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HEALING BLUEPRINT

Last year I was given what I call the Healing Blueprint. My Guides teamed up and created a process that I could apply to healing literally any situation.

They explained how powerful this Blueprint is, and went on to say that it even has the potential to heal disease, war, hunger, anxiety or basically any problem we have in society today. They said that it works because when something painful is happening, we automatically defend against it and our bodies go into attack mode. Then it doesn't have the wherewithal to leave because we have trapped it within a cycle of panic and defense, and it has actually become a part of us.

That made so much sense to me. Life is not meant to torture us, even though it can feel like that sometimes. However, before incarnation we did “set up” or “request” certain experiences so that we could learn, and heal from them. We have never before been taught to welcome our problems, or even to allow or accept them. And we were certainly never shown how to see them as innocent, or how to love them.

Why this Blueprint works

As human beings living in this three-dimensional world, we have been designed to have an assortment of circumstances and occurrences happen in our lives. We are innately equipped with the opportunity to either experience and release these things, or attach to them. When we fuse to them, we find ourselves in an endless exhausting loop because when we defend against them and energetically push them away, we actually strengthen them. And so we find ourselves defending and resisting once again, and the cycle continues. The Healing Blueprint works in shifting these unwanted experiences because when we stop defending against them, we effectively give them permission to leave our consciousness

This principle also works with the things we DO want to attract, because frequently underneath our deep desires, there is an even deeper fear. An example would be that although we really desire to be loved and accepted, we push that love away because we feel we are not worthy enough to receive it. So in this case, we would unconsciously protect ourselves out of fear of love actually showing up! And thus we block what we really yearn for. Applying the Healing Blueprint allows us to stop defending against these beautiful treasures, thus allowing them to come into our lives and be fully received by us.

The Practice

The exercise is all done in the mind, and you don't need to write anything down, but it may be helpful to have a little notebook with the issues you have worked with, and the dates etc.

In this way you will be able to refer back and watch your progress.

THIS IS HOW TO DO THE EXERCISE

- Imagine setting a sword and shield, down on a table, off to the side somewhere. This is to represent, that you are not defending against the issue, but instead, are inviting it in.
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- Welcome the issue (into your home, or a sacred space, that you imagine), and take a moment to deeply love it. Then, thank it for the lessons and experiences, that it has brought into your life.
 - I like to offer, my guest/issue, a feast. I imagine a beautiful feast celebration, that I have prepared, in their honor. This step is optional, but I found that it makes for a more respectful, and personal experience.

Preparation and frequency

You can do this process as often as you feel you want to, but to have a real impact, please do it at least once a day. You can work on many issues in one session, but remember to lay aside your sword and shield each time. Please do not think you have to meditate, pray or do any rituals or practices beforehand! In fact, my guides suggested the opposite and made this an accessible, quick and simple process because they knew that was what I needed. It honestly doesn't have to take more than a minute or so per issue, but you may find yourself investing more time. You'll know what's best. All that is needed is a willingness to be open and trusting. And before you begin, you might just like to take a couple of deep breaths to center yourself and call in your guides if you wish. But most importantly, please follow your own intuition and guidance, and trust your beautiful heart. I like to imagine the issue, as a human, or angelic being. It makes for a more personal experience, and allows me to bond with it more easily.

Be patient!

Some things are inevitably a little harder to transform than others because of our deeply-ingrained, unconscious beliefs. For example, we may have been brought up with the recurrent, subliminal message that only medicine or a doctor can heal our physical ailments. With me, receiving abundance in my life took three months of consistent practice and I find that even now I have to do repeat the exercise from time to time because I have unconsciously re-blocked it.

Our lives are set up in a way that patterns we have come to master in this incarnation will occur over and over until they have been totally cleared, so sometimes we will have to apply this Blueprint on an ongoing basis, and then repeat it, even after an issue appears to have been completely eradicated. I truly believe that by welcoming all these lessons and experiences, by not defending against them, and by expressing gratitude to the universe for

these “gifts”, we will totally break the debilitating and painful cycles we have come here to heal.

An additional suggestion

I also like to ask my Guides to work with my consciousness while I am asleep so that I am not interfering in this extraordinary alchemical process. As human beings, we all tend to overthink things! This is why we can go to bed with a headache, for example, and sometimes wake up feeling better. It is not the sleep itself which has relieved the headache, but rather that we are not in defense mode when we are asleep, which allows the headache to naturally move through us and leave of its own accord.

My experience

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I cured my long-term mold allergy in three days by using this Healing Blueprint, and now I don't take any allergy medicine at all. If I breathe in mold and happen in the moment to feel triggered or scared, I simply apply this Blueprint to refresh myself. So far, the process has successfully worked with migraines, cramps, general pain, abundance, self-esteem and the common cold.

Previously, every time I had a cold, I would automatically reach for the Vitamin C or a cold remedy out of fear or panic. And I kept getting colds. Now I reach for the Healing Blueprint. I should say that I wasn't able to completely and instantly heal a cold recently, but the symptoms of a sore throat and achy feelings that I usually get were over in 2½ days instead of the “normal” week and a half. I was well chuffed! It was so weird to have a cold with no real suffering attached to it. It was actually a beautiful experience. And I believe that the next time I feel a cold coming on I'll be able to cure it immediately with this method, and the only reason it took a couple of days to go is that I still had a tiny bit of disbelief that it was truly possible to have an instantaneous healing.

A final word

Of course, we are able to apply Blueprint to all our issues - relationships, challenges with our families, addictions, problems at work, losing weight, attracting a new partner and so on. And each time you do the process, it chips away at the underlying issue, just like the natural erosion of rocks. The important thing is to trust and keep doing it.

So if it doesn't work immediately, or you think you are doing it wrong the first time, please just KEEP GOING.

I feel so blessed that you are willing to explore this amazing and transformative process.

I love you guys so much. Good luck with practicing - I know you'll do great

Leni Dubel