heart Resonance website at <www.heartresonance.com>.

Level One

Level One Heart Resonance is taught over one day, usually between 9am – 6pm.

During the workshop you will learn:

- The history of HR – how it all started and how it has evolved.
- You will receive the HR transmission – during this process the HR teacher raises his/her vibration into a higher dimensional reality to gain access to the very specific Divine Love Resonance that is HR. Whilst in this space, the teacher is able to perform a transmission of this frequency into the student, empowering them for life with HR.
- The Universal Law of Resonance - it is through this law that Level

One HR works as a healing modality.

- Learn how and why HR works as a healing and spiritual development tool.
- Our evolving Chakra /Energy system and how its new functionality is impacting on our life.
- How to self-treat with this powerful energy by using a simple yet powerful form of meditation.
- Treatment of others – learn how to treat people in a professional way. This section of the workshop addresses all legal, health and clinic procedures.
- Other uses of HR – sending treatments, food, water, plants and environmental healing and clearing.
- The levels of HR – all levels of HR are discussed so each student can make an informed decision on whether or not they would like to advance in this wonderful modality.

HR Practitioner (Level Two)

Level Two Heart Resonance is taught over one day, usually between 9am – 6pm.

During the workshop you will learn:

- Level Two Meditation - a wonderful tool to re-balance, ground and de-stress the body
- Holy Trinity Treatment - a very effective treatment for people who suffer from stress, depression or any emotional issues. Helps to re-align the grounding channel within the body, thereby reinstating calmness and balance.
- Holy Trinity Concepts – Learn some amazing techniques to clear the

negative impact of past events and create positive outcomes for future events. It can also be used environmentally to change the energy of places and situations in a positive way.

- **Inner Journey Treatments** - powerful treatments allowing you to work internally within the body. This process is like shamanic travelling into the body and can be done on yourself as well as others.
- **Body Water Scrying** – Remove the negative residue energies and imprints held within the water of the body. In so doing, it allows the body to function with more ease and grace.
- **Body System Healing** – Learn to work on very deep levels within all the major body systems clearing out emotional stagnation and disharmonious imprints. Many of these negative energies create burden and ill health.
- **Meridian Balancing** – Simple and easy-to-learn techniques to balance the meridian flows through the body.

HR Advanced Practitioner (Level Three)

Level Three Heart Resonance is taught over two days, usually between 10am – 4pm.

During the workshop you will learn:

- **Level Three Meditation** - The Level 3 meditation is very important for the evolutionary shift we are currently moving into. Besides helping you to dissolve negative stagnation within the body, it is also lighting up your energy circuitry. By flooding the energy system with this very specific frequency, you are helping the body prepare and assimilate the new changes that are occurring as we all move towards Godself awakening.
- **Activating New Spiritual Energy Pathways** – During Level Three you will receive another energy transmission that will activate and open

new energy pathways within the body. This will allow you to be at the forefront of the new spiritual awakening of mankind.

- **Connecting to your Godself** – Learn how to merge with the divine aspect within to instigate powerful healing shifts within your body and others.
- **Hooks, Implants and Discarnate Removal** – Learn simple and effective ways to remove the burden of these energies from you and your clients' lives.
- **Inter-dimensional Healing** – There can be lots of energies in many realities that impact negatively on your life. With this technique you will learn to travel into different dimensional spaces to dissolve and disconnect all frequencies that do not serve you in this incarnation.
- **Harmonic Resonate Fields** – By creating very powerful Heart Resonance energy harmonics you can supercharge and optimise many skills, thereby increasing your effectiveness as a HR practitioner.
- **Energybody Healing** – Learn to remove negative patterns and imprints from the energy fields that impact on your life. These techniques help remove re-manifesting negative issues.
- **Essence Healing** - Powerful techniques that remove negative potentials from your life even before they manifest. Learn how to create homeopathic remedies of the very essence of who you are, which are then used harmonically to bring positive change.
- **Soul's Journey Healing** - Imprinted energies can bleed into your current life from any time and place your soul has been. Learn how to remove unwanted imprints and disharmonious energies from these levels.
- **Body Candescence** - The human body's energies within radiate a luminosity of numerous frequencies. Not all of these frequencies are healthy. By altering the candescence of these energies, major positive shifts can occur.

- **Divination Line** - This energetic pathway holds your soul genetic imprints that allow Divine Plan to unfold in correct sequence. The Divination Line gives us access to negative obstructions that hinder our alignment to consciousness unfoldment, especially negative aspects which are usually hard to shift. It also contains an “Energy Bank” where you can access many frequencies the body needs to re-establish balance and harmony.
- **Kinetic Disturbance** - Learn to fix the flow of subtle energy, thereby positively impacting on many levels of human functionality.
- **Three Crosses** – The Three Crosses is a powerful consciousness-shifting tool. It makes your heart space more present in your life. It is a great technique for anyone committed to a spiritual life.
- **Frequency Transference Technique** – This is a cutting edge healing process incorporating the Divination Line, Energy Bank and Three Crosses techniques. It is great for clearing illness and disharmony from within the body, especially chronic conditions.



RECOMMENDED TEACHERS AND PRACTITIONERS OF HEART RESONANCE

Below is a list of recognised therapists and teachers. This list does not include all qualified practitioners and teachers of Heart Resonance as many were unable to submit their listing at the time of print. Please free to contact Trevor Gollagher to find your nearest HR Practitioner. To be certain your practitioner is a qualified and recognised therapist, do not hesitate to ask practitioners to view their certificates, which contain their teacher number. If you have any doubts about the authenticity of a practitioner, please contact my office for verification.

AUSTRALIA

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Phone consultations and classes are available anywhere in the world. Please contact my office for further details, to sponsor an event near you or to book a phone consultation.

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OTHER BOOKS BY TREVOR GOLLAGHER

Reiki – A Gift from the Universe

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Perhaps your reading of this now is a sign that it indeed is.



TREVOR GOLLAGHER

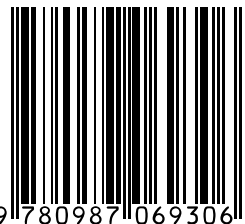
Spiritual visionary, intuitive healer, author and founder of Heart Resonance.

Drawing on thirty years of experience in health, healing and spirituality, Trevor has helped thousands of people across the globe to live in a state of love, health and happiness.



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