

Basic Generators Guidelines and Tips:

- Restrict generators to 2-3 energies at a time, plus 1 each for I & B
- Build a single generator per energy.
- Run generators for only 3-4 days length.
- Make sure to check their stability every few days by tuning in and making sure they are still delivering.
- During long illness or challenges check generator more frequently.
- Shift the Tier as the client or you changes from acute phases into chronic or maintenance.
- Use only the approved Energies List do not get creative and invent or “discover” energies – give yourself time to learn how to work with them.

Generator Management:

- Take the generators down after 3-4 days even if you want to keep them going for longer. This will protect from any debris that might collect on the thought forms in the course of living.
- Do not leave a generator up and ignore it, what happens is that the client starts to treat the generator like an bacteria or virus. The HES will begin to incorporate it and may change in relationship to the energy and it's power. The structure may actually try to push the generator out using valuable resources in doing so.
- If at the end of a session you have determined that a generator is required, first dismiss the client's TF you used to do the session and create another TF on your altar to host the needed generator. Build into the generator how many days it should run, what time and date it should end, and what energy you are putting in the box.
- If travelling and need to create a new Thought Form:
 - Build a new generator TF on your altar at home where it will be safe and protected and be able to run for as long as you need.
 - You will be able to work with it or dismiss it from wherever you are.
 - To check on client generators back at home, simply feel into your altar and assess or change generators on it remotely.