

EM Depolarization

Sometimes despite our best efforts to buffer ourselves, our EM fields take on too much stress and start to polarize, pulling the fields into hemispheres. If this condition persists, it can result in long-term neurological and psychological effects, such as weakness on one side of the body, brain fog, involuntary muscle spasms, and bipolar depression.

This technique operates by temporarily switching and holding the position of the electrical and magnetic body circuits (see diagram). *Standard-issue* configuration has the magnetic circuit on the right side of the body, and the electrical circuit on the left.

1. Unify your fields using the Unified Field Meditation.
2. Once your fields are unified, inform Spirit and your healing guides that you will be depolarizing your fields — they will assist.
3. Visualize the circuits instantaneously switching position — left to right. Now the magnetic circuit should flow over the heart, the electrical over the liver.
4. Visualize the gravitational circuit outlining your body smoothing and becoming stable and clear.
5. Hold them in this position for a few minutes to give your fields time to flow back together in wholeness. When it feels like your fields are more *even*, switch them back to their initial position, again smoothing out the gravitational circuit. If the polarization is severe, you might want to repeat this switch several times, quickly in succession, to *shake up the sediment* in your fields.
IMPORTANT: In repeating the sequence, remember to calm down the gravitational circuit after each switch or you might experience nausea, vertigo, and/or light-headedness.

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6. When you feel complete, allow your Consciousness to come back into the room.

