

## *Spiritual Peace Project "for all us imperfect*

*humans"* With the most powerful healing modality in the fifth dimension on the Planet Earth, the powerful and good in the Creation only sponsor a healing modality that is cost free and protected. This is not a belief system ! New attunements are carefully selected by Our Higher self, Angels and Source and added in different order as we weekly re-fresh our Eight Color Rays. As we are all different our weekly ability progress will vary differently for each of us. Have patience and note our new senses. Everyone is equal and of free will. Please freely copy and distribute any material. Slowly, by yourself, [restore your immune system](#) ! Quickly [scan & heal](#) yourself and others for many issues ! Take [the full course](#) and eventually know your destiny ! Within two weeks, with extra rest and water you will start healing mental and physical health in yourself and others !

*An information site for those who wish to raise our conscious level to heal ourselves and others. As we progress may we un-selfishly share this method with our friends, strangers and enemies with out obligation or compensation !*

**Free will and invisible abilities** are the makeup of human beings. This is an "Intent" do it yourself, healing method, without extra words or any symbols. An open source, non-profit project ! **These Principals are constantly protecting, monitoring and improving this system; God', the Heavenly Spirit', Prophets', Angels, and the Planet Earth' !** This is not Reiki or other modalities, for Lineage is directly traceable to God! Not to or through any human beings !



Do not be misled by this systems simplicity for this free automatic system is much safer and uses less individual resources than other systems allowing better results ! Check for new articles at the "what's new page" frequently at [www.SpiritualPeaceProject.com](http://www.SpiritualPeaceProject.com)  
John D. Shaw & Yvonne M. Sylvester Updated Manual 3/19/2010 1

**Starting the Course With** the most powerful healing modality on the Planet Earth, the powerful and good in the Creation only sponsor a healing modality that is cost free and protected, so that no long or short term harm will occur when healing. Please freely copy and distribute any material. Never receive your abilities (attunements) directly or indirectly from any human or spiritual being except the Creator of Humankind ! A human may advise you beforehand but always privately ask for the abilities directly from the Creator. There should never be any hint of necessary compensation or debt of any type to your Human or Spiritual Guides. A beginner will receive what they wish with their request to their Higher Power. Select a quiet place and relax all physical and mental activities. A person might feel/say "With the good of the Creation/Universe" or "With my Soul', the Spirit', Prophets', Angels' and with the Planet Earth; I wish to receive the ("specify color") Ray". Start at #1 and do all eight in order ! Bring in the Color Ray completely surrounding and filling yourself with the Color ! At the end of each attunement, integrate, reflect and note what you experienced ! Please wait seven hours before proceeding to the next. This period may include your normal sleep time. If relaxed, often one will feel or see things happening beginning within 30 minutes. These experiences vary widely from floating a bit, to being too stupefied to carry on a conversation or drive a car! Everyone reacts differently to each attunement. Some require extra rest and sleep for several days before proceeding to the next attunement. Be conservative and feel fully rested before proceeding ! Do not be concerned if you experience very little with some attunements ! The more a person experiences an attunement, the more they lack in that ability! Keep track of the attunements you experience the most and look for personal improvement in these areas. Start at #1 and do all seven ! Before receiving the Red Ray lie down with extra water and an easy way to urinate. Do not expect to drive or do anything demanding for at least Seven Hours during the red ray !As you progress, say "With the good in the Creation/Universe" or "With my Soul', the Spirit', Prophets', Angels' and with the Planet Earth; I Heal, Balance and Shower my self with White Light" three times a day, beginning, middle and end. Continued, 2

Picture yourself standing 11 feet in front of yourself and as you call in the colors watch other colors come in and mix and work together.

