

## THE KIT: To Reach The Right Frequency for Ourselves and Others

By Channie

Lately there have been landings occurring. Both Masters and other persons have done several landings on Earth. They have never told us, after these landings, that actually it affected their bodies in a negative way to come down here. If you have someone, as I said before, with a High vibration coming to a place with a lower vibration, that has usually been a possibility for them. But, in this case, the frequency is more than just a lower vibration on Earth. It affects their bodies today to land here and it would affect our bodies to go out in Space right now.

When they have come down here and if they come down here, their bodies will start decaying. But they would have a possibility to immediately create a new body for themselves or change that. If we are going with them out in the Universe and then going home, we could have a great problem with our bodies and we could not create a new one down here, ourselves. There are ways that are possible for humans to be able to get out in the Universe, but that is not the first thing to think about.

The important thing we need to think about right now is that our bodies have been decaying because of the vibrations getting lower within them. We need to raise the frequency, not only for ourselves but for everyone and everything on Earth, so that people on Earth would start feeling better, sicknesses will disappear that have occurred now and that have been sort of strange or weird. There are also medical things that haven't been happening before that have started to be more common. Those kinds of sicknesses and problems will be helped by doing certain things.

What We Can Do About It: The Kit of Things to Do.

There are risks for a human to go out to the Universe and there are risks of being a human on Earth, it seems. So is there a possibility to do anything about this? Well, They were saying that it is a possibility for us to get out in the Universe and to feel better and there is a possibility to live on Earth and also feel better. There are ways that we can help nature and the animals and ourselves. And that is done by a Kit of Things that supposedly should be done by a few people over the world and by them doing these things, they will start a chain reaction, spreading all over the planet and raising our frequency back to what we had before things started to go wrong.

This Kit of things to do is simple. It doesn't need a lot from the person, to succeed with it.

I am now turning to the people that went to the NET classes, people who have gone to The Beyond classes, and also people who are teachers for Universal White Time Healing, and asking them that if they have time and a moment to do these things. The chain reaction that would spread is from when you are doing it yourself and 14-17 hours from that moment. The energy will echo out and it will start to help the frequency of people. Of course, it will start first in you and then the surrounding people and then it will travel, further and further, until it gets back to you as a person. That, as I said, will take 14-17 hours.

These are a few of the things that I want you to do if you have a moment. There are five Parts.

## First Part

1. Sit down, if possible, with a candle lit in front of you.
2. Think of you as a human sitting on the Earth that has a vibration within its core, within its soil and within you.
3. Feel the Quality and Energy of that Vibration.
4. Then within your mind, reach out in the Universe.
5. Close your eyes.
6. Imagine yourself traveling out in the Universe in our Blue Creation.
7. Ask, inside of yourself, to truly connect with the Frequency of World 2. It doesn't matter if you see a planet or if you don't. It doesn't matter if you connect with a special part, or not.
  
8. Just Try to Feel the Energy, the Frequency, the Vibration that exists in this World 2.
9. Try, with your own words to find words to say within yourself, repeatedly, a few times, that means that you want to connect with the Vibration.
10. Then, ask to be a channel for that Vibration.
11. Take it down to your Crown Chakra.
12. Then very slowly push the Frequency and Vibration downwards to the Heart Chakra.
13. Let it rest in the Heart Chakra. Let it turn Clockwise a whole rotation or way around, slowly, in the Heart Chakra.
14. Then slowly push it down. Divide it by the Solar Plexus Chakra and let one part go down into the right leg and let one part go down into the left leg.
15. Let the energy go down within the ground around your feet. Then See Rings occurring around both of your feet, vibrating out that Frequency and spreading out from where you are, leaving your house or where you are staying and reaching out, further and further.

## Second Part

For this one, you need 3 stones. You need a Rose Quartz, an Amethyst and a Hematite. It doesn't matter what size these stones are or what they look like. They can even be included in a ring or a pendant. Those can be laid down on a table.

