

# Hold the Frequency.

## THIS IS WHY WE CAME

In this class, I mentioned that one of my teachers said, “Everyone needs a good old fashioned de-possession every now and then.” I went on to say that I do use de-possession protocols sometimes but in most instances we are not dealing with dangerous entities unless there has been extreme trauma or heavy use of street drugs. What my teacher was referring to was that everyone takes on low-level thought forms and emotional toxicity throughout our day to day lives. Raymon Grace’s exorcism protocol is good for anyone because you can measure the level of a negative entity you are sending to the other side to receive help and proper treatment. Raymon’s teachings on dowsing are provided for you in this handout. We cover de-possession protocols in the advanced modules of the Next Level Healer course.

[https://evangeline-hemrick-s-courses.teachable.com/p/the-next-level-healer-intuitive-development-coaching-and-mentoring-program/?preview=logged\\_out](https://evangeline-hemrick-s-courses.teachable.com/p/the-next-level-healer-intuitive-development-coaching-and-mentoring-program/?preview=logged_out)

How to dowse with Raymon Grace: <https://www.raymongrace.us/about-dowsing.html#/>

### **Resources from the class:**

This video is a concise explanation on the different parts of the brain. Remember that we have the choice who we show up as and we can always “include and transcend” ALL parts of ourselves in order to be effective. We are ALL of it-reptilian, extra-terrestrial, good and bad. It’s an internal job to love all our shadow parts so we can do our purpose work and ascend into higher dimensions.

<https://youtu.be/XSXhpailcs0>

Here is a 3-hour class from David Wilcock. Not everyone is a fan and I’m not promoting his teachings, I am just sharing information with you so you can practice your own intuitive discernment. At some point around 2 hours and 20 minutes in, he talks about “living languages and teachings, codes that activate our remembering”. I love that part and you may enjoy the info on extraterrestrials..

<https://youtu.be/HnQkd3iDpvE>

Geroge Kavassilas book, “Our Universal Journey” is quite the mind-blowing experience. Just remember our shamanic principles of transmutation and take his work as one perspective. My take on things is more inclusive but I appreciate his candor and bravery. Free PDF link here:

<https://www.galaksija.com/literatura/ouj.pdf>

The Law of One teachings: <https://www.lawofone.info/c/Densities?su=First#First>

Awaken Your Light Body Course. I am a certified teacher of this method and this is included in my Next Level Healer Online Training or you can access it here:

[https://www.orindaben.com/catalog/section/aylb\\_course\\_information/](https://www.orindaben.com/catalog/section/aylb_course_information/)

Drunvalo Melchizedek's book: The Ancient Secrets of the Flower of Life Volume 2 for Merkaba training at your own pace. Free PDF link here:

[http://www.tachyon-aanbieding.eu/Documentation/Ancient%20Secret%20of%20The%20Flower%20of%20Life%20\(vol.2\).pdf](http://www.tachyon-aanbieding.eu/Documentation/Ancient%20Secret%20of%20The%20Flower%20of%20Life%20(vol.2).pdf)

Marina Jakobi: [https://youtu.be/AMw1\\_6511sQ](https://youtu.be/AMw1_6511sQ)

Alice Bailey \*Please note I am not recommending her books, just citing my references so you know where to find the information I have learned.

<https://www.amazon.com/Esoteric-Healing-Practical-Teachings-Tibetan/dp/1577331109>



**\*Activate Your Light Body**

**\*Work on your Hara Line**

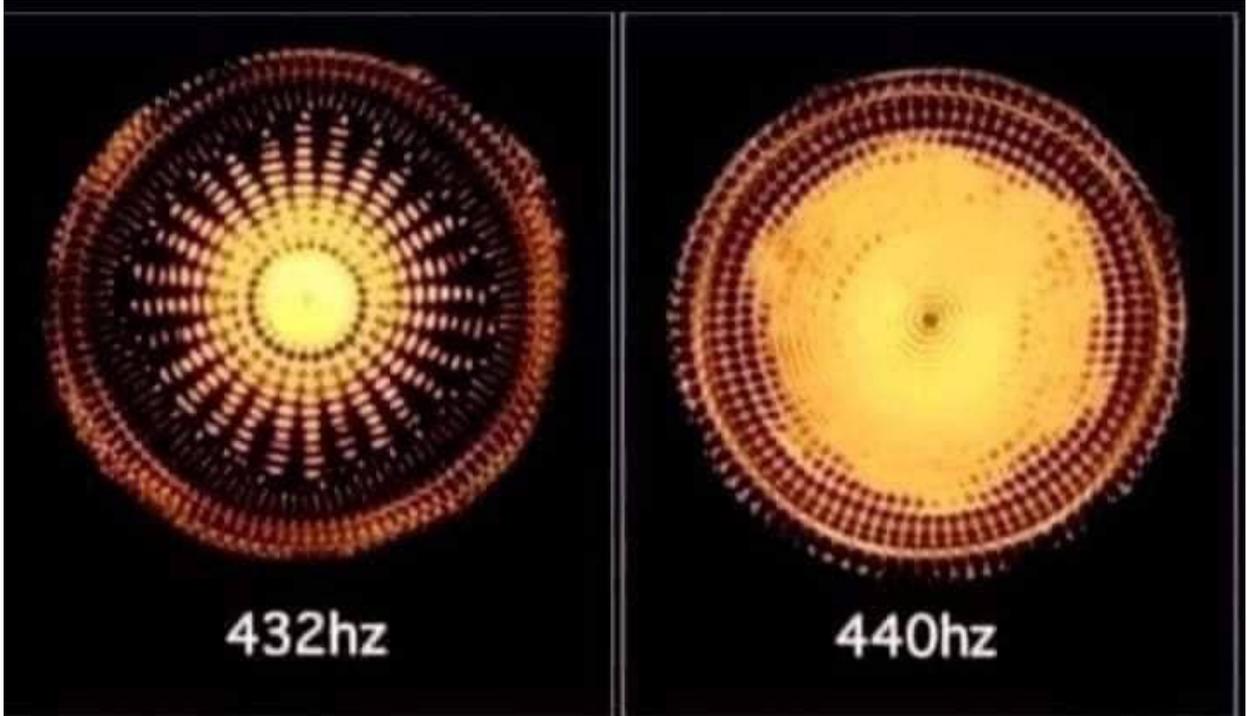
**\*Read the Law of One, Abraham & Orin/Daben**

**\*Meditate**

**\*Pray**

**\*Use Sacred Geometry, Color & Sound**

**\*Remember how powerful you are!**



## **Did you know?**

In 1953 a worldwide agreement was made based on an idea by the Rockefeller Foundation to change the frequency of music. They changed it from it's natural harmonic resonance 432hz to the current consciousness supressing 440hz.