1. The Blue Ray cleans us, opening the path for our Free Will and original Senses to be restored, reducing our Worldly conditioned, control by fear. Works with the Green, next.
2. The Green Ray (with the Blue) balances and strengthens our left and right sides and grounds our physical body to the Planet Earth for stability. To keep our feet firmly/practically connected to the Earth.
3. The Violet Ray heals and increases our Oldest Spiritual Soul's Connections to our Creator, including our conscience. Our higher self extends outward to the Spirit of the Creation everywhere, while our feet stay firmly/practically on earth.
4. The Orange Ray greatly increases our Brains RNA/DNA strand capacity and opens a two way knowledge base path to the wisdom of the Creation. This path includes smart, Akashic record retrieval.
5. The Yellow Ray increases patience and truthfulness, reducing fear. Allowing us to slowly improve our food, shelter and all security blanket concerns responsibly into the future.
6. The Gold Ray reduces our money trail needs, addictions and related insecurities.
7. Warning ! The Red Ray carefully opens and seals emotionally blocked areas, then heals these areas. Before asking for this ray set aside a free peaceful 7 Hour time period. Warning: Heal and Drink lots of water ! Lie down a lot. Very strong cleansing conversions occur ! You may experience some headaches and dizziness that could last from a few minutes up to one hour. This transformation may require up to three intense hours, then slowly simmer down for the next 4 hours! Lie Down in the beginning, possibly sitting later !
8. The White Ray converts Bad to Good within us and cuts/severs our Bad Karmic Cords/Ties to all beings affording Spiritual/Physic protection. The Composite result of all these colors is Pure, Bright, White Light ! Once a week to obtain our new attunements/abilities, refresh all seven attunements, one at a time ! It should only take 30 minutes or less after much practice ! First create (imagine) a gigantic white ball surrounding and encompassing you. As white as New Snow! As you proceed with each ray filling the ball with us at the core, maintain the complete outside of this White Ball. 3

**Theta Meditation** Meditating at Theta is the most important thing to spend our time with after downloading the Color Rays... After being attuned to white light (all seven rays + the composite white ray) we are ready to meditate and accomplish some important self healing and much more ! . The may be done up to twice a day spread apart at least seven hours.

The main purpose being to change our automatic (often unconscious) ways. First practice lying down comfortably (not when tired) Eyes closed with headphones on and start the ticking sound. Imagine yourself in your favorite quiet place to rest such as a garden, pond, etc. Good headphones can quiet external things. Adjust the volume control for maximum effect in your forehead area.

First put yourself to sleep, one body part at a time. You may do a lot of little parts or several large parts from head to feet. Such as; head, arms + hands, upper + lower torso, legs and feet. Picture and feel these parts relaxing and going to sleep, don't rush things at first, if the ticking stops re-start the file. After all is really relaxed; but not sleeping, now comes the funny part ! Continue along from bottom up, feet to head, slowly disconnecting your body parts in the same approximate reverse order. Just disconnect and send your body parts a few meters/yards away from you for the meditation duration. Finally disconnect your head and you are left with your 3-5 oldest souls with out our physical body ! Yes! ; And we can still converse with our self !

This "Theta" indeed is a very useful place and experience ! Here we cannot lie or exaggerate about anything to our self and at first we may not be comfortable. But we can gather up our fortitude/courage and return for it will slowly and surely become more comfortable. After practicing this many times we may remain seated or even stand if our body is not required to move. Absolutely; No Physical multitasking allowed, using your disconnected body! Please download the free MP3 15 Mb Theta sound file at our web site. Cont. 4

Welcome to “Theta” meditation. We can still know if the phone rings, doorbell rings, etc. and make a decision to end meditation work and sluggishly answer either or continue our meditation work. Here is where we may program our self to slowly alter any of our habits or additions we do not care for. We always retain “Free Will” and may change our intent and add (backtracking) our habit back fully or partially at any time from Theta. Before theta meditation we should note and review what work we will accomplish. If we wish to be slender (not fat) tell our self to slowly back off our larger snack and meal portions and also find a way to picture our self being slender !!! Same thing, for smoking or other addictions. Do not be tough/hard on your self, allow time and possibly allow some of these addictions to become only moderate occasional habits carefully ! For instance when traveling overseas we can program into our new time zone.

Afterwards you will notice a very different wake up experience and you will have gleaned 1 hour or more of deep sleep and rest. Also notice that if you meditate late in the day your normal bedtime won't be altered but the cumulative rest will be evident the following day. Another theta example is that when we scan ourselves or friends we are sometimes afraid of the results. Before scanning go to Theta level then silhouette scan/heal ourselves on paper or someone we intimately know.