1. Place the Rose Quartz to the Right.
2. Place the Amethyst to the Left.
3. The Hematite is closest to you, like a triangle pointing towards you.
4. Connect with the 3 stones by looking at them and Feeling their Frequency. The Rose Quartz is supposed to be a Frequency connection with your Heart. It represents you and your Heart Chakra. The Amethyst represents the Core Part and Heart of Mother Earth. The Hematite represents the Core Energy of the Universe and its inner Vibration.
5. I want you to take in that Energy of what they represent. Go into a free meditation where you relax and let your mind be free to just hold the Frequency of the stones and what they represent.

Then

6. Come back to that with your thoughts, over and over. Then after being within that and holding that thought,
7. Go into the Hematite Frequency of the Core Quality of the Universe Heart Inner Energy and Feel the Frequency of that one.
8. Compare the Hematite Frequency to the Amethyst Frequency of the Inner Core of Earth. Try to have them match up to the same Quality and the same Vibration. Let yourself be like a scale for their Balance.
9. Then Say, inside of yourself, that you want to Raise the Frequency back to what it was before, letting the humans, the animals and the plants have back their Frequency Vibrations back to the level before it started to fall or lower itself.
10. Ask then to Raise the Vibration even over that Energy level (so that we can actually come out from this benefiting from not only getting back to the Vibration that we had, but to even come higher than that.)

I want you to try to find your own words, also, to explain what you want to do. That you want the cells to react so that their Vibration would start becoming higher and that it will even become higher than it was before, making the cells and the atoms that we are made of even stronger than they were before.

11. In your mind, Think that this will help Earth and the people on Earth, the animals and the plants to get a healthier, stronger life but it also will help us to a Higher Consciousness, Spirituality and life energy towards the fact that we will become Enlightened in a Higher Level and can reach the dimension that we so much need to go into now.  
In this part, I don't want you to have a wish for traveling outside of this planet or a wish to go up to The New Earth with the name of those two things being said. That we will do in another part.

## Third Part

This next part is also like a meditation but also like a wish or a vision to see yourself with the Higher Vibration and the New possibility for Earth. The possible way for you to be on Earth and feel good, to be on Earth and be able to travel out to the Universe, and to be on Earth and be able to lift Earth and help with the process of Earth getting to the point it needs to be.; to go into a Higher Dimension and to reach the New Earth and merge with its Energies, so we can finally be lifted to this New place of ours.

1. Sit down and relax. Preferably light a candle in front of you.
2. Sit with your mind open and Feel yourself as a human. Try to move yourself a little bit where you are sitting. Move the legs and body and the shoulders and the head a little. Sort of feel that you are sitting and that you have a body.
3. Try to Feel your legs from the knees down to the feet. Feel the energy underneath your feet. Think and See yourself connected with Earth almost like you have cords from underneath your feet to the Core of Earth.
4. Connect with Mother Earth and Her Frequency. Feel that She actually needs a little bit of a boost, in this case, to get to a Higher Vibration.
5. Connect with your Heart Chakra. Feel the Heart Chakra. See it inside of yourself, taking in a Vibration that is Higher from the Universe above, like Rays from above. Small, small, and many, many Rays reaching your Crown Chakra and flowing down to your Heart Chakra
6. When they touch the Heart Chakra, it expands and becomes bigger. Now your Heart Chakra has the right Frequency!
7. Let the small Rays pour down into the legs and down to the feet, so that your whole body is in perfect Frequency and Vibration. You are connected with the Universe with all the Small Rays coming down from the Universe.
8. Ask to be Connected with the Whole of The Blue Creation and See the Rays even expanding with greater volume, and with even More Small Rays pouring into your Crown Chakra and reaching down to your Heart Chakra.
9. By doing that, you have also embraced other Worlds and Higher Vibrations than even World 2. You will have then included the other Worlds above World 2.
10. Ask inside to Connect with the Two Main Forces in this Creation. The True Original Force and The Created Original Force. The first represents Mother God Energy. The second represents Father God Energy.
11. Embrace these Two Energies in your Heart Chakra and relax.
12. The best is to have your eyes closed the whole time, but especially at this point.
13. Now you want to See the Light within inside of yourself. (The Light of the 2 Divine Beings.)
14. Ask that you are a part of everything needed to Raise the Frequency on Earth, to make it possible for humankind to have the right Frequency to be feeling good, but also to be able to travel out in the Universe, to complete their mission, to complete the classes and things they need to help everyone and everything.
15. Ask to Connect with The New Earth and the possibilities to let it flow closer to us and embrace this Old Earth. Letting us flow over to the New Environment of a Higher dimension, to be embraced and be a part of the New.

