

ORCHESTRATING YOUR BEST LIFE

Removing Impediments to Health, Healing and Ascension

By Patricia M. O'Reilly, Metamorph Us

We all need validation honouring the uniqueness of who we are and the sacred journey we are living. It's equally important to respect self and our own personal journey. We have the right as humans to take this journey and the responsibility to do it for ourselves. This is the difference between the forces that impel us and those that compel us. While it's important to hold the sacredness within, the process itself does not have to be a secret. Each individual can be empowered and each journey enhanced through the following steps, tools and resources.

The aim of most spiritual practices is to raise your consciousness, to be in touch with the divine if you can raise your physical vibrations sufficiently to embody your higher self, to bring more of it down to function on the earth plane, then you will automatically be in touch with the spiritual level. There are tools to work with and for evolutionary growth, energetic resonance, personal responsibility and physical reality.



Part I – What's This All About?

Do you feel you cannot get your act together despite your best efforts?
Have you ever wondered why you can't get to the higher vibrations?
Is there a way to hold to both the physical and spiritual as we live?
Is there something more profound waiting?

If these are questions surfacing for you, then read on and you may find an answer or two.

Ideal health is a state where energy flows freely throughout the body, and the space in and around. One in which we are radiating healthy energy with no energy blockages and with no physical, emotional or energetic conflict in the body. This is what we want and making it reality can be a challenge. To get there, it's important for our bodies to resonate cleanly at all vibratory levels and be in harmony with the vibrations around, in and through us.

Once vibrations are smoothed out and the body is aligned and optimized with energy flowing smoothly within and without, then...

- it is easier for the body to detox
- healing accelerates
- health and wellness improve

As humans, we are vibrating at higher and higher frequencies from generation to generation. The more you heal yourself, thereby expanding the spectrum of your own vibrations, the more you help raise the vibration level around you and heal the earth. Any level of reality you desire becomes available. Then you can step forward on a new, unexplored route.

Where would you like to go? How far and high will you go? You have potential to raise it as high as you wish.

*Food for thought...
The heart is more than
just a pump. It beats for
the cellular symphony
that is the very essence of
our being and holds the
secrets that link body,
brain and spirit.*



Part II – Resonate and Others Can Follow Your Path

As you heal, new energy radiates from you to the world around benefiting all.

You may be familiar with the following information. If you wish to study specific areas, check out the Resources section at the end.

DOWSING

Dowsing is as old as history itself. In 1661, Robert Boyle, often called the Father of Chemistry, wrote about a fork that 'by dipping down' could be used to discover where ore was. Today, dowsers successfully look for

*Food for thought...
Our cells are
trillions of tiny
tuning forks
resonating
together.*

lost valuables, archeological remains, water, and minerals as well as deal with well-being, self-improvement, allergy relief, and so on. This article refers to map dowsing for identifying geopathic lines, and also dowsing to detect and clear environmental and earth energies.

HUMAN BRAIN

Our current triune brain is the result of millions of years of evolution. Each of its three parts has its own way of perceiving and responding to the world. The human brain is continually evolving.

The three parts of our brain are reptilian, mammalian and cerebral cortex. The reptilian is the most primitive and its functions are related to physical survival and maintenance of the body. The mammalian brain is concerned with self- and species preservation and controls the autonomic nervous system. The cerebral cortex, the distinctively primate/human layer, is involved in mental activity: spatial, mathematical, dreaming, remembering, and so on.

Lines of communication snap messages back and forth and all three parts are interconnected in a smoothly operating unit. The whole interacts using the body's nerve network and is an evolved and evolving system that is inter-reliant, not hierarchical.

WATER

The Greek philosopher, Thales, said that everything is water; water is the basic element of life. The human body is largely composed of water, water that reacts to vibrations and transports energy throughout the body just as the triune brain sends and receives information. It has long been held that human thought is powerful. It can be an effective tool for health and strengthening the immune system. Dr. Masaru Emoto's recent work shows visually the effects that thought vibrations, positive or otherwise, have on water. How would you

like the water in your cells to look? Do you want it vibrating clearly and carrying energy effortlessly?

Music and sounds, thoughts from self and others, colours, energies all have an effect on our bodies and on the water in each cell. We can align/integrate/attune/balance/cleanse/heal within and without the body and thus refine and encourage coherence in all our tissues and systems. An approach that uses a wide band of frequencies and methods can produce results more rapidly and dramatically.

