

#1 - Manifestation Meditation Electric Blue Fire Star

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MANIFESTATION MEDITATION - ELECTRIC BLUE FIRE STAR ----- FOREWORD; The nature of the frequency, both its coding and geometrical structure, is such that the state one gets teleported to is actually a much higher energy state than the one an average person would typically be in.... interestingly, the heat may be some form of friction thats occuring via the acceleration from a lower to a higher state.... Recall in my previous postings, that I was choked that self help gurus often will tell what a person can or should do to some degree but they do not provide the tangible means for empowerment, and that with out sufficient actual inner power, focus, etc... change is difficult, so I wanted to address that by giving you the MEANS to directly inject both power and focus and other important related things so you are more enabled to get fast, concrete actual results and momentum - from your accounts that all of you describe below, it sounds like its working ; ----- DESCRIPTION An extremely powerful and otherworldly force comes to you in this specific form, its familiar to you and yet oddly alien in some way. You sense it is benevolent and its here to supercharge your entire state of being. Your personal individuality and the strength of your desire for change is about to get a makeover - and it will build like crazy. Fast and powerfull change. You'll be instantly super charged. I'm not kidding, or exagerating - you WILL feel this within seconds AND it will build and grow like a crescendo of energy waves throughout your entire being. Your about to break free of social conventions that no longer serve you, but you'll do so in a harmonious way. You are suddenly rocketed, teleported to that place beyond imagination where the concretion of your own personal opportunity and success awaits you. Happy surprises, wonderful experiences and special people are now being powerfully drawn to you. A special harmonization of Uranus and the Part of Fortune. This frequency is meant to help you transport instaneously to your true inner self that is capable of not only imaging the miraculous, the magic that lies within you that you know you are truly capable of, but its also meant to help you actually powerfully manifest this into literal experiential reality. Approach the doorway of who you really are and were meant to be... will you open the door and step through? ----- TESTIMONIALS: See Full Message in our Yahoo Group I felt a pulling on my shoulders and between them. It was like there was something or someone grabbing me from my shoulders and pulling

me up. Very strange physical feeling. While this was happening, one thought kept popping in my head: I am getting rid of the heaviness. tried to ignore this thought, tried to think of something else but this didn't work. The thought just lingered there. This lasted for about half an hour. Then I felt hot. Extremely hot. I turned off the electric heater, and got rid of the wool sweater, but nevertheless this feeling got higher and I started sweating! My eyelids became heavy. Then came the thirst. Extraordinary thirst, as if I didn't drink water for ages. Finally, the effect seemed to settle on my forehead especially over the eyebrows. I stopped looping this file ten minutes ago, but the effect is still there. Now, I feel light and sleepy in a nice way. See Full Message in our Yahoo Group HI all-- I played the new manifestation freqs yesterday through my computer speakers for less than 5 minutes before I left home and then for about 8 hours through my silent device. I started with just the Electric Blue Fire Star and after a couple of hours I looped them both. I felt *amazing* (and continue to feel this way). The freaky thing is that yesterday I had four different people approach me about scheduling QT sessions. This is weird! Lately I've had one session every couple of weeks or more. Now, not all of them scheduled sessions yet, but they were all very interested. And those that had already worked with me in the past told me stories of how powerful the sessions were. And throughout the day I've felt more open and happy and in the groove. I told my partner last night as we were falling asleep that I hoped he was ready for huge movement. I really had the sense of all the old structures falling away and a new reality coming into view. I still have that sense today, trying to just allow the old that no longer serves me to fall away in place of what I have been wishing for and working toward for years. I truly feel like I am ready to go out and embrace life. I don't quite know what to do with this energy and I feel a bit of sadness at what I sense the changes/losses might be, but I am ready. MORE ; /message/6712 Have to say, I have had an abundance of energy and feels like all is well. I am getting lot's done, that I was putting off. But, the really interesting happening was yesterday, I had this 'frog' in my throat for about one hour, I almost couldn't talk and when I tried to talk it wasn't my regular voice. I had to keep clearing my throat and I coughed up alot of phlegm, which is interesting because I don't have any kind of sinus or cold thing going on. After about an hour, it was better. And now all is fine. But, it definitely was clearing some kind of something. Didn't know it would work on a physical level also. Loving Life /message/6713 Greetings! I recently downloaded the new manifestation frequencies, and have been playing them for the past 24 hours. I don't know what they are *supposed* to be doing, but for me, they have really helped with the lingering cold and anxiety that I have beenstruggling with for the past