Sometimes we have trouble going to sleep. Go to bed at our normal time and do the Theta, and at the end (instead of waking up) proclaim we will now sleep for the normal duration affirming we will wake up when we wish! Before starting, I either leave my finger on the off button or know how to Not open my eyes, feel around and locate the off button and turn the CD player off at the end.

Our higher self (our older souls) will slowly become the Awake and Sleeping authority of our makeup! In Theta, if your fingers and toes become numb after 1-5 minutes of ticking you are doing well. Eventually after months of practice you can go into meditation without the ticking sound, simply with your intent. But when an extreme conflict occurs put the headphones on and resolve the issue.

Please download the free 15 Mb Theta sound file at our web site. 5

## ng proper Guidance from the Creator !

We should all begin by asking our higher self for a Yes or No to an important, but prepared simple question. After much practice we will sometimes also occasionally receive a “possibly” answer where we are being encouraged to participate in our guidance. Is our goal to only help our self, a few or many, if even indirectly? The more helped un-selfishly with a good goal the more support our project receives.

When receiving guidance, please center and ground our self, feeling with our forehead and carefully noting the First quick response, rarely noting the second response from our adolescent, selfish, bratty selves which are very clever and very influencing. Please learn to carefully, Feel' with our Higher Self (older Souls, originated by our Creator), located around our forehead, between and encompassing our upper left and right brains. For a very serious situation only receive this guidance at the Theta meditation level (prostrating/lying on the ground is good).

Never feel with your gut/stomach for this is your lower physical (often sexual) unruly self, usually driven by strong worldly impatient desires to temporarily escape our short term frustrations. We are allowed to be physical but should try not to harm ourselves or others long term. And slowly we should learn to combine the sexual and mature spiritual selves.

We all start out with Love originating in the Heart and as we mature and slowly drop our duality and become balanced and strong on both sides of our body. When beginning/starting out as we feel our Unconditional love for all in the Creation, including our enemies, feel this love gathering up in our Heart/Chest area and bring it up and project this Unconditional Loving White Healing Light to the person or object we are healing outwards through our Third Eye (Higher Self, forehead area) for our Safety and greater projected White Light energy. Yes we can still monitor and shape/mold with our hands but project The Unconditional White Healing Light with our Third Eye. Eventually we can learn to do this automatically as our Unconditional love channel is permanently established from our mature Heart to our Mature Third Eye !

## Loving Unconditionally and Protection

Love Originates in the Heart and as we mature I.E> drop our duality and become balanced and strong on both sides of our body with progression or even starting out as we feel our Unconditional love for all in the Creation, including our enemies, feel this love gathering up in our Heart/Chest area and bring it up and project the White Light to the person or object we are healing outwards through our Third Eye(Higher Self, forehead area) for our Safety. Yes we can still monitor or shape/mold with our hands but project with our Third Eye. This way any bad beings residing in the direction we are sending White Light who attack us cannot harm us. Eventually we can learn to do this automatically! Love, from your Heart but projected outward through your Third Eye !

It is not necessary to engineer when Healing. One might say/feel “With the good in the Creation/Universe” or “With my Soul‘, the Spirit‘, Prophets‘, Angels‘ and with the Planet Earth; I Heal, Balance and Shower my self with White Light” (or other persons (or animals)) This White ray affords protection, balance and Karmic cleansing ! Picture turning yourself all White for protection and healing with all seven above abilities. One of many methods of picturing yourself bright white is to Think; Ok I am standing over there 3-7 Meters away. Next begin to turn yourself white. Pause and add thick fog between your self and your image. Next increase the Bright White Light until it almost burns through the fog. Eventually you will be able to turn yourself very bright without the fog barrier to protect your eyes. Or turn a picture of yourself bright white, perhaps put on sunglasses if too bright !

To be effective, our individual requests to heal others must be made when we ourselves are Healthy, Balanced and Wise. Healing our self first is not being selfish for when we are weak we can't properly heal others. Heal our self three times a day minimum and whenever major problems arise. If more healing is required specify a time period somewhere between 30 minutes to 24 hours and continue overlapping segments as necessary. The shorter the time period, the stronger the healing energy applied! Use one or both hands to direct and monitor your healing. Practice transferring (coupling) energy with your hands. The palm of your hand creates a broad energy pattern; your fingers clumped and pointing together create a narrower longer reaching pattern. If we are exhausted just rest your hands right on the problem. Touching is not necessary and it makes it very difficult to monitor.

