

Harmonize Field

Electromagnetic (EM) pollution in the industrialized world is creating a general breakdown of health due to its damage to, and interference with, the EM field of the human body. Disturbances in our EM fields cause our neurochemistry, our immune systems, our endocrine systems, and the electrical energy that powers healthy cell division to go haywire. It can disturb the proper balance of electrolytes needed for healthy organ function. Long-term constant exposure to these sources of EM pollution often lead to serious, possibly life-threatening, chronic disease.

The human EM field (like the EM fields of all living things) is designed to match frequency with the EM pulses of the Earth, in order to navigate using the planet's ley lines and vortices. When bombarded with multiple frequencies, it tries to match all of them, with the result that it starts to break down, become erratic, overstressed, and eventually exhausted.

While there is currently no solution that will completely protect us from EM pollution and its effects, we can minimize the impact and the damage. We have to call on help from Spirit for this, however, as the process is too complex for us to manage consciously on our own.

1. Unify your fields using the Unified Field Meditation. This allows you a deeper and clearer connection to Spirit.
2. Doing your best to clear your mind so that your telepathic request can be discerned over the background "noise" of your random thoughts, project the following request to Spirit:

"Spirit: please harmonize all electromagnetic fields and frequencies in my immediate area to my fields."

It is recommended that you invoke this assistance whenever you are going to be exposed to Wi-Fi, computer and television monitors, mobile devices and telephones, powerful radio and cell towers, office equipment, or emitters of electrical and/or microwave radiation. It is also recommended that you do this during plane travel—during takeoff and landing especially, as the exposure is especially intense at those times.

I invoke this so often that I've just set a shorthand word that Spirit knows to mean the entire process above: I simply project silently,

"Harmonize !"