month and a half. The frequencies felt like they were 'clearing out' whatever was keeping the cold from leaving. Same with the anxiety. In fact, I began playing 'blue fire' first (in error), instead of the grounding one, and fell asleep on it while it played all night. When I woke up, I felt the way I do *after* I have had my morning cup of coffee or tea ; wide awake, and ready to go. No grogginess, no disorientation, no tiredness ... one moment I was asleep, the next, I was awake. (Which should be a real help in giving up the caffeine crutch, lol!) Way to go, Doc!! /message/6590 My experience so far I just downloaded the manifestation freq, and I only listened to it one, and to quote a musical, 'I think you've got it'. It certainly stirred my energies up and I broke out into a sweat about three times. Also made my head spinned towards the end. /message/6592 hi Doc, Played it through for about an hour, and had the same tuf to start wit, including goosebumps, which were caused by energy. (I get this when I come in contact with finer energies normally) it then eased off. I played the grounded freq and felt that it relaxed me quite a bit, and made me a bit sleepy. As I'm usually well grounded I'm not surprise that it didn't spin me out like the other one. /message/6664 Hi All. Manifestation Blue Fire: 1.2 hours listening. Felt great. Just right as rain listening to it. Natural! Like finding lost chapters of a favorite book you read in another life. At one point about 20 mins in, I felt a quick surge of immediate, bright glee! It just surged and welled up and out. Looking at a magazine with an advert about a resort in Costa Rica, and reading 4-hour Workweek, it all feels very "doable." No resistance. Perhaps even easy. Yay! Manifestation Get Grounded 1 hour Again, very comfortable. Reading as I listen. Better able to focus and dream on new future possibilities. I feel good and happy. Very positive feelings about future, finances, and new paths of opportunity. I know others have had intense physical symptoms and visualizations. For me, these frequencies feel like a smiling promise fulfilled. And very comfortable. /message/6670 Day 2 was actually yesterday - but I listened until I went to bed. This is following Doc's suggestion. 1 hour Blue Star 1 hour Grounding 1 hour both *** I can definitely tell a change in my energy and my attitude. I keep using the word joy because that is mainly what I feel. Before listening to these frequencies - I felt very frustrated and out of place. I am in the middle of a transition - about to graduate and change careers and I admit I tend to try to force things to move quicker in transitions (I hate limbo). But since I first started listening to these manifestation frequencies, I notice that I have chilled out about that. I am finding it easier to practice what I know and work with the Universe instead of trying to force what I want to happen. I have been finding it easier to accept where I am now at the moment, and realize that it can be a step to where I want to go. I feel much

more at peace with myself and with the world in general. I have been able to practice gratitude more easily and be more gracious with those that I feel I have been struggling with - including myself. I feel that I am being the person I have always tried to be. /message/6615 may I ask could the 'heat' be the 'burning off' of old patterns ? or something similar ? I mean, maybe the frequencies themselves are not geared to create the effect but perhaps the effect from the frequencies causes the body to heat up in order to aid in the dispelling of these blocks ? /message/6619 Ok - so these are the first 2 frequencies I actually bought. The timing of the releasing of these is perfect for me. I feel that the work I have been doing with the demo frequencies as well as other things has been preparing me for this. I have been feeling lately like I am at a crossroads, and on the brink of jumping into my potential. I feel these new frequencies will be my much needed push. So far I have only listened to both once - last night. But I have never had such a reaction to frequencies before. I did get my usual tingling in the feet that for me is a sign that I am listening to one that I need but it happened almost immediately. And I felt this joy bubbling up from my center - I've never felt such joy. Or if I have - it has certainly been a while. I noticed that my head was bobbing and my feet were tapping - like I was listening to music (the music of the universe - perhaps?). I feel lighter - and I don't just mean not as heavy - but brighter, like I am a star myself. :-) Anyway, I'll follow Doc's suggestion on how to listen to these a bit later today. Gonna to do some Christmas shopping. /message/6621 --- In the_sound_of_stars@yahoogroups.com, nrgworx@... wrote: Your words are taken almost from my mind LOL I feel as if a damn is bursting. And so much is fixing to flow through. I have not played it again but am still feeling the 'effects'. I caught 2 old neg thought patterns come and quickly said, stop! I dont require this. and it went away. I made plans with a friend from chapel who lives in a nursing home to come and offer meditation one night a month with her and a few others. She became so excited over that Idea. I feel like DOING DOING DOING :) And throughout the day I've felt more open and happy and in the groove. I told my partner last night as we were falling asleep that I hoped he was ready for huge movement. I really had the sense of all the old structures falling away and a new reality coming into view. I still have that sense today, trying to just allow the old that no longer serves me to fall away in place of what I have been wishing for and working toward for years /message/6622 I know it brought this up from my depths last night and it was actually for me extremely healing especially after listening to a meditation CD on forgiveness and release directly after the frequency experience. /message/6624 The nature of the frequency, both its coding and geometrical structure, is such that the state one gets teleported to is

