

7 Colours 2008 Course Notes

Healing

A healing method:

1. Place your hands on the person. If you are performing a distance healing, you can cup your hands together and imagine the person inside this cup.
2. Say mentally or loud: "7 colours."
3. Let the energy run. When you feel that the energy is not running anymore or you somehow get a feeling that you are done, end the session. The healing energy will however, continue to work in the receiver. It is also possible that the energy will continue to flow through your hands...and that you might be guided to place your hands on different parts of the body. Just keep on healing if you feel prompted to do so.

After healing a person, it's highly recommended that you

1. "Disconnects" from the receiver.
2. Do a short grounding exercise.

Disconnect

When performing a healing session, you connect to the person you are sending healing to. It's important to cut these etheric threads that are created. If you don't, it's possible to stay connected to that person. This could result in draining of your energy.

All you have to do when finished with the healing, is to make a fast "karate chop" in front of you, while saying something like "Cut all threads!" Do this 1-3 times.

Often after doing this, you will most likely feel a relief.

Grounding

After cutting threads, do a grounding exercise. If you have outside access, stand on the ground bare feet and mentally say: "I now ground!" Stand for 2-5 minutes. If you do not have access to the ground or it's just too cold, just imagine that you are standing on the ground.

This is an important exercise to do to balance yourself after a healing session...because if you have accumulated too much energy in your body it could result in headache. If you have too little energy, it could result in tiredness. Grounding will either relieve you from being over energized or give you new energy.

The Colour Plate

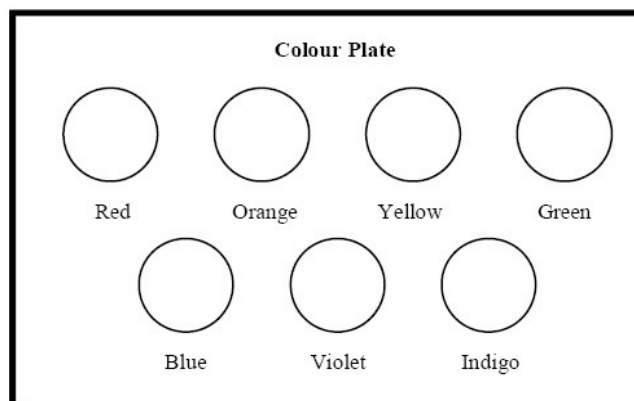
You can use the colour plate to:

- Place on the person that receives healing.
- Place the plate on a name, to perform a distance healing.
- Wear it.
- Hang it on the wall.

To create a colour plate:

1. Print and cut out the colour plate below (or design one yourself).
2. Place it on the table. Point at it and say "Colour Plate". This will start the creation process.
3. Wait 10-15 minutes and the plate is ready for use.

You might want to laminate it for better durability.



Colour Orbs

You can create small colour orbs to help you in your healing sessions. They can hover above or around the person to receive the healing. They can also be sent via distance.

Example creation of the orbs:

1. Imagine a ball 3,5" (approx 9 centimetres) hovering in front of you.
2. Point at it while saying "7 colours".
3. Wait 5 minutes and the orb is ready to use.

You can give your orb specific instructions. Example if you have a healing session, you could say to it "Hover above (name of person) and give her/him the colours needed right now etc.

You can also create colour orbs for others.

To make the orbs or colour plate stronger you can boost yourself with either life force or the 7 colours before the creation process. Example you can Imagine/visualize that life force or the 7 colours surround you for 2-5 minutes. Another way would be to carry an all round Tachyon antenna on you at the time of creation.

How to pass on 7 Colours 2008

There are many ways to pass on attunements. I have found that the less complicated you do it, the better the result will become. The most important step when performing an attunement is the preparation process. Do not pass on attunements if you feel exhausted or tired. It's better to wait a day than to perform an only "average" attunement. As a preparation to passing on attunements I usually rest (not sleep) 5-10 minutes on my couch to recharge. I close my eyes and completely relax.

Here are some examples on passing on attunements:

The first is the "original version":

1. Imagine/visualize that you are surrounded by life force, that is slowly becoming stronger and stronger. The force field is becoming brighter and brighter. Do this for 2-5 minutes.
2. Say directly to the accumulated life force: "Life force will be generated continuously and you will not fade until I am done with this attunement."

3. Say mentally or loud: (to your higher self) "I ask that (name) may be attuned at (time) on (date) in his/her time zone to 7 Colours."

The attunement will then start and stop after around 12-15 minutes.

Here are some new improved methods on passing on attunements:

"Real life" Attunements

This method could be used for a live class.

1. Relax and recharge. (I recommend rubbing a couple of drops of Tachyon oil into your hands). When you have rested for probably 5-10 minutes, rise and be fully awake.

2. State mentally or loud once: "7 Colours attunement for (name)". If more than one person, continue with each name in the group. The attunement will then start and after around 12-15 minutes, it will stop.

Via distance/email

This method could be used for a distance attunement, example via email.

I recommend that you do this one-time statement: "Every time I perform an attunement via email, it is "queued" so that the receiver can take it down any time he/she likes."

1. Relax and recharge. (I recommend rubbing 1-2 drops of Tachyon oil into your hands.) When you have rested for probably 5-10 minutes, rise and be fully awake.

2. State mentally or loud once: "7 Colours attunement queued for (name)". If more than one email, continue with each.

You should provide the receiver a method to receive the attunement. You could use something like this in your email:

Receiving the attunement:

1. Sit or lie down in a comfortable position. Mentally say once: "I will now receive the 7 colours attunement from (insert your name here)." This will start the attunement and it will last for 12-15 minutes.

2. The attunement procedure is done, but I highly recommend that you keep your position for another 10-25 minutes (or more if you like). This will give the increased flow of the energy a chance to more rapidly become distributed and absorbed into your energy system.

Notice that I recommend that the receiver keep the position for another 10-25 minutes. This is also recommended in live classes, but though never required to have a successful attunement.

Blessings

Ole