

## TOOL 4: THE HARMONY TOOL

*Raise your energy level, bringing your personality into alignment with your soul.*

<b>Summary:</b>	Aligns the Physical & Eternal Self by raising the energy level of the personality to harmonize with the energy of the soul.
<b>Purpose:</b>	To ignite the electromagnetic field, the body of your soul, and power-up the electrical system surrounding the body, adjusting the frequency of your personality to more closely match that of you soul.
<b>Keys:</b>	<ol style="list-style-type: none"> <li>1. We are surrounded by a universal energy system; stars, planets etc.</li> <li>2. Animals, humans, angels, are energy vibrating at different frequencies.</li> <li>3. With after-death communications you respond to this energy as goose bumps or chills up your spine.</li> <li>4. Draw from this energy by activating your personal energy system.</li> <li>5. Thoughts affect your energy, sad = low energy, happy = high energy.</li> <li>6. You can raise your energy by feel-good activities or by supercharging your energy system.</li> <li>7. Your energy system is 7 hubs = base, pelvic, navel, heart, throat, forehead, and scalp.</li> <li>8. Each hub exudes warmth &amp; vibration similar to rubbing our hands together.</li> <li>9. Start from the base &amp; move up each hub—recharging your battery in minutes.</li> <li>10. If your battery is low you are drawn into your demons, charged they cannot penetrate you..</li> </ol>
<b>Analogy:</b>	You climb up to the platform where the conductor—your soul—resides so you can grab a hold of the controls and find a new horse. As you make the climb, you raise yourself up so that you are equal to the height of the conductor and you can now work with him to run the merry-go-round of your life.