actually a much higher energy state than the one an average person would typically be in.... interestingly, the heat may be some form of friction that's occurring via the acceleration from a lower to a higher state.... but what you said below fits. Recall in my previous postings, that I was choked that self help gurus often will tell what a person can or should do to some degree but they do not provide the tangible means for empowerment, and that without sufficient actual inner power, focus, etc... change is difficult, so I wanted to address that BY giving you the means to directly inject both power and focus and other important related things then you get fast, concrete actual results and momentum - from your account it sounds like it's working /message/6636 I have not worked with your frequencies before but I downloaded the Electric Blue Fire Star frequencies as I have been experiencing frustration with the gap between what I "know" and the ability to practice conscious manifestation. I did not get both frequencies... Is that a mandatory requirement? 1st Day: I felt changes in my field (vibrations and scintillations), muscle fasciculations, especially around my right shoulder and then a continued series of increasing tension and relaxation of that area even after I had stopped listening. I listened to the looped frequencies for an hour off and on. I felt very chilled at times and goosefleshed even with lots of clothes and turning up the heat. 2nd Day: All the muscle tension has relaxed in my right shoulder. I felt very angry this morning about some injustices that I see in people's lives. I knew this anger was about me. I took a nap and had a significant dream. When I awoke, I was aware of black tarry ooze in my solar plexus (like the oil welling up from the ground in the old discovering oil movies). I recognized it as the accumulated belief in and sense of injustice and brought it to my heart where it began to dissolve. I feel very mellow tonight and as if "all is well" /message/6669 Thanks Doc. Day 4. I woke up feeling very positive and connected to my sense of "All's Well", which is my verbal expression of a peaceful and high acceptance of everything. You asked to describe emotional qualities... I feel very "able" today..to go to the hospital; where I work as a nurse and be in high frequency. I have a sense of lightening within the situation that could be depressing (Abraham says that there is nothing as important as that we feel "good"). I feel very "right" with the flow of the day. It is a part of "post release" of something very strong I think. I am planning to obtain the other frequency and work with them both for much shorter periods at a lower volume. /message/6652 While very agitated the other night listening to the blue frequency, my energy was reshifting back to a place it remembered residing in most of my life. the light feeling the love and the purity is healing on so many levels. And it was there. Clear as day I could feel him. A masculine presence. Large. He was blue energy basically. this is