ENERGY FIELD

Dr. Valerie Hunt coined the term 'mind field'. She looked through science and its instruments to measure and record vibrational patterns of pain, dis-ease, illness and emotional and spiritual states. From this she developed a way to heal the entire person. The work of many practitioners in related energy medicine and health fields has shown that human body systems have graduated complexity e.g. cell, muscle, heart, circulatory system. Dr. Hunt's approach is a way of healing the entire being rather than focusing on smaller segments. The 'mind field' integrates all of these complex elements.

LOGICAL LEVELS

Robert Dilts delineated Logical Levels from lowest to highest: Environment, Behaviour, Capabilities, Beliefs, Values, Identity, and Spirituality. In health applications, each level is associated with body systems at higher, more complex levels. This model is useful for identifying where an issue originates and reminds us that resolution happens at higher levels. It is also crucial to make sure that all Logical Levels are aligned for optimal health.

*Food for
thought...
We continue
to evolve as
a species.*

ETHERIC BLUEPRINTING

Etheric blueprinting is an opening into quantum principles of healing. It is equally effective whether done face-to-face or as distance healing. The healer draws on both the universal healing energy and thaumatic earth energy. These two energies meld and work through the healer who can then redraw the ideal blueprint to make it easier for a person to find his/her own way to a healthy state.

QUANTUM PHYSICS

The field of quantum physics is the science of how the tiniest particles and their mysteriously unpredictable energies operate. The Principle of Quantum Non-Locality says:

- that, in the miniscule buzzing quantum world of which our body's cells are a part, there are no barriers;
- time, is relative;
- mass, energy and information are one and the same;
- objects, once connected, retain the info-energetic memory of that connection; and
- separateness of any kind in the world, human or otherwise, is mere illusion.



*Food for thought...
Pure existence is vibration; the quantum field essentially affirms that all substance is nothing more than vibration.*

When energies are all optimal, open and flowing, health on multiple levels is possible and opens easier access to the higher frequencies we humans are approaching. You may see yourself as a piano with the full range of keys. While you may prefer a particular range, all are available. Or perhaps an ultimate car - well tuned, outfitted in high quality leather, tires aligned, engine purring ...



Part III – What Happens If Something Is ...

... causing dissonance?

When frequencies are fundamentally incompatible and they cannot resonate, this results in dissonance. The body, mind, and spirit are out of alignment. Everyday examples include a radio that is just off the station or nails scratching on the blackboard. This dissonance affects systems all up and down the vibratory scale and then the energy is easily blocked or out of balance.

... disrupting our health?

The human body is mostly made up of water. Each cell is mostly water. Water is extremely sensitive to vibration. When the water in our body ceases to vibrate optimally, the whole body is negatively affected. These dys-rhythmic states are what we call dis-ease.

... blocking the smooth flow of energy and information?

Holistic health operates on the premise that a change in one place is reproduced or replicated everywhere. A geopathic flux—an extreme dissonant frequency—creates dissonance in the water in each cell thus distorting the smooth flow of information.

... delaying or disrupting the ease of our journey and preventing a smooth ascent?

It is as if an orchestra of new members and mistuned instruments created something more like noise than music. Cacophony! An orchestra can have a full complement of expertly tuned instruments, and players whose artistic blending of sounds can take us dancing through time and space.

*Food for thought...
Our thinking mind is one aspect of our own field, the aspect with the highest vibrations that dynamically guides all choices and transactions as it influences and is influenced by all other fields.*



Part IV – Some Stories

Family of four, relations were poor, lots of dis-ease, poor sleep, nightmares. We cleared all four of them and the house. Relationships have improved, family members are productive, and visitors comment on the new 'feel' in the house. All healing was done at a distance.

Businessman running a home office, difficulty concentrating, studying night courses, family relations in trouble. After the process on him, he could work in his office, marks in his assignments went up, family relations improved, he was sleeping better.

High school student, on the verge of being expelled, constantly in fights, angry, in trouble at home. It was almost like she was working against herself. We did the full process including identifying where copper was to be laid and a Circle of Protection. Within weeks, she was settled in school, focused and life at home had improved. Her parents are very satisfied. All work was done from a distance.

Older lady, ate well, exercised daily, assortment of aches and pains. After a full process, her body straightened and pain was reduced. She is now working with a homeopath to continue her journey to health.