Bring up your healing energy intent. Sit down and hold your arms outward in front, palms facing each other. Slowly move your hands from almost touching together (one inch) up to one meter apart feeling the energy pattern shift in shape and strength. Next hold one hand still and move the other in and out and also off to the sides noting how the strength of the pattern varies. Maximum strength will be palms parallel but you can transfer a small amount off the sides. Continued,

Picture the energy transfer pattern from one hand's palm to equal the shape of a grapefruit to a basketball. We may alter the pattern size and shape with our intent. Two hands spread apart with palms facing the same direction can easily cover half a person or more ! One clump of fingers creates a narrow pattern from several inches to several meters long. Maximum strength is achieved with all 10 fingers and toes pointing together. Heal a sore tooth or foot when lying down with one hand resting on something but pointing your fingers at the problem. If we are near the person, animal or object to heal, begin to heal with one or two hands then slowly transfer the healing job to our forehead (third eye) to free up our hands for other chores !

Eventually we can just initiate the healing with our Third Eye, directing the healing beam to anywhere! We usually begin monitoring energy transfers with our palms. Our feet work as well as our hands and we can monitor with our toes. Monitoring how much energy the object draws tells us quickly how severe the problem is. In emergency cases our hands may hurt to the point of extreme pain. When this occurs just affirm that the full healing transfer will occur but that you will only weakly monitor the event with your hand. Eventually we will notice that we can transfer energy and monitor with our forehead (our third eye). To Scan someone with our Third Eye imagine your patients silhouette (outline) if they were perfect they would be all white within. To heal, just beam white light at their gray and darker areas. Attempt to make the whitest silhouette possible. And then encourage them to maintain this whiter silhouette their self. When healing in person or remotely, use both hands, fingers, feet, breasts and third eye. Monitor with your hands at first, eventually monitoring with your Third eye's intuition. Sadly, if we only heal with our hands we can cripple our finger nails, thumbs and fingers.

Reminder; Once a week to obtain our new attunements/abilities, refresh all seven attunements, one at a time ! It should only take 30 minutes or less after much practice ! First create (imagine) a gigantic white ball surrounding and encompassing you. As white as New Snow! As you proceed with each ray filling the ball with us at the core, maintain the complete outside of this White Ball.

***Back Pain and indigestion*** We humans store our trauma, frustrations, stress and many unresolved conflicts in one or more of three main areas in our body. Our upper back/shoulders. Our lower back. And or our stomach/digestive system. In some cases I have sketched, scanned or felt this bad energy with my scanning hand in two or even all three areas. If we are fatalistic we will place and carry this bad energy in our stomach/digestive area. It causes great pain in our upper or lower back and major disruption in our digestive tracks. Often we add to the damage, adding addictive drugs like anti-depressants, alcohol, tobacco, coffee and or eat excessive food for temporary relief. To heal these areas with our hands first locate and identify them and then start the energy flowing with one hand behind your back or stomach then slowly bring your hand and energy forward moving to a comfortable area in your front. Now bring up your other hand and encompass the sick area between your hands and heal away. Eventually you could start just holding your hands 9 inches apart and slowly bring any sick areas in between your hands for healing in yourself or others. We can shrink an entire tall human to fit within this entire 9 inch area for general everywhere healing. More healing will occur when doing a smaller specific area. You may imagine that your hands are encompassing the body between the rear lower back and front stomach area. Move your imagination area around and vary your hand spacing. For comfort, rest your hands comfortably on something, your chest, bedside, etc. for long healing sessions. Practice healing this area using your third eye, forehead area to compliment/ relieve your hands.

