MediationCorps5D.net "Intermediate Self-Care"

QUAD GRID

Overview

This is one of three versions of similar techniques, all of which establish layers of support and protection. They are :

- Quad Grid
- Triple Grid
- Personal Protective Grid

Both the Quad and Triple Grids can protect a room, a building, any large space, or your car, keeping them energetically clean. The Personal Protective Grid surrounds your body, and uses gentler energies than the other two.

In the Quad Grid technique, you first ask the specific group to set up their level of the Grid, designating the geometric shape, size, and location. Then you energize each grid, one at a time.

Spherical grids are the most stable and easy to maintain, so we suggest working with this geometry for most everyday applications (such as around your home, car, or workplace). You will want to renew the grid weekly or whenever you notice the energy getting funky.

The Quad Grid can be done around a location without you being physically there. Try doing it around the mall, the courthouse, the grocery store, or the post office, etc., before you get there. Remember that it cannot be used to manipulate others; it just makes particular energies more or less easily available.

This is a very versatile technique. We have given you the everyday applications. The spherical geometry is very stable and easy to maintain. Live in it all the time, and it will be easier to live centered in your own Spirit.

Quad Grid Technique

1. Establish Grids

- 1. "Legions of Michael: Grid level one, spherical, [my house, office building, etc.]. "
- 2. "Destroyer Force Angels: Grid level two, spherical, [my house, office building, etc.]."
- 3. "Ze'Or Continuum: Grid level three, spherical, [my house, office building, etc.].
- 4. "Circle Security: Grid level four, spherical, [my house, office building, etc.]. "

2. Energize Grid 2

1. "Destroyer Force Angels: please spin your grid, spinning out :

[the following is a complete list. You may use all, or part, and adapt it to your specific needs.]

- "Astral entities, adverse electromagnetic frequencies, fear, disharmony, anger, adverse astrological influences, expectation, frustration, viruses, fungi, bacteria, worry, astral distortions, miscommunication, sadness, enemy patterning, scarcity, loneliness, karmic monads, and anything that distorts the spiritual signature or clear communication with Spirit. Spin out anything that hasn't been mentioned in this or any other language, but which you know needs to leave the space at this time."
- 2. When the clearing feels complete, continue with, "Reverse spin, same stuff."
- 3. When that feels complete, end with, "Stop spin. Thank you."

[Technique continues on next page.]

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3. Energize Grid 1 (the innermost)

1. "Legions of Michael, please infuse your grid with the energies of:

[the following is a complete list. You may use all, or part, and adapt to your specific needs.]

"Grace, Purity, Faith, Hope, Peace, Liberty, Harmony, Love, Mercy, Alpha/Omega, Rapture, and Victory Elohim. Infuse with love, intimacy, the Unified Chakra, being centered, clarity, full connection with Spirit, tolerance, clear communication, health, wealth, following Spirit without hesitation, mastery, sovereignty, living Heaven, and anything else that hasn't been mentioned in this or any other language, but which you know needs to be in the space at this time. Please seal your grid. Thank you."

3. Energize Grid 3

1. "Ze'Or Continuum, please set your grid for :

[Again, a complete list. Use all, or part, and adapt it to your specific needs as it becomes more familiar.]

"harmonization and optimization of electrical, magnetic, and gravitational frequencies. Please ensure that my fields remain harmonized with all of the electronic and mechanical devices in my space, and that I and the devices in my space remain harmonized in frequency with any electromagnetic surges, ley line activity, Schumann Resonance, and any other electro- magnetogravitational events and conditions occurring in this area. Thank you."

[Technique continues on next page.]

4. Energize Grid 4

1. "Circle Security, realign your grid to harmonize with upperdimensional grids. Release all distortions and parasites on the grids. Infuse frequencies for clearer communication with Spirit. Seal grid. Thank you."

General Instructions

The Quad Grid can be done around a location without you being physically there. Try doing it around the mall, the courthouse, the grocery store, or the post office, etc., before you get there. Remember that it cannot be used to manipulate others; it just makes particular energies more or less easily available.

This is a very versatile technique. We have given you the everyday applications. The spherical geometry is very stable and easy to maintain. Live in it all the time, and it will be easier to live centered in your own Spirit.

The Quad Grid should NOT be used around your own fields, as the speed with which the Destroyer Forces spin might cause your own fields to fray. (See the Personal Protective Grid [a separate document] for a technique to grid your own fields.)

A Note on Electromagnetic Protection

As the planet approaches Zero Point magnetics, electromagnetic surges are very common. This addition to the Triple Grid helps you keep your fields healthy through the planetary shifts.

The Ze'Or Continuum is a group of beings who originate from another universe. They are pure energy beings, and the sentient embodiment of physical forces, such as gravity, electricity, magnetics, thermals, etc. They have come to assist Earth and her inhabitants through the electromagnetic shifts we are experiencing preparatory to Zero Point. They are always available to assist upon request.

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Quick EMF Adjustment

For a quick EMF adjustment, such as when you are working near computers and other electronic devices (including the chips in your vehicles, pagers, cellular phones, cordless phones, etc.):

"Ze'or Continuum (or Spirit), please assist: Please barmonize the frequencies of all electromagnetic emissions and devices in my space — to my fields."