### MediationCorps5D.net "Intermediate Self-Care"

### ELIMINATE CHOSTING

#### Overview

Starting in June 2014, we began experiencing a series of **Chaos Nodes** from the Summer to the Winter Equinox. These are times when there is an unusual number of Parallels merging together, preparing us to pass through the impending Singularity. (According to the Michael Teachings, we are due for the arrival of an Infinite Soul [like Jesus, Buddha, Mohammed, and Lao Tzu] sometime around 2027.). This will be an historical event of profound importance for Humanity and the Earth. These Chaos Nodes are times of great change, and have been quite confusing for many of us.

Starting in June 2023, and continuing until December 2024, we will be experiencing one continuous Chaos Node. Needless to say, this will be the greatest challenge of the last ten years.

One reason these Chaos Nodes are confusing is that other parts of us are returning from other Parallels, and must be integrated. It is as though other parts of ourselves have ventured out to totally different experiences, in different timelines, with different circumstances. Spirit wants to experience every possibility, in order to find the ones with the highest, best outcomes for everyone.

These other versions of ourselves persist for a while in our Fields. — a condition we call *Ghosting*, which can be quite confusing. Fortunately, the Council have provided a technique to help us handle this *Ghosting*.

### The Technique

- 1. Unify your fields with the Unified Field Technique, if you haven't already.
- 2. Call upon Spirit to help you, since they are simply awaiting our request to do so.

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# Say, "Spirit, please help me to integrate any and all ghosting in my Field."

- 3. Hold the intention that they will neutralize all ghosting, flattening its effect by absorbing all incoming energies, and integrating them in your Field.
- 4. If it feels appropriate, you may choose to offer a few words of gratitude for their loving support.