

**This document describes the digital products that Turquoise and Rainbow Healing Support Plan members will receive access to once they join!**

# Seven Healing Starter Kits

People who are new to my healing work often emailing me asking where should they begin... So I thought that it would be nice to create a series of starter kits to energetically introduce people to the type of work I do. Each of the starter kits contains five to seven vibrationally encoded digital images accompanied by an audio transmission to help people increase the quality of their daily lives. After meditating on this idea to try to figure out which areas would serve the highest good of all, I decided to create five starter kits to help people in the following areas:

1. A program to help you to clear, heal, upgrade and balance your chakras: **The Angelic Weekly Chakra Healing Program Starter Kit.**
2. To heal and transform your relationship with money and to jumpstart and ignite your abundance: **The Healing Your Relationship with Money Starter Kit.**
3. A program to help you to improve your relationships with yourself and others: **The Playing Nicely with Others Starter Kit.**
4. To clear out your energy field and home on a daily basis sort of a workout program and routine for your soul: **The Daily Clearing Program Starter Kit.**
5. To connect and work with the angels: **The Angelic Portals of Grace Starter Kit.**
6. To heal the body, heart, mind and soul - the **Body-Heart-Mind-Soul Healing Starter Kit**
7. To heal the DNA/RNA, Chromosomes and Genetics - **The Genetics Healing Starter Kit**

# Healing 101 Activations

When I was meditating this month on what the next step for me was on the healing front, I got that I needed to create a series of 20 core activations for Healing, Spiritual Growth, Money and Relationships. Each activation would have a vibrational healing art image and a MP3 Audio recording.

**Activation 1: Clearing Your Energetic Spaces, Fields, Organs, Systems and Bodies with Ease and Grace**

**Activation 2: Clearing, Healing and Upgrading Your DNA, Genetics and Epi-Genetics with Ease and Grace**

**Activation 3: Clearing, Transmuting, Healing and Releasing and Energetic Weaknesses, Imbalances, Blockages, Damage, Harm, Illness and Disease States with Ease and Grace**

**Activation 4: Boosting Your Personal Energy Level and Immune System and Enhancing and Expanding the Flow of Life Force Energy with Ease and Grace**

**Activation 5: Clearing, Transmuting, Healing, Releasing and Dissolving Unresolved Stuff and Issues with Ease and Grace**

**Activation 6: Optimal Physical Health and Well Being/Healing Support for the Body, Organs and Systems with Ease and Grace**

**Activation 7: Optimal Emotional Health and Well Being/Healing Support for the Heart and Blood**

**Activation 8: Optimal Mental Health and Well Being/Healing Support for the Minds and Brains**

**Activation 9: Optimal Spiritual Health and Well Being/Healing Support for the Higher Self, Soul and Over-Soul**

**Activation 10: Healing YOUR Relationship with YOUR Body and YOUR Self Image**

**Activation 11: Looking Great and Feeling Fabulous**

**Activation 12: Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage, Doubt and Limitation with Ease and Grace**

**Activation 13: Clearing, Transmuting, Healing, Releasing and Dissolving Anxiety, Stress, Fear, Worry, Tension and Resistance to Change**

**Activation 14: Clearing, Transmuting, Healing, Releasing and Dissolving Obsessive and Addictive Patterns, Programs, Behaviors & Cravings for Addictive Substances with Ease & Grace**

**Activation 15: Enhance and Expand Your Ability, Capability and Capacity to Accept, Like, Love, Trust and Believe in Yourself**

**Activation 16: Healing, Upgrading and Evolving YOUR Inner Child and Healing Emotional Trauma and Wounding with Ease and Grace**

**Activation 17: Clearing, Transmuting and Healing Insomnia, Sleep Apnea and Sleep Disorders and Releasing Blocks to Sleeping Easily, Deeply and Well Every Night**

**Activation 18: Clearing, Transmuting, Healing and Dissolving Negative Self Talk Around YOUR Physical, Emotional, Mental and Spiritual Health and Well Being with Ease and Grace**

**Activation 19: Opening, Clearing, Healing, Upgrading and Evolving the Chakras, Meridians, Acupuncture Points and Strange Flows with Ease and Grace**

**Activation 20: Enhance and Expand Your Ability, Capability and Capacity to Accept, Receive, Hold and Radiate Love, Joy, Happiness, Gratitude and Inner Peace**

# Spiritual Growth 101 Activations

When I was meditating this month on what the next step for me was on the healing front, I got that I needed to create a series of 20 core activations for Healing, Spiritual Growth, Money and Relationships. Each activation would have a vibrational healing art image and a MP3 Audio recording.