Young lady moving into a new house refused to stay in the master bedroom with ensuite instead settling for a smaller room. It turns out there was a geopathic line running through the master bedroom. She was sensitive enough to know there was something wrong. Clear everything up and there is a choice about rooms.

Newborn, couldn't settle down. When his parents try to rock and comfort him he twists and torques, turning his head. We aligned his axes (see Step 1 in next section). Now it's a breeze for his parents to rock him to sleep.

Many of the children being born today are already operating from the higher frequencies. If their frequency is cleaner and higher than that of the mother, it can cause quite a strain on both. This stress can result in sickness and poor well being of the mother. The possibility now exists to clean and align her energy vibrations and thus make it easier for her to harmonize with the baby's higher vibratory pattern. This will help with the pregnancy and a healthier baby.

Dis-affect in the daily living environment is unsupportive of one's evolution. Everything is interconnected and one change or dysfunction affects everything else. Spiritual, mental and physical are like 3-in-1 oil which cannot be separated. We not only live in a universe, we are a universe. Unfortunately, we keep making a di-verse instead.

*Food for thought...
In 1989, Warren Hamerman indicated that the organic matter that forms in human beings generates a frequency about 42 octaves above middle C on the piano (approx. 570 trillion Hz).*

I've recently stumbled across some folk who say and/or imply that if someone can't get their act together and ascend then they are doing it wrong or doing it on purpose or at fault or permanently broken or There may in fact be some who are. And most of us can continue on our ascension journey; the steps below can help.



Part V – It's As Easy As 1, 2, 3

*Food for thought...
Evolutionary energy shifts continually occur worldwide and our task is to follow to ever higher vibratory realms. Ascent is our heritage as humans.*

A Law of Nature says “learn and change and you shall survive”. The corollary says “stand still and die”. We are privileged to be able to change and grow; and we have a responsibility to use this privilege. The road to health is not either/or...rather it is both/and. When you are ready to heal, the steps below can help you with your own vibrational healing.

REMEMBER: It is essential to cover the full vibrational spectrum for optimal results.

Every time you work with an alternate health practitioner, check and make sure the practitioner does the process below or an equivalent one before they begin work on you or with you.

The following are highly desirable fundamental questions for the practitioner to ask him or herself:

- a) Can I?
Do I have the ability/skills to do this work now?
- b) May I?
Do I have permission from your higher self to do this now? (Your higher self functions beyond the confines of the earth plane and can therefore guide and guard you from a place of wisdom.)
- c) Should I?
Is it in your highest interests to do this now?
- d) Must I?
Is it part of my mandate/raison d'être/purpose in being here on this earth now to do this work?

There must be a definite 'yes' response to each of the four questions in order to continue.

Step 1. The basics – Clear out dissonance

a) Get in touch with a good dowser who is experienced in clearing earth frequencies. You may have a personal contact or you can use the Web to locate a local meeting and members can make recommendations.

b) Make sure the dowser checks both life force and energy force and clears all the NB (non-beneficial) energies, NB forces, NB frequencies and other NB nasty categories, including your own NB thoughts and those of others towards you. The dowser can also put create a Circle of Protection if such is indicated.

c) If the dowser finds geopathic lines affecting your home and/or work place, then laying copper to disrupt the dissonant vibrations is essential.

d) An additional area for the dowser to work on is axial alignment. Axial alignment is from Florence Kasai's work in Noology. Getting all three axes properly aligned, cleaned, tuned and connected is a key component to optimal functioning.

i) Is the Concept Axis aligned vertically down the middle of the body with WHAT at the top and WHY at the bottom?

If YES, continue to next question.

If NO, (cw)..... Recheck

ii) Is the Structure Axis aligned horizontally from side to side through the body and connecting at its center to the center of the Concept Axis?

If YES, continue to next question.

If NO, (cw)..... Recheck

iii) Is the Use Axis aligned from front to back with SAMENESS in the front and DIFFERENCE at the back, through the center of the body and connecting at the central point to the other two axes?

If YES, continue to next question.

If NO, (cw)..... Recheck

iv) Are all three axes clean, solid and operating optimally?

If YES, process completed.