significant to me because of past experiences with similar energy beings / sources (?) "whomever" it was, well he was more than a guiding presence.helped me to understand why I have been battling. What I didn't want to remember about who I am. And that what I was angry at all that time was myself. For not wanting to see. the more I refused to see the more anger I grew. Anger grew into depression, and depression ate away at me. Literally screwing up my digestive system to the point of mal nutrition. the things we do to ourselves huh? ...showed me home is not a place, it is your heart. live your heart and you're always home. I downloaded some of the test frequencies and felt good with them. I had sore feet, so of course I grabbed the sore feet one. Other than feeling calm no affect happened until the middle of the next day. When my feet which had been sore for months every time I walked. Were not sore anymore. (and have not been since. only listened to the demo One night for 6 hours while I slept). the next night I didn't sleep with any frequencies but I did dream. I dreamt of them and I could feel you in them somehow. I was riding the wave forms and they were blue and white in color and their sounds were not like sound 'here' as we can hear it. they were communicating with me. It's a language to me. I can't 'speak it'. yet I know it. Your teaching it. I know you probably are looking for specifics here and not my emotional story but for me that is how I decipher life. I can't even describe your energy in any scientific terminology however I can tell you how I feel you When the presence came into my awareness the other night, was the first time I realized you had been in there as well. You were not the presence (hmm well I didn't take you to be) Your confidence, your desire to be what the Universe is directing you to be above all else is pouring through and inspiring me. I have a saying: "take what inspires you and use it to inspire others." You know when someone is doing that because their imprint on the devotion to their direct purpose is in everything they say, touch and create in a very intense way. Electric blue I know for me expresses your passion to aid to grow and create, and it tickles my own. I can feel you in it. Deeply. I feel an energy connection to you through it. I hope that doesn't sound freaky or weird, that is not my intent.

/message/6704 --- In the_sound_of_stars@yahoogroups.com, nrgworx@... wrote: Yesterday was my fourth day of Electric Blue Fire. Every day is a weird and wonderful day. My emotions are WORKING OUT like crazy and re-organizing themselves. I am seeing things I have thought about in a negative light or overly passive light from new perspectives 'naturally'. What I mean is that these thoughts simply bubble up with the old emotion being released. As if the release itself changes the way I understand myself through the experience. Yesterday I had my weekly acupuncture session and during it I kept hearing the

last few minutes of Electric Blue Fire within me, was very strange effect. As it 'played' I could literally feel the vibrations in the needles this morning I woke up feeling like crap physically and emotionally. I sat telling my daughter that I was sick and tired of being sick and tired. Tired of one step forward and one backward. I cried over my mother's death (she died 5 years ago), and I found myself crying just for the sake of crying. She wanted to help me and out of nowhere I said, no, I know I am ok, I have never said some of these old thoughts out loud and I suppose they wanted to be heard before they left. I then remembered the promise of being presented with 3 swords. It was very clear. Almost like reliving the message, very vivid memory of it. I stood up determined to get on with my day fever or no fever. (I have been fighting a sinus infection for a month). I looked at her and smiled and said, today is a new day. I have an answer coming I can feel it now. I couldn't when I woke up because I just had all that 'gunk' spilling out. I left the house. Still feeling cruddy. Went about my day and fought fever on and off while I achieved my goal list. At 5pm I was supposed to meet with a client at their home to discuss their wedding ceremony. I am officiating their Wedding. After we were finished I explained I needed to get home as I had been feeling 'off' and wanted to get back home and finish the day resting. My clients jumped into Action ! I found out they are homeopaths / naturalpaths and , the groom began explaining about pathogenes having frequencies and how a man named RIFE had discovered this technology and use it to irradiate the pathogens and parasitic invasions on the human body. I began to chuckle. I couldn't help it ! I smiled and asked him to continue. He thought I was not taking him seriously and I had to smile and say, oh no, I know exactly what your speaking about. He then brought up Hulda Clark and is it Aurthur Bowels? I might have that name wrong. He built off of Rife's work from what I was told this evening.. this couple, they are so into RIFE that they own their OWN machine ! She places Rife frequencies into her homeopath elixirs! Before joining this list I had not really heard of Rife. I could probably recognize the name but never tell you what it was. Never met anyone in my life who really knew much about it. Until now. Now, my new clients who I found via another synchronistic friend, have a RIFE machine and want to use it to aid me in my healing journey. After their wedding they plan on 'zapping' me daily for at least 6 days. I am literally giddy ! Now, this is hugely synchronistic for me. First, I know this is one of my 'swords'. Intuitively I just 'know'. Secondly, yesterday while listening to Blue Fire for 45 minutes (i just cant do an hour yet) I remember distinctly saying to myself that more and more aid was opening up and appearing before me. I remember the intent of the frequency itself. I remembered that I was indeed ready. I

smashed more inner mirrors which no longer served me. I think this morning was a the emotional and physical release of all of that. Please don't mis-understand, while my reactions are intense and emotional they are nothing negative ! they are extremely healing and freeing. Every hidden little thing is being not only released but revealed so as to gain the wisdom of the experience thoroughly. I am very open to this journey and committed to it on a deep level. I want to explore these emotions I never had the courage to explore before. I want to reveal my own power to myself, to live it. oh, Guess what I will be introducing my new friends to ? hehehehe /message/6723 thank you Don. I look forward to the new ones as well !

