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BY MARIANNE

Aba-Ntu
CONSCIOUSNESS EXPANSION

FREE 9-DAY

PERSONAL HEALING

ANCIENT HEALING
TEMPLATE



Start with a prayer first,
Call on the by the power of the One God Source Light, Cosmic Guardian Families, Light Beings, Your Guides, Your Ancestors, please clear all the light fibers so they can resonate with you. If you can say the prayer in your native language, anyhow it will work.

Ask them to help you activate the frequency per specific work, do them each at a time. This healing must be done for 9 days anytime of the day, preferably before bed.

Sit comfortably, you may sit in meditation position, don't lie down as you might doze off, you can use meditation or relaxing music. The frequencies must be chanted either outwardly or inwardly. The vibration comes from the higher realms to help clear distortions in your energy field. Focus on your heart chakra and then chant the frequencies 45 times, i.e $4+5=9$, that is the 9th dimension, the Mouth of God..

Use your fingers to count.

Ancient Healing Frequencies

- Ancestral Healing Code 777 - 7 generations, 7 energy fields and seven chakras
- Personal energy field -222 - activate the frequency 222 to clear your personal energy field to remove obstacles in your path.
- Heart - 329 - activate the frequency 329 to clear your heart of envy, jealousy, anger, anguish and revenge to find love and peace.
- Heal your emotions - 112 - activate frequency 112 to heal your traumas, pain body, painful memories, triggers and childhood traumas to release your creative force and be one with life.

When you are done activating each frequency, say “ Thank you for activation, and so it is, and say thank you, thank you, thank you. In each activation.