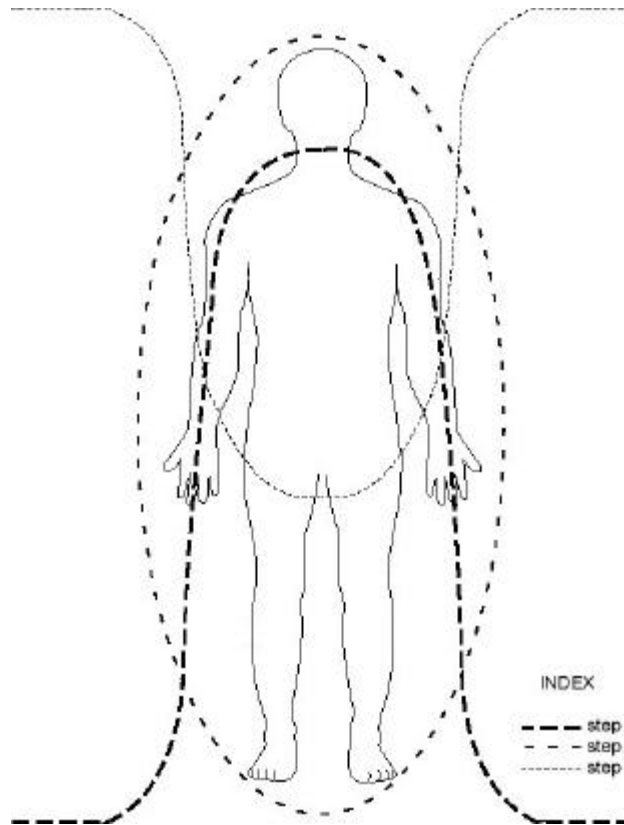
If NO, (cw)..... Recheck

'Step 1' completed. Your entire being is now more receptive to all healing processes that you choose. You may even be aware of a more health-full response. You are now tuned up and ready for Step 2.

Step 2. Healing the body/mind

You may already be doing many of these suggestions for health and well-being. Or perhaps there is an area of healing the body/mind that is new area for you and important for you to do.

Your body has needs that are unique to you and need to be looked after/resolved; some may be short term issues (i.e. detox) and others will be long term (i.e. healthy eating and exercise). Most of the items suggested here are minimal cost or life style changes. You decide which are important to you at this time and others may be more appropriate at another time.



Focus on what your body needs. Work with health care professionals or alternate health practitioners as appropriate for you. You may already have or will choose to work with a natural health or energy medicine practitioner: Alexander, Rolfing, reiki, NLP, crystals, etc. Detoxifying, whether using homeopathic or deep specialized massage or another method, may be indicated. Healthy foods, exercising (walking, yoga, tai chi, etc.), de-stressing yourself and your environment, are all ways of looking after yourself.

Step 3. Moving on up – spirit and more

a) Spiritual exercises, and disciplines whether native, eastern or other are one way of reaching up to these higher realms. The avenues are many. Make sure you are working with someone who is clean and ecological and that the method you have chosen is one that enhances who you are. Expanded consciousness encompasses a complete spectrum of vibrations with grounding in the lower frequencies combined with great intensity in the higher ones. Here any level of reality one desires is available.

b) Higher Chakras

The etheric exists above and around each of us. It's the place to tap directly into the Source and access blueprints for creation. In addition to the main chakras along the vertical axis within the body, there are many above the crown chakra. The diagram shows seventeen of the chakras and there are higher ones.

17. The Grail or Cosmic Knowledge is where we touch back in to the Source and renew ourselves and our agreement to be here in body.

16. The Dodecahedron or Cosmic Form of Number is the first manifestation of pure light on the spiritual plane.

15. The Great Sunflower or Light as a Formative Force is the blueprint for all creation.

14. The Great Dragon or Cosmic Vortex of Creation is that through which everything comes into being.

13. Archangelic Kingdom is where all devas live and other forces that work through us and with us.

12. Cosmic Unity or Egg is the universal consciousness or formative forces revolving slowly in the mysteries of creation.

11. Planetary Unity or Gaia is collective consciousness where unity beyond strife and difference is possible.

10. The Spirit Ring or Soul Archetype is the interface between spirit and matter.

9. The Star is expansive, the universe, includes everyone and the possibility of healing.

8. Crown is spirit connection.

7. Brow or Third Eye allows one to see world in a multi-faceted way.

6. Throat is for creativity and expression.

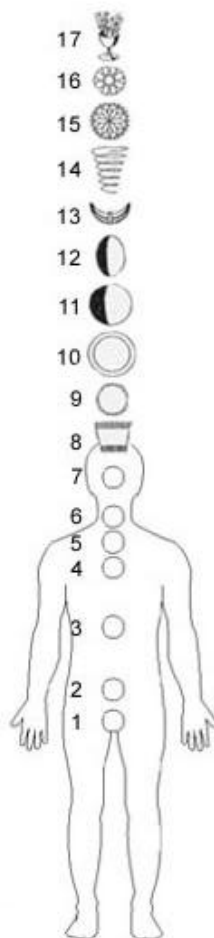
5. Thymus is linked to the immune system and the place for shattered ideals and broken dreams.