Scan a person, animal or anything with one hand. Have them stand or sit facing you. Arms at their side legs apart. Start at the head moving your palm several inches away parallel to them, back and forth (like reading a book) working your way down both arms entire body and legs. Then do their backside. For scanning deeper problem areas use your fingers from only side as some patients are seated or immobile. You will feel their problem areas and when guiding them be firm, yet discrete and private. Eventually we can silhouette scan and heal them with our third eye, but sometimes use the single hand scanning method, demonstrating that they can also do this. One of our goals is to spread all these abilities to everyone around the world so we may live more at peace with our differences !

Heal everything in the Creation; food, drink, prescription medicine, herbs, house, car, computer, pond, water well, family sewer system, hot water heater and small land areas. Heal your; homes front door to seat properly, window to open and close properly and your car's windshield to be clear. Heal our heating furnace to work at the highest efficiency for the longest lifespan, also heal the insulation, strength and longevity of all things within and outside our house. Our telephone line, Clothes Washing machine, etc. I Clear/Heal this Crystal. Obviously not every component may be repaired ! Reaffirm this once every month. Eventually turn your "Word's" into feelings (intents). Do not heal everything in the world at once, keep some energy in reserve for yourself, others and emergencies. When healing others think of our goal to eventually guide all to heal their selves.

A simple check of our balance (left verses right side) is to notice our nipples on our chest. If we are in reasonable balance and strength on both sides our nipples will follow each other. Feel them with your fingers. Both should be firm or soft together, one should never be firmer or softer than the other! Looking down our own chest, our passive side is our left, our aggressive side is our right. This has nothing to do with physical gender. An extremely powerful, but fair to all (turn the other cheek), Lady or Man will have equally strong and balanced halves (I.E. no duality)! After all seven Rays are finished, once a day if you are un-balanced re-do only Ray's 1+2 until balanced.

It is critical that we start and maintain our left/right side balance for long term fun/ability. There are two ways to examine our balance; the Silhouette or Nipple method. To maintain ourselves, after taking the full course, refresh the first and second rays together up to three times per day until balance exam/scan results are reasonably close.

## Healing our Self while bathing or showering !

Purifying ceremonies (baptisms) in the early days were carried out in streams, rivers or creeks with running water which was preferred to still lakes or ponds.

The Shower or Bath. Pre-fill the tub or turn on the shower head and while stepping into the water say "With the good in the Creation/ Universe" or "With my Soul', the Spirit', Prophets', Angels' and with the Planet Earth; I Heal, Balance and Shower my self with White Light and I transform all my bad to good". Relaxed, feel the energy increase and swirl within your lower body. Spray or scrub water directly on any painful area. Wash, bathe, shampoo normally but be conscious of your intent above !

When finished, turn the water off or empty the tub stepping out of the tub. Again, walk around loosely moving your shoulders and body, noticing how you feel. You should notice easier movement and lighter weight ! At first this procedure may require some extra time! To balance your Ph add some distilled vinegar to your bath water or in showers stop the drain and add a small amount of water and vinegar for cleaning your feet before showering.

\*\*\* Several months later our confidence/faith will build after noting that way too many miracles are happening to be freak coincidences.

\*\*\* Eventually please consider trickling your healing energy at all times (day and night eternally, 24/7) back to God. Please do not engineer where your 24/7 energy is directed, allow God to be the Design Engineer ! In no way does this giving act weaken your energy reserves or diminish your abilities to heal yourself or individuals whenever you wish. This loving, giving act will slowly strengthen, not deplete your individual healing requests !!! 12

## *A very ancient Enlightenment Ceremony and Ego I.E. Personal Pride, the downfall of humankind?*

At some point in our life we set out to improve our self and it is time to examine our Ego which locates in our Alter/Shadow Self. It and other harmful extremes are usually begun from personal pride! This growing Self is a major enemy/block to our enlightenment, long term happiness and abilities!

In most cases when we are young it could be a teenager or younger, or we could be any older age we eventually identify one or more of our faults we wish to change/alter we will devise some way to do it. Some change their name or adopt a nickname telling others to call them this new alter person we create within ourselves. Yes with progression and repetition and no or poor guidance all of us imperfect humans can slowly and dangerously create this new Alter side which can and will in most and many cases run our entire being, part time or even full time. Sadly when we begin to enlighten our self or ask others for any feedback about what we excessively brag about and study this behavior we will discover that this new person we created, has their traits driven by personal pride.

