



# HEMF Massage

*This can be done long distance on a thought form but is more fun in person. Give them the same instructions where they are in their own home.*

**NOTE:** *Avoid the 10 R-Chakra areas (check YSA illustration) as best you can as HEMF massage will already be releasing stress in the R-Chakras areas. Accidentally rubbing them can be too much stimulation and cause a stress response- exactly the opposite of what you want to have happen!*

1. With permission using the EDGE, determine the need by finding the HEMF stress level.
  - a. It will read on a scale of 1-10 with 10 being the **highest level of stress**.
  - b. HEMF massage is always needed with a reading over 5.
  - c. The higher the number the greater the **stress level**.
2. Teach the client the chi circuit. Do it with your client for about 1 minute.
  - a. This is to stimulate the chi that radiates out from the major chakras and into the reflective chakras and layers of the HEMF.
3. Ask the client to stay standing, preferably in bare or stocking feet.
4. Put on subtle surgical gloves and coat your hands in *UL&L*
5. Bring in and slowly massage the HEMF beginning in the reflective
  - a. physical layer just slightly off the physical body and moving through all
  - b. four reflective layers including the emotional, primal and mental.
  - c. Remember it is relatively close to the human body about 3-4 feet out.
6. Move r-layer by r-layer through the field.
  - a. R-Bio is within the physical body you can feel it placing your hand on the physical body or your light fingers into the bio layer of the TF.



- b. Sense the R-Emotional Layer next,. It's off the physical right around the physical body. Its texture is slightly different and can be warmer.
  - c. The R-Primal Layer is third outside of the R-Emotional Layer. It feels thicker or has greater density.
  - d. Finally the R-Mental Layer may feel faster and even a little sharper
7. Check the silver tethers:
  - a. In the mental R-Layer by tracking them out to the inner edge of the soul layer-
  - b. Telegraph around the containing membrane of the HEMF for any tethers that feel like they need to be massaged.
  - c. The tethers will pull your hands to them.
  - d. Remember the number and keep going until you have massaged all of them.
8. Dowse to see if the stress level number has gone down. If it is 2 or less you can consider yourself complete. If it is above 2 return to the R-Layers massaging with *ULL* until the Stress Level is 2 or below.
9. Bring in *HEMF Radiance*
10. Bring in *Universal Love and Light* throughout the HEMF
11. Check to see if any imbalances have registered or if the client needs the Containing Membrane strengthened. Resolve as needed.
12. Bring in *Universal Love and Light*.
13. *IBWSIB*.