



abaNtu  
CONSCIOUSNESS  
EXPANSION

# 9 DAY PERSONAL HEALING

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You are here because you are searching for yourself, there is something missing within, and you are trying to locate what it is. You are not searching for yourself for fun, nobody does that. There is always something that leads us into this path. Either we are experiencing an awakening or we are going through emotional imbalances, because everything comes from somewhere. We might be experiencing such because of past events.

Healing is a fundamental step in any journey of personal growth or spiritual awakening. It's like tending to a garden—you need to nurture and care for the soil before anything can truly flourish. Addressing and healing past wounds allows you to shed emotional baggage, which in turn raises your vibration and opens you up to new possibilities and a higher state of consciousness.

In spiritual practices, healing often involves clearing blockages and balancing energies within the body. Techniques used in abantu medicine, an ancient practice in energy healing, meditation, and can be incredibly effective in promoting this kind of deep, inner healing. By doing this, you create space for positive energy to flow more freely, ultimately leading to a more harmonious and fulfilling life.

Remember, the journey of healing is personal and unique to each individual. It requires patience, self-compassion, and consistent effort. You're on the right path by recognizing its importance.

Have you explored any specific practices or methods that have helped you in your healing journey?



## 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 **(45x)**
- **Personal energy field -222** - activate the frequency 222 to clear your personal energy field to remove obstacles in your path. **(45x)**
- **Heart - 329** - activate the frequency 329 to clear your heart of envy, jealousy, anger, anguish and revenge to find love and peace.**(45x)**
- **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.**(45x)**

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.

**Good Luck!**