Is personal pride capable of accomplishing the many impossible tasks we face? Yes of course it is. How many times do we say I am a perfectionist and use my pride to clean the car, house or some other chore? I have pride in my Church and must attend every meeting. I have pride in my country/organization and must not speak publicly about my country's/organization's transgressions. In the long, mature study all conclusions show that the main down falls of all humankind strangely? come from excess personal pride. Am I and the Prophets all guiding humankind that pride is usually damaging and evil, often called selfish adolescent/juvenile brats or Sins or Demons within us?

***Healing our Personal Pride, I.E. Ego, Vanity, Temper,  
Sympathy and Other forms of our selfish, adolescent/juvenile  
Brats Away ! Back to our Sun for safe disposal !***

Yes we are, but; As I was taught directly by God there is one type of pride that God encourages. God, our maker very simply, commanded that we may all carry pride in the entire Creation! For example when a miracle or Extremely good event occurs do we feel and say publicly to many " I and the Creation were able to stay home, stop smoking , drinking, develop proper temper, moderate my lower self, etc? In other words, do we feel that this good event occurred because we embrace the Creation and afford Public Credit to the Creation? We must learn how to.

***Healing our Personal Pride, I.E. Ego, Vanity, Temper,  
Sympathy and Other forms of our selfish adolescent/juvenile  
Brats Away ! Back to our Sun for safe disposal !***

Follows a very old ceremony going back far before the Atlantis or Lumerian Civilizations. We are currently in the next to the last seventh Nuclear Civilization. The eight will last forever on Earth.

Tools are a large stone or rock with a flat and safe area to stand or sit upon. It may be flush with the ground or dug out beneath the surface or a basement floor. Bare foot, feet or spine to connect through this lodestone to the Planet Earth! And a partial or full sunlit day. Just know where the sun is approximately!

## The Ancient Ceremony (Returning our Alter, Shadow Personalities safely back to the Sun for disposal !

Stand or Sit (I feel better naked and barefoot, including on mud, snow, etc.) comfortably and call upon Archangel Michael to position four (one each or more) fellow Archangels at the four approximate compass points, their arrival happens immediately. Now feeling the Archangels protection face and feel the Sun, if you have hand or hands place them in front of your chest and with just our strong intent gather up these Alter Self parts from your Chest area, forming a cluster like a basketball/soccer ball until you feel these bad parts are mostly all there. And next, Wrap and contain this mess together. And then toss/throw overhand or underhand this carefully wrapped package to the Sun for disposal! The Archangels will keep this mess together and not allow any parts to escape disposal by breaking and flying away to invade other beings in our Atmosphere or Earth here or allow them pass by the Sun and head for other Constellations. Do not be afraid of imperfection in this Ceremony for the Archangels are present... Often we will feel the need to repeat this extremely important event with the Archangels presiding to cleanse and protect our good Souls.

Now feel that you and the Creation are healing all remaining bad parts within your entire aura. Thank all the Archangels and Angels. And go about our newer lighter way. Feel the difference!

This slowly restores the immune system, paving the way for degenerative disease reduction/removal!

## Improving our Human Immune system.

Sadly, our conscious and un-conscious frustrations greatly weaken our immune system opening us up to Cancer, Allergies and many other de-generative diseases !

From the day we are born we witness many traumatic (fearful) events. Our normal reaction is to permanently hide these events far away! Like it or not, in all cases these events are improperly buried, deeply within us forever. Rarely do they surface, sometimes they do. When these events consciously surface we are lead quickly to poor, often dangerous decisions. With un-conscious traumas we feel depressed and sleep/rest poorly.

Well !!! Privately, by our self and with no other human beings we can repair/heal our self greatly ! Heal, Balance and fill yourself with bright White Light, go into Meditation and request guidance from our Higher Self (which was originated by the Creator). Now ask our Higher Self to slowly return these events to us at the best time and in proper order. Warning !!! Later when awake we will be so excited when events start returning consciously, that we will forget to write them down. Keep paper and pen and when these events surface write them down in short private form. Pull your car over, or do whatever necessary, and note them.