You can also continue with things that you want to add yourself, like meeting the ones that you have lost from this planet again on The New Earth or feeling the connections with Extraterrestrials, Angels and Light Beings and the deepest of friendships. And to also connect truly with your Higher Self and understand things with a wider view and greater intelligence and wisdom.

## Fourth Part

1. Lay down on your back.
2. Place a Rose Quartz on your Heart Chakra. Place an Amethyst on your Third Eye. Place a Hematite over your head by the Crown Chakra Ray.
3. Relax and close your eyes.
4. Feel the connection with Mother Earth and your own body. The Rose Quartz represents you and your inner Frequency and Vibration. The Amethyst represents Earth and Her Inner Frequency and Vibration. The Hematite represents The Universe and its Inner Vibration.
5. By laying down horizontally and having the stones this way, you are asking within this position, to Balance the Frequency on Earth.
6. I want you to add words with this. The words can be your own words, but there is one word that is very important.

7. Say,

"Hereby, I want to connect my body with Earth and the Universe, balancing the Frequency to Perfection. I call upon an Energy, a Quality that is called ENORAH."

This Energy and Quality is going to help with balancing. It cannot be used until you come to this part of The Kit. But after coming to this part of The Kit, The Enorah Energy will be possible for you to use over and over again, writing the Name or calling upon it to Lift the Vibration for you, Earth and the Universe.

(You see by us lowering our frequency, that had a major effect on Mother Earth and the Universe. Of course you can say that Mother Earth lowered Her frequency together with us. It was no one's fault. It just happened. But, in this case, we affect our surrounding environment in Space, and, in one way, the bigger picture, the Universe.

By us working with Highering back our Level of Vibration to the right Vibration, we will affect the Universe in a positive way. When our efforts are seen, we will get more help to even do more for us and the planet. The Enorah Frequency is a helping energy. It is a Ray of Frequency from something that reaches into The Beyond. It is a Name, or an energy level that the Universe usually doesn't connect with.

Sometimes we need to turn to the smallest things and the lowest to help the Highest. In this case, The Enorah Frequency can only be used from this direction and upwards, so the Angels, Light Beings and Extraterrestrials wouldn't be having the same opportunity to use this to help them to get to the right frequency.

8. Continue this meditation/relaxation, laying down and using your own words of how you want to balance everything, mentioning the Name a little bit, now and then, and feeling how you can Feel that Balance is Occurring.
9. Try to See, Feel, and Be Aware of something really happening. It will be possible to really Feel things within the body by doing this.

(If there is more than one person doing this Kit of Things, it is preferable that you do it together, instead of one person doing it and then the next one, within a family or group. The best is to do it all together. If you are a group who know each other, it is preferred that you do all of it together at a certain time, even if you are not in the same place. But timewise that it would be the same. Especially when you work with this part, it is beneficial to work at the same time.)

## Fifth Part

1. Sit down by a table with a candle.
  2. Put a Rose Quartz in-between the candle and yourself.
  3. Sit down, relaxing and looking at the Rose Quartz and its pink color.
  4. Connect with the Color of the Rose Quartz.
  5. Then Close your eyes.
  6. You are now holding the Vibration that is Higher than the one that you had a few hours or days ago, depending upon when you started The Kit. (This means, of course, that you can do this Kit over several hours or over a few days. The best is to do it within a day, with some time in-between each part.)
  7. You are also representing the New Higher Vibration. Within this space of being within this Higher Vibration, I want you now to try to Lift other people, animals, plants, etc. to this Higher Form of Vibration.
  8. Inside yourself, now Say each individual's name or the animal's name or the plant's location. You can also sit by and hold, a person's hand. Or you can have a cat or a dog close to you or hold your hand, reaching out for a plant.
  9. Ask the Energy of your Higher Vibration to Transport Small Rays from your Heart Chakra to the person's Heart Chakra. The Rose Quartz in front of you picks up the Ray of the Candle. This is a way to show the representation of the energy shining out.
  10. Work with your Heart Chakra shining to the other person's Heart Chakra. (If you want to, you can have small Rose Quartz pieces that you let represent the person, animal or plant that you want to work with. In that case, those small pieces represent those individual's, animal's or plant's Heart Chakra or energy point. In that case, you place the small Rose Quartz pieces around your bigger Rose Quartz piece. Then as you Connect with the person in your mind, with your Heart Chakra shining to their Heart Chakra, look down at the small Rose Quartz piece representing them. Then in your mind, See a Shining Ray from your Rose Quartz in the middle to their little piece surrounding yours.)
  11. When you have connected, Relax. Then Open yourself towards the Universe, letting your Crown Chakra be wide open for Taking in the Higher Vibration of The Universe.
  12. Then once again, Feel your Crown Chakra and open yourself even further away and in a bigger way towards the Blue Creation.
  13. Ask to have the Frequency and Vibration coming down of the Full Potential of what the Blue Creation represents.
  14. Then take that Quality into your Heart Chakra.
  15. Say,  
"I want to transport the Frequency that the person, ( animal or plant) you are thinking of, can take."
- (You can also then repeat the work again, once again, mentioning a person, an animal or the location of a plant, etc.)
16. You are then shining out a very High Vibration being like a Tool for that Energy without picking up too much of it yourself, actually. So, at the very end of this part,

concentrate on giving yourself the Energy. Let the Frequency from the Crown Chakra go down from the Heart Chakra to the Solar Plexus. Focus on keeping the High Frequency Vibration of The All, within the Solar Plexus.

17. Continue until you See a very Bright Light shining up the Solar Plexus.

It can be said that we cannot take in too much. We cannot overdo it or destroy anything. We will pick up what we need. And because different people on Earth have gone to different levels of Spiritual growth, it needs to be taken down even more than we normally maybe have had as a Vibration or would have reached by now. We will help people who have gone further than we have, and people who have not gone as far as we have gone.

By going up to a Higher Vibration than our own and by reaching out to the Whole Blue Creation, we can help the ones and the things around us that need the Higher Frequency that we maybe couldn't really reach right now. We will not take in things that could damage ourselves or be too much or too strong for us. But it needs to be said that we will feel/have an effect from this, and animals also and even plants. But do not worry; it is nothing that is dangerous. And the weird effect is only for one day. After that one day, you will be feeling stronger, more vibrant and healthier.

You may also put this out on your homepage if you have a website.

I hope that this message will reach as many as possible.

End Part

This information could be sent to anyone that you want to share this with. The more that are sharing The Kit, as They call it, it is going to help in highering the frequency of this planet and making it possible, in a quicker and smoother way, to become perfect.

People will have one day when they feel totally weird and the animals who live with you may ignore everything and may act a little strange. This is because what you do, affects the other ones. If you have animals, you don't need to do this for specific animals. When you do it, it gives out the frequency within your closest environment, your house, your apartment, etc., and it will affect, of course, cats, dogs, and plants, whatever is living in the same environment. If there are more people that you share your home with, like a family or someone else, they don't need to be doing this. They are still included and you doing it will be helping their energy to a higher level. If you live in a village or town the effect will be that your doing it will very quickly spread the vibration and help people in the surroundings.

The greatest effect of this rising Vibration will be, of course, in the closeness of your home environment, but the more people that are doing it, the better it is to reach the critical point when everyone has, and will be given, the Energy Frequency that we need to have. As I said before, the whole Earth will be covered, also very quickly, within hours.

If there are any misspellings or things that are grammatically wrong in this document, we apologize but we more wanted to get this out than to take the time to wait.

Hugs,  
Channie