Electric Blue Fire has become a close personal friend. ;) One more "weird" thing I have to mention. Now , I don't know if this manifestation would have come along at this time and me catch it without EBF but, It came same day as my visit with the Couple who will be working their Rife machine with me. After I sent my email to the group, I went to an old email account I check maybe once a month. My AOL spam controls are pretty good and I usually have no spam in my regular email box. this night however, amongst 41 emails from discussion list, there is one piece of spam mail. the body of the spam doesnt mean anything. It's spam It was the subject Line that caught me. I have to back track a bit. Years ago I met an amazing human being by the name of Don Watkins. We became ' twins' the moment we met. Our connection was amazing. then 18 months later he was gone. Fallen to Lung Cancer. He passed just 5 months after diagnosis. Over the last 8 years I have gotten all sorts of signs from him. And we just had our 10th anniversary this week of meeting. I know, how does this all fit ? LOL the subject line in the junk email. says: urgent reply Don Watkins. My friends name is not connected to my own legally nor with that email account. However, it was on that email account we used to chat through all the time. I am certain my friend was giving me a message. :) has really been some amazing days lately ;) in gratitude /message/6614 (An account by a psychic intuitive) My experience with Blue Fire is brief but profound for me. I played it just one time at a very high volume on my computer while I sat focused on my breathing. I became tense and agitated. I began to sweat almost instantly. I had to get up and pace. I was so aggitated ! A whole bunch of neg self judgement came to the surface and I wanted to physically hit something , to smash something Anything to smithereenes! then. I 'heard' very clearly. LIVING ROOM (i had paced myself into my bedroom while the frequency was filling the house.) I went back into the living room and was thinking, this cant be right can it ? Am I feeling what I really feel about myself? Do I hate myself tHIS MUCH???? i wept for about a minute. Sobbing huge crock tears. then the frequency was

over. the house feel silent and then I felt 'someone' , there was a presence in my living room with me. I got up off the floor no longer crying or feeling the need to cry. I felt 'lighter' and calmer I felt the need to open a package I had received that day marked for christmas. I opened it up and it was a CD on Forgiveness and Letting go. A subliminal CD. So I put it on and meditated with it. I was pulled out into the cosmos, and I spoke with a Being who called himself Ariel. I was taken to a dragon, and another solar system. (would take waaaay too long to type all that happen with him and where he took me, was mostly deeply personal but there was no judgement, not from him or from I) I was shown why and how I had gotten to feel the way about my PERSONALItY that I had been feeling for months. the major distinction was fully REALIZING it was my personality that was unhappy with itself. Not my true inner being. I realized that a friend of mine I had been so angry with and feeling judgement from was only playing the role of my mirror. And I looked into his eyes and shattered the image. the 'mirror' broke into a million pieces and I remember saying with conviction. I no longer am in need of you. You serve me no purpose. the scene faded and I noticed, I had no anger, no judgemental feelings in me. the Forgiveness and release CD played for an hour. An hour that passed as if it was five minutes. My husband walked in the door right after it was all over. He looked at me and said, my dont you look peaceful. I said, I think I am for the first time in a long time. today, this evening I will be playing the Electric Blue Fire again along with the grounding one and see what happens. What I find most interesting is that Blue Fire actually directed me to the Forgiveness CD that someone had sent to me as a christmas gift. I dont thinki thank you covers it Don. those words are simply too small. I am beyond grateful but I also dont feel 'indebted' to you. I can feel your genuineism (is that a word ?) in these frequencies. I want to ask, do you know that your in each of them ?

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