With note/paper in hand (one event at a time), Heal, Balance and fill yourself with bright White Light, go into Meditation and remember the detail of the past event to warn yourself or your friends of any recurring dangers. And again, discipline yourself at Theta Meditation to Never remember the frustrations for they are already over and done with. Ask that all the truths come forward, slowly. You will often be happily surprised that you did not properly understand the original event, especially when you were younger. Don't be afraid for the Creator understands us intimately and will help us with courage and strength to truthfully face each issue, remembering the details but permanently forgetting the frustrations which weaken our immune system. With a major frustration you should repeat the meditation session for that one event until you are reasonably settled. Experience meditation with the Alfa & Theta files downloadable at our web site [www.SpiritualPeaceProject.com/](http://www.SpiritualPeaceProject.com/)

Slowly and surely God will help us all improve our immune system allowing us a new start on life!

**“Silhouette Scan”** with pencil and paper yourself and others for poor health and then heal the problem areas. The Spiritual Peace Project’s Image Scanning method is serious competition to CAT, MRI Scanning etc.! This is a form of “water dowsing”. Many people have only healed others not themselves successfully until using this method !

Prior to scanning, say your own prayer for protection and guidance. One might say “With the good in the Creation/Universe” or “With my Soul’, the Spirit’, Prophets’, Angels’ and with the Planet Earth; I Heal, Balance and Shower my self with White Light”. Clear your mind putting all worldly thoughts aside ! If having difficulty clearing your mind, (especially when scanning yourself or someone you intimately know) one method is to first prepare the empty silhouettes and have pencil ready in signature hand. Sitting comfortably go into Theta meditation in a very quiet place or if distracted with stereo headphones on. Then pause, open your eyes and then do the scanning and healing. Experience meditation with the Alfa & Theta files downloadable at our web site [www.SpiritualPeaceProject.com/](http://www.SpiritualPeaceProject.com/)

Fold a common 7x11 white paper sheet in half lengthwise. On the top write the person’s name, date and time and using a pencil prepare two (approximate 4 inch high) human body outlines on the upper half. The first image will be a drawing of a person standing and facing you with eyes on their face, arms at their side and feet apart a little. The second image a rear view drawing including the back of their arms. You may likewise draw an animal standing up with front and rear outlines. Perfect health would be white everywhere within the outline. On the front view silhouette, imagine that the person you wish to scan is facing you within the drawing. You do not need their physical picture for their name or relationship is sufficient. Relax and have intent to scan/locate sick areas. Now, holding the pencil feel, visualize the person and without touching the paper slowly move the pencil, horizontally from head top to neck bottom. When you feel, visualize a problem area shade (mark) the area as you move along ! Next do their upper arm to bottom finger tips in one downward slow trace for each arm. Next do the main body with many horizontal lines, from shoulders down to groin, then one trace for each entire leg down to the feet and toes. Continued, 17

On the back view silhouette, imagine that the person you wish to scan is facing away from you within the drawing. Scan their entire backside starting in the same manner; head, arms, body and legs lightly shading their sick areas. Re-scan all areas on the front and back once when finished!

\*\*\* Now, let us Heal these Sick areas with White Light ! Make yourself comfortable and change your intent to beam White healing light at the shaded areas. Slowly hold and move the pencil above the paper pointing at the shaded areas you previously marked feeling, visualizing the shaded areas being healed ! Do the front then the back. For a large area widen the white light beam or make many healing doodles. Re-heal all areas on the front and back once when finished! In some cases the recipient will require additional water and rest !

A day later, on the papers lower half re-scan and heal with new empty silhouettes a day later marking the date and time. Compare outlines and note progress areas. For areas that do not improve in one week, the recipient must learn to scan and heal their self !

To scan a person for balance/maturity/strength only draw their front (facing you) silhouette. Label their left side image as their right. Using the Silhouette Scan Method view the front outline with intent to gauge the subjects balance good would be from grey to white on both sides. If one side is dark that is the weak side. Save the results if unbalanced to look for improvement.

At first it is preferred to hand draw the silhouette yourself after deciding who to scan/heal. After becoming accustomed to this method you may use the generic images below.

Human Scanning Images (single page), fold in half lengthwise.  
Available on the web site

[www.spiritualpeaceproject.com/information/pages/manuals/scanning\\_g\\_general\\_health.htm](http://www.spiritualpeaceproject.com/information/pages/manuals/scanning_g_general_health.htm)

**Human Balance/Maturity** Oh, Yes, opposites attract (soul mates), but how long does the honeymoon last, and why and what is the cure ? But, when two balanced people attract the honeymoon lasts forever as one Twin Flame.

First we must study and define balance in a human being. The personality/behavior traits are very different in the left and right sides of us. These sides should not be associated with male/female gender ! Both sides are Necessary and Good for balanced mature ability! Both men and women can and should maintain strong abilities on both sides !

| <<<Right Chest Side of Person >>>   | <<<Left Chest side of Person >>>    |
|-------------------------------------|-------------------------------------|
| Aggressive                          | Passive                             |
| logical/rational                    | intuitive                           |
| Impatient                           | Patient                             |
| Self miracles likely                | Universal miracles likely           |
| Listen poorly                       | Speak poorly                        |
| Loves self                          | Loves others                        |
| over confident                      | under confident                     |
| Physical                            | Spiritual                           |
| Thinks                              | Feels                               |
| Controlling / Polarizing            | Receiving                           |
| Heal self & complying "yes" friends | Heal most others but not their self |
| Can give but not receive criticism  | Not give but can receive criticism  |
| Corresponds with the Left Brain     | Corresponds with the Right Brain    |

When both sides are equal in strength a Single Flame individual exists feeling/thinking only with its third eye and it seeks another Single Flame of the opposite gender to entwine and live/work together as One Full Twin Flame.

Continued,

When two balanced people carefully and truthfully in person discuss their prospective marriage their honeymoon can last forever. When a single person has both "side" abilities they can solve many problems by their self well. In a relationship balanced partners working together will eventually become one spiritual/physical being and have immense ability when working together or separately. They must also be physically together in person once a day. An excellent goal is to guide all well before puberty to be balanced so they may carefully choose balanced friends.

The longer we are unbalanced/adolescent after pre-puberty the more open we are to degenerative diseases, like cancer, allergies, etc !

A few examples of Major un-balance in a weak left sided individual!

Aggressive/Tough practical short term solutions only, anger/frustration held long term.

No insight/patience for good/slow long term solutions.

Even if they study others historical failures they believe they are better than human (Pompous/Arrogant) when they originate short term solutions with out any insight ! Lacking insight they have no wisdom into the future.

A few examples of Major un-balance in a weak right sided individual!

Asks/Prays that others solve the problem, for they lack courage to be publicly known as a peace activist which will discredit their worldly monetary gain abilities.

They are afraid to give critical criticism or feedback to others needing help. Sadly they are easily controlled by unfair people who do not respect free will in weak unbalanced individuals.

Continued,

Balance = Fun / Maturity / Harmony / Consciousness of our long term actions.

When balanced we can first heal our self and then others safely. Without our personal pride interfering !

A mature person, who may be very young or old (almost any physical age), has both their left and right sides turned on at full strength. Maintaining strong balance requires weekly or whenever necessary maintenance by us.

When balanced (with both sides strong) we can both listen and publicly speak well. We can easily notice if another person is unbalanced and not follow their unfair controlling guidance (with promises of money and security) and when necessary easily turn the other cheek ignoring them!

There are two simple ways to check human balance;

Scan a human being for balance. Using paper and pencil outline their body, front facing you. Label the left side image as their right side. Using the Silhouette Scan Method view the front outline with intent to measure the subjects balance. Good would be from gray to white on both sides. If one side is dark that is the weak side. Save the results if unbalanced to look for improvement.

A self examination method to check our balance (left verses right side) is to notice our nipples on our chest. If we are in reasonable balance and strength on both sides our nipples will follow each other. Feel them with your fingers. Both should be firm or soft together, one should never be firmer or softer than the other! If one side is softer the majority of the time, this is your weaker side ! Looking down our own chest, our passive side is our left; our aggressive side is our right.

If we are unbalanced the Treatment/Cure after taking the Full Course is to re-fresh the first and second rays together up to three times per day until balance scan results are reasonably close. Then re-fresh all seven rays a minimum of once per week !