**Activation 1: Karma Healing and Amelioration**

**Activation 2: Divine Will Alignment and Rescripting with Ease and Grace**

**Activation 3: Energetic Support for Spiritual Congruency, Multitasking and to Help People to be Able to Do the Things they Need to Do to Function in a Third Dimension Reality While Still Accomplishing Their World Service Missions**

**Activation 4: Enhance and Expand Your Ability, Capability and Capacity to Open YOUR Heart and to Accept, Receive, Hold and Radiate Unconditional Love, Joy, Gratitude, Inner Peace and Compassion**

**Activation 5: Enhance and Expand Your Ability, Capability and Capacity to Clear, Forgive, Heal and Release YOUR Past so You can Live in the NOW with Ease and Grace**

**Activation 6: Enhance and Expand Your Ability, Capability and Capacity to Accept, Embrace, Express and Embody YOUR Higher Self and Soul with Ease and Grace**

**Activation 7: Clear, Transmute, Heal and Evolve Your Shadow, Ego Mind and Personality Self/Selves with Ease and Grace**

**Activation 8: Clearing, Transmuting, Healing, Releasing and Dissolving Fear and Fear-Oriented Beliefs, Thoughts, Feelings, Emotions, Memories, Attitudes, Behaviors and Life Experiences**

**Activation 9: Enhance and Expand Your Ability, Capability and Capacity to Live Authentically and to Be True to Yourself**

**Activation 10: Enhance and Expand Your Ability, Capability and Capacity to Clear, Heal, Release and Dissolve NON-You and Less-than-Love Energies, Beings, Influences, Technologies and Interference**

**Activation 11: Enhance and Expand Your Ability, Capability and Capacity to Reclaim YOUR Personal Power that YOU Have Given Away to Others**

**Activation 12: Enhance and Expand Your Ability, Capability and Capacity to Clear, Help, Love, Support and Heal Yourself and Others**

**Activation 13: Enhance and Expand Your Ability, Capability and Capacity to Realize More of YOUR Full Potential with Ease and Grace**

**Activation 14: Anchoring Your Soul, Being Fully Present and Grounding into the Planet**

**Activation 15: Enhance and Expand Your Ability, Capability and Capacity for Clarity, Focus, Discernment, Courage, Perseverance, Wisdom and Grace**

**Activation 16: Enhancing and Expanding Your Ability, Capability and Capacity for Detachment, Nonattachment and for Being in the World but NOT of the World with Ease and Grace**

**Activation 17: Awakening, Opening and Activating YOUR Spiritual Gifts, Intuition and Healing Powers with Ease and Grace**

**Activation 18: Clearing, Transmuting, Healing, Releasing and Dissolving YOUR Blocks to Growing Personally and Spiritually so that YOU Can Accelerate YOUR Spiritual Evolution with Ease and Grace**

**Activation 19: Shifting from Growing, Healing and Learning through Pain, Suffering, Challenge, Sorrow and Hardship to Growing, Healing and Learning through Joy, Laughter, Play, Fun and Light-Heartedness**

**Activation 20: Clearing, Healing, Illuminating, Upgrading, Evolving and Aligning YOUR Personality from or with YOUR Soul and the Highest Level Aspect of YOUR Monad**

# Money 101 Activations

When I was meditating this month on what the next step for me was on the healing front, I got that I needed to create a series of 20 core activations for Healing, Spiritual Growth, Money and Relationships. Each activation would have a vibrational healing art image and a MP3 Audio recording.

**Activation 1: Enhance and Expand Your Ability, Capability and Capacity to Deserve, Allow, Attract, Accept and Receive Abundance, Prosperity, Success, Financial Freedom and Peace of Mind with Ease and Grace**

**Activation 2: Clearing Less-than-Love, Negative and Non-YOU Energies, Interference and Influences from YOUR Money, Personal Finances and ALL Real and Personal Property with Ease and Grace**

**Activation 3: Enhance and Expand Your Ability, Capability and Capacity to Accept, Receive, Hold and Radiate Gratitude, Appreciation, Abundance, Prosperity and Success**

**Activation 4: Healing Your Relationship with Money**

**Activation 5: Shifting from Lack and Scarcity Consciousness to Abundance and Prosperity Consciousness**

**Activation 6: Enhance and Expand Your Ability, Capability and Capacity to Create a Life that Works and Supports YOU on all Levels**

**Activation 7: Clearing, Transmuting, Healing, Releasing and Dissolving Negative/Less-than-Love Money Beliefs from YOUR Family, Friends, Acquaintances and Co-Workers**

**Activation 8: Clearing, Transmuting, Healing, Releasing and Dissolving Negative/Less-than-Love Money Beliefs from Society, Mass Consciousness, Religious Organizations, Media and Culture.**

**Activation 9: Clearing, Transmuting, Healing, Releasing and Dissolving Negative Self Talk and Programming About Money, Abundance, Prosperity and Success**

**Activation 10: Saying YES to Money, Prosperity, Abundance and Success/Clearing Blocks to Allowing and Accepting Money, Abundance, Prosperity and Success to Flow to YOU!**

**Activation 11: Clearing, Transmuting, Healing and Releasing Financial Self Sabotage, Emotional Spending and Financial Disorders**

**Activation 12: Enhance and Expand Your Ability, Capability and Capacity to Accept, Allow, Deserve, Attract and Magnetize YOUR Highest Good to Yourself**

**Activation 13: Enhance and Expand Your Ability, Capability and Capacity to Create Financial Flow, Freedom and Sovereignty**

**Activation 14: Clearing Financial Anxiety, Fear, Stress, Tension and Worry/Enhancing YOUR Financial Clarity and Peace of Mind/Inner Peace/Contentment/Fulfillment Around Money**

**Activation 15: Clearing Anger, Rage and Resentment Around Having and Not Having Money including Anger and Resentment of Wealthy People**

**Activation 16: Clearing, Transmuting, Healing and Releasing Negativity, Whining, Complaining, Comparing, Shame, Blame and Guilt**

**Activation 17: Clearing Beliefs that Money is Filthy, Unspiritual and the Root of All Evil.**

**Activation 18: Clearing Beliefs that You Have to Work Hard to Succeed or that there are Preconditions to Achieving, Abundance, Prosperity and Success**

**Activation 19: Enhance and Expand Your Ability, Capability and Capacity for Hope, Faith, Self Confidence, Appreciation, Gratitude, Optimism, to have a Positive Mental Attitude and to Consistently and ALWAYS Expect the Best**

**Activation 20: Enhance and Expand Your Ability, Capability and Capacity to Remain Calm, Balanced, Centered, Grounded, Happy, Peaceful, Content, Fulfilled, Successful, Abundant and Prosperous NO MATTER WHAT is Going on in Mass Consciousness and National and International Politics, Policies and Economic Conditions**



# Relationship 101 Activations

When I was meditating this month on what the next step for me was on the healing front, I got that I needed to create a series of 20 core activations for Healing, Spiritual Growth, Money and Relationships. Each activation would have a vibrational healing art image and a MP3 Audio recording.

**Activation 1: Enhance and Expand Your Ability, Capability and Capacity to Heal ALL of YOUR Relationships, to Play Nicely with Others and to Create, Build and Maintain Positive Relationships with Other People**

**Activation 2: Clearing, Transmuting, Healing and Releasing Programs, Patterns, Influences, Behaviors, Attitudes, and Triggers for Taking Things Personally**

**Activation 3: Clearing, Transmuting, Healing and Releasing Victim Consciousness and the Need and/or Desire to Save and Rescue Others**

**Activation 4: Radical Forgiveness of Self, Others and Spirit**

**Activation 5: Creating, Building, Setting and Maintaining Strong, Healthy and Positive Energetic Boundaries between Yourself and Others**

**Activation 6: Clearing, Transmuting, Healing, Releasing and Dissolving Co-Dependency and Dysfunctional, Negative and Toxic Family Patterns, Programs, Beliefs, Influences, Triggers and Behaviors**

**Activation 7: Clearing and Healing YOUR Relationship with YOUR Mother, Father, Children and Siblings and ALL Other Family Members (including In-Laws) with Ease and Grace**

**Activation 8: Clearing and Healing YOUR Relationships with YOUR Sexual Partners and ALL Other Intimate Relationships**

**Activation 9: Enhance and Expand Your Ability, Capability and Capacity to Get Out of YOUR Mind and Live with Passion from YOUR Heart**

**Activation 10: Clearing, Healing, Evolving and Energetically Upgrading Your Genetic Lineages, Bloodlines, Blood and Ancestral and Cellular Memories with Ease and Grace**

**Activation 11: Universal Empathy Transmuter Shield to Clear, Heal, Protect and Shield You from Energetically Claiming or Unconsciously Taking on Other People's Stuff with Ease and Grace**

**Activation 12: Clearing, Transmuting, Healing, Releasing and Dissolving Patterns, Programs, Beliefs and Behaviors Around Judging Yourself, Others and Spirit; Criticizing Yourself, Others and Spