

What Helped Me Cope with COVID-19: Energetically

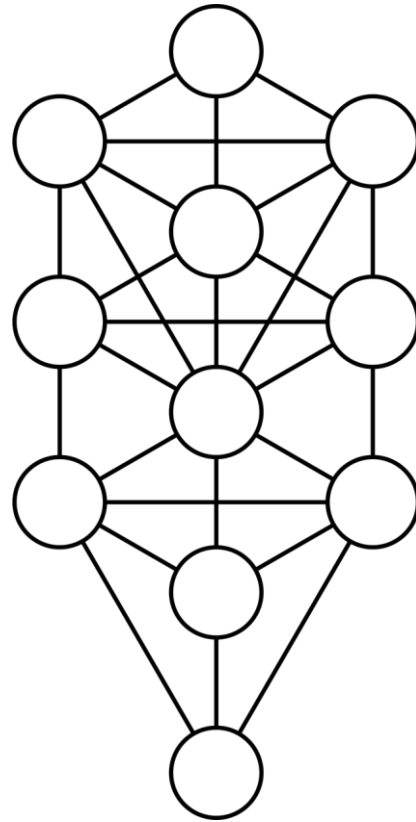
Lori Nicholson

All of the processes in this presentation were taught to me by Katherine Wright Desai: www.vitability.com. Facebook link: <https://www.facebook.com/VitableLife>.

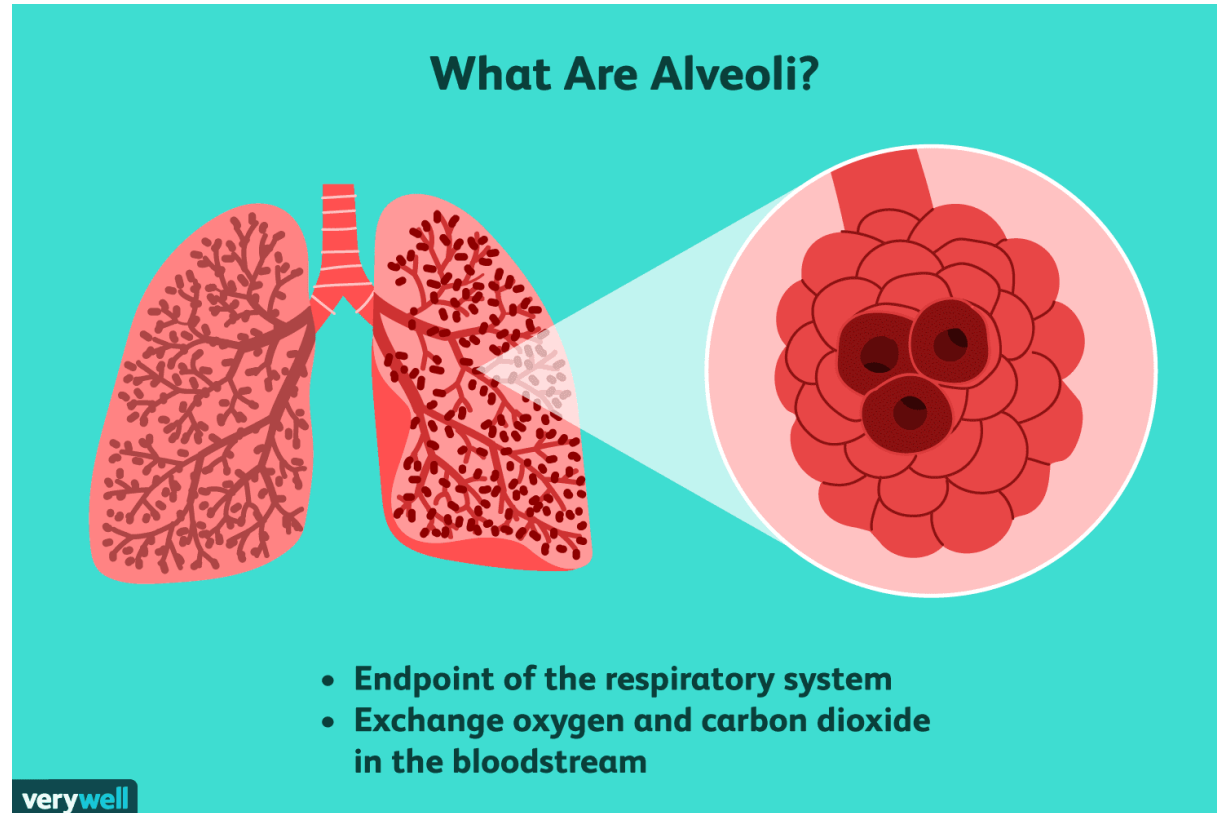
What Helped Me Cope with COVID-19: Energetically

- ▶ Spin the virus into diamonds of light, working your way from the top of your head down to the tips of your toes
- ▶ Listen to binaural beats in the 2.4-5.0 Hertz range. The 2.4 Hertz range will work best for most people. Do NOT listen to these beats with headphones, although this is how binaural beats are typically designed to be used. You can palpate sore parts of your body along with the beat of the 2.4 Hertz humming sound.
- ▶ Use a singing bowl and/or a tuning fork to bring vibration into the areas of your body where you feel it's needed (e.g., where you feel pain or soreness).
- ▶ Biogenesis: "Perfection is the natural way. Light IS triumphant!"
- ▶ Do the eight-step process daily to help clear the body of the virus energetically.

Picture of the Sephiroth

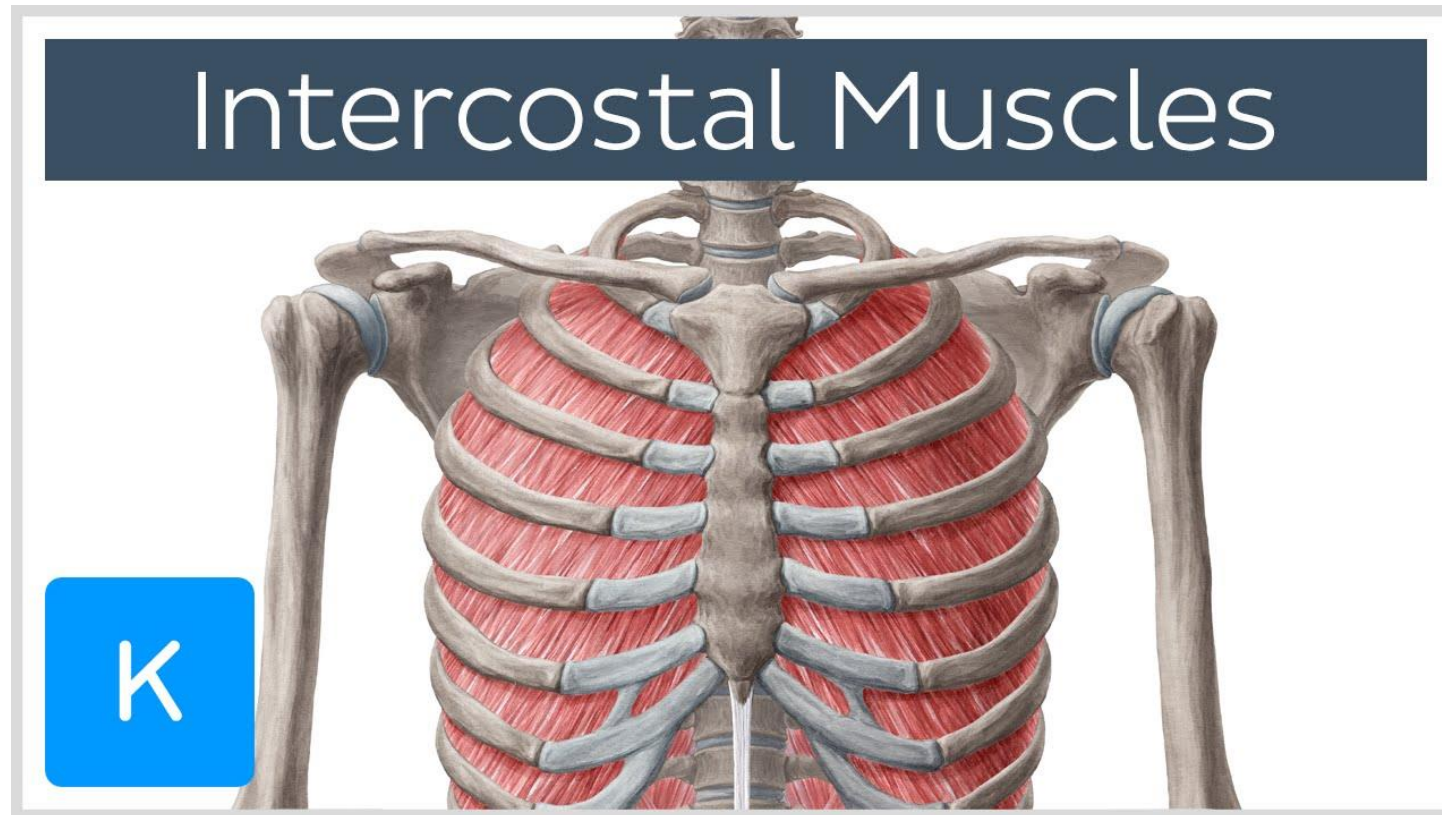


Picture of Alveoli



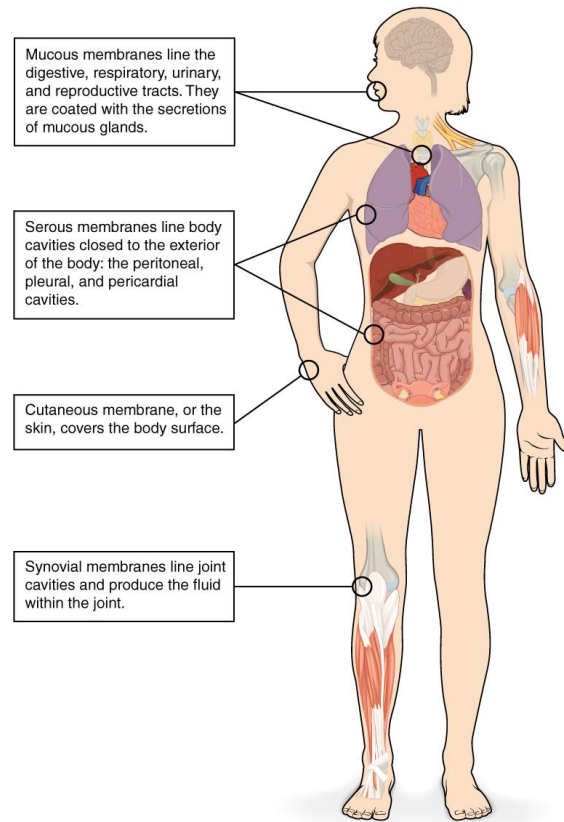
<https://www.verywellhealth.com/what-are-alveoli-2249043>

Picture of Intercostal Muscles



<https://www.youtube.com/watch?v=NwDxbNqEVaA>

Picture of Serous Tissues/Membranes



Eight-Step Process for Energetically Working with COVID-19

Listen to the 2.4 Hertz binaural beats—without headphones—while completing this eight-step process:

- 1) Stand in the pink-orange flame of light within the sephiroth and invite in the memory of my Divine perfect blueprint and my upgraded one. Ask and command the adamantine particles with MEMORY THEREFORE DIRECTION.
- 2) Flood the body with a soft, soft pink light. Allow it to flow, like a waterfall, from above the seventh chakra, down through the brain, and then down through every cell in the body. Take your time in filling your lungs and heart area with this light.
- 3) Coat the inside of the lungs with a magenta light.
- 4) Coat the aveoli with gold light.

Eight-Step Process for Energetically Working with COVID-19

- 5) Coat the intercostals and serous tissues (around the peritoneal, pleural, and pericardial areas) with a silver/blue light.
- 6) Imagine a mixture of the pink, magenta, and gold colors, mixing and swirling together, and flowing right underneath the skin. Begin at the fingertips, and spend quite a bit of time around the lungs in the front and back of your body.
- 7) Stand up (if you're able) and imagine connecting your pelvic floor and toes to the gravitational flow of the New Earth. Entrain your cells to this new vibration.
- 8) Create a sanctuary around your aura and around your house. (See instructions below for how to do this.)

Creating a Sanctuary around Your Aura and Your House

- ▶ “My shield is strong and powerful.” (Green & Gold)
- ▶ “Protecting” (Silver)
- ▶ “Filtering and gifting, and I am receiving the highest-level positive-only aligned light” (Pale blue with a midnight blue outer coating)
- ▶ “I am clearing” (Magenta - leave room between edge of aura and the color)
- ▶ “Transforming and transmuting into all I am capable of becoming” (Purple mix - place inside aura and inside bubble around your house)
- ▶ “The Light of the Truth that I Am. The Light of the Truth that I Am. The Light of the Truth that I Am.”