4. Heart holds our idea of worthiness and connection.

3. Solar Plexus is the place of personal power.

2. Sacral or 'Sweet Abode' sees the body as a temple for healing.

1. Root is the foundation for life.



Look for someone who can work with as many of the new chakras as possible, someone who can cleanly connect here to there, and help you on your journey.

Step 4. Ongoing maintenance

Maintaining health is a regular task for each of us. Keep the lower vibrations clear by working with a

dowser or learning to do

it for yourself. Keep

your body chakras clear

and flowing. There are

numerous methods to do

so or you can listen to Dr.

Hunt's CDs among others.

Use the tips in Dr.

Emoto's books and CDs.

Eat healthy, exercise

healthy and drink lots of

water. Work with your

healthcare practitioner if required. Explore natural

health care methods that appeal to you, especially when

the practitioner is someone you can trust. Explore

spirituality or meditation or prayer if that is an aspect of

your reality.

*Food for thought...
When all vibratory
levels are optimally
available, it eases
the natural healing
processes of the
body.*



Part VI – Here at Metamorph Us

We offer specific tools and processes at each of the four steps.

Metamorph Us Step 1. The basics – Clear out dissonance

a) We ask for a sketch of your living and work space a week or so before beginning this process and dowse it for any geopathic stress lines. If such are identified, we ask that you lay down copper wire, cable or pipe to disrupt the extreme dissonant vibrations. We prefer, where possible, that the copper be laid several days before doing the process outlined below. This allows time for some reduction in the dissonance.

b) We have a 24-point form that we use. We check body frequency, life force and energy level; cleansing, aligning and balancing chakras and aura, dealing with electro-magnetic stress and environmental pollution, clear all the NB (non-beneficial) energies, NB forces, NB frequencies and other NB nasty categories, including your own NB thoughts and NB thoughts of others towards you. We check, fix if required and verify the proper alignment of the axis. A Circle of Protection can be put in place if the need is indicated.

Metamorph Us Step 2. Healing the body/mind
Managing body energy, including brain balancing, opening and aligning the body's energy meridians and 15-point energy tapping are done. Hands-on Healing, Noology and NLP are available as indicated.

Metamorph Us Step 3. Moving on up – spirit and more
a) Here we use Etheric Blueprinting. It is based on sacred geometry as the blueprint of Creation and the genesis of all form. These patterns and codes are symbolic of our own inner realm and the subtle structure of awareness. It clears up residual effects of resolved karma, resolves birth trauma and post-natal trauma, clears karma in past lives, cleans energy bodies as well as looking into body systems. It sets an ideal frame of wholistic health, growth and wellness into which the individual's body, mind and spirit can grow.

b) Finally, we take people through a seventeen chakra meditation that uses a link with the person's higher self, and energies from the earth and the Source. It involves a journey, traveling up all the chakras, each of which is at a higher vibrational level, giving the person an experience so they will 'know' what it feels like when they are graced to return to these levels. We direct them to fully experience this ideal state of being and remember these good feelings where energy flows freely through and out of our body, through space and around and there is harmony within.

Metamorph Us Step 4.

Ongoing maintenance

a) Each person gets with a copy of the Resources section of this article to further empower them on their own journey to multi-dimensional health.

b) We provide a frequency modulation sheet designed to neutralize daily electrical dissonance.

Directions are to place a copy on/under/beside each electrical/electronic device in their living and work space; i.e. monitor, alarm clock, microwave, electrical panel, DVD, TV, etc. This effectively deals with dissonance as it arises on a daily use basis.

Food for thought... Our thinking mind is one aspect of our own field, the aspect with the highest vibrations that dynamically guides all choices and transactions as it influences and is influenced by all other fields.

c) Those identified as a blocked volunteer through the Etheric Blueprinting process are followed through a three month 'Recovery of Memory' process. Hopefully, soon after this is completed you will rediscover your purpose for being here in this life.

