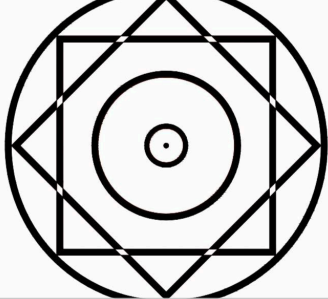The following frequency recipe was developed as a reaction to the content of my blog post of 09 January 2022. Two wonderful, powerful light workers have contributed to the recipe: Beautiful Marion Rieke added the great idea to use the power circuit as a protective network, and potent healer Petra Ysara Gräf has contributed the mantra "Om AnRaya." We all hope this small frequency recipe serves you in the best possible way!

Love & Blessings for you,
Petra

Protection of your space

FREQUENCY RECIPE FOR HEALY RESONANCE / PROFESSIONAL

	Mittel	Foto	Beschreibung
1	Metatron Protection		Metatron. Joyful, healthy life, free from any archonic and/or other negative, dark energies, intelligences. My residents and visitors are completely healthy and full of life force. They feel all around well, protected and free.
2	Power Circuit Protection		The circuit is all-encompassing and forms a protective shield against negative energies, EMFs, entities and parasitic intelligences of any kind, as well as spike proteins, graphene oxides and nanoparticles and other components of the covid vaccination. All rooms are pure, clear and consistently high vibrational and harmonic.
3	1.5 Hz	Go to onlinetonegenerator.com enter 1.5 and select square. Hold your Healy to the microphone of your device to record the sound.	1.5 Hz. All fatigue and exhaustion is gone and gives way to joy and euphoria.
4	441 Hz	Go to onlinetonegenerator.com enter 441 and select square. Hold your Healy to the microphone of your device to record the sound.	441 Hz. In my rooms there is perfect balance and everything is in equilibrium.
5	Peganum harmala		Paganum Harmala. My rooms are free from archonic energies and parasitic intelligences of any kind. All intruders with negative intentions are immediately handed over to the divine order.
6	Divine Protection	**Om AnRaya**	Divine order reigns in my rooms and all residents and visitors enjoy divine protection.
		To 6: write the mantra on a piece of paper and place the Healy on it to record the vibration. In addition, you can also speak the mantra into the Healy, repeating it as long as the Healy records, possibly several times.	

Enter the house/flat/room you want to protect as a client under "Building," enter the exact address, with a photo of the interior, preferably a place in your house where you spend a lot of time ... your bed, desk, couch, etc.. For date you enter the day on which you create this protocol.

Perform an aura analysis, select all chakras for analysis, run the evaluation and delete each entry in the list by clicking on the red cross at the bottom right. Do this until all entries are deleted.

Then select "Actions" and "Add manually,"

A field for an entry will open.

In the Desired State field you enter the affirmation you find at the top of the list.

In the field Desired State description you enter:
These frequencies are successfully transferred into the information field of all rooms in the ... (address) ....

In the field Present State you write:
So it is. It is done. Thank you.

In the field Present State Description you write:
I am a place of love and light where abundance, peace, joy and freedom reign. All residents and visitors enjoy perfect health and vitality. They can move freely and are protected from spike proteins, graphene oxide, nanoparticles and other effects of the covid vaccination. I offer protection from any archonic and / or other negative / dark energies, frequencies and entities. Nothing and no one, of organic or non-organic origin can break through this protection. All intruders are rejected and handed over to the divine order together with those who are causally responsible for them.

You push the intensity to level 10, choose as potency LM XXX and take over the photo from the list here and draw over it also the frequency.

You repeat this for each of the above entries!

Use the copy function for the target and actual description. Once you have written the text, double-tap it. A bar will open where you can select "copy". You go to the field in a new entry and tap once into the field, so that the option "paste" opens. Voila!