This whole process is done as a unit over 3-4 hours and is equally effective in person or by distance.



Part VII – Resources and Other Avenues You May Choose to Explore for Additional Benefit

1. You may find Valerie Hunt's *Infinite Mind – Science of the Human Vibrations of Consciousness*, workbook and *Sound of Light* CDs helpful. The CDs are an excellent way to keep the body chakras clean and operating optimally. All are available from Malibu Publishing 310-457-4694 www.malibupublishing.com or Georgian Bay NLP (800) 279-1757 www.gb-nlp.com
2. Explore Dr. Masaru Emoto's *The Hidden Messages in Water*, *The True Power of Water* or his more recent ones, and CDs. The CDs are designed to help with healing. Experiment: put the words Love and Thank You on your cell phone, Love and Gratitude on your water container/filter, or other suggestions from the books. Available at your local alternate bookstore or Beyond Words Publishing 503-531-8700. www.beyondword.com
3. Canadian dowsers and dowsing information can be found at www.canadiandowsers.org or www.dowsers.ca History of Dowsing - <http://www.neholistic.com/articles/0008.htm> American dowsers - <http://www.dowsers.org>
4. *Molecules of Emotion, The Science Behind Mind-Body Medicine*, by Candace B. Pert, PhD.
5. *The Heart's Code*, by Paul Pearsall, Ph.D. 1998 0-7679-0095-9-
6. Healing professionals: quantum healing, energy medicine, Reiki, Rolfing, holistic practitioners, homeopaths can align the body and energy fields. Check with friends, health practitioners, local health food store, or alternate health bookstore or publication.

7. Burn 100% bees wax candles and naturally replace the negative ions in your environment. Available at your local health food store or online.

8. Dr. Fred Gallo, PhD *Energy Treatment and Diagnostic Methods* incorporates aspects of Applied Kinesiology, Meridian Therapy and Cognitive Therapy. Contact www.gb-nlp.com info@gb-nlp.com 519-538-1194 or 800-279-1757 for training and books.

9. There has been a resurgence in native spirituality. Check in your local area for guides and courses.

10. Robert Dilts and Logical Levels – Go to <http://www.metamorphus.com/consul.html> or check out http://www.trainer.org.uk/members/theory/process/neurological_levels.htm Or go to Google

11. Sign up for the free Go Gratitude 42 day email series and experience the world anew. www.gogratitude.com

12. Follow Karen Bishop as she writes about the shifting worldwide energy vibrations and life on the higher realms on What's Up On Planet Earth <http://www.whatsuponplanetearth.com/latest.htm>

13. Check out the ascension symptoms we humans can experience on this journey at <http://www.whatsuponplanetearth.com/Ascensionsymptoms.htm>

14. *Dreamhealer – His name is Adam.* ISBN 0-9732748-0-8
This young man is actively and creatively using energy in healing. Adam has a second book out. They are available from www.dreamhealer.com or Hampton Roads Publishing Company 1-800-766-8009

15. Radionic devices can be effective for ongoing cleansing and maintenance of self and the environs. Check the Web or ask local experts.

16. 'Ask Your Angels' by A. Daniel, T. Wyllie, and A. Ramer ISBN 0-345-36358-2. This was the book that introduced me to the Thymus chakra. This chakra is linked to the immune system and it's where grief, broken dreams and lost hopes get stuck. It's an important one to keep clean and operational.

17. *Ordered To Return, My Life After Dying* by George G. Ritchie, Jr. M.D. 1998 ISBN 1-57174-096-1

18. *Thorson's Principles of Psychic Protection* by Judy Hall ISBN 0-7225-3884-7

19. Consider setting up a Fountain International group for healing in your community. www.fountain-international.org

*Food for thought...
Our mind field is a
dynamic, ever-changing
series of patterns of
frequencies that exists
in and outside the body
through time and space.*



Metamorph Us was established in 1988 by Patricia O'Reilly to help people by UNCOVERING JEWELS WITHIN. A Canadian, Patricia prides herself on creatively responding to both individual and organizational challenges with her unique brand of humour and perspective. An NLP trainer since the early 80s, Patricia is one of the few trained in, developing and using Noology. She's been a Hands-on Healer for almost 20 years and has recently added Etheric Blueprinting and dowsing to her tool box.

Contact us at www.metamorphus.com or pmoreilly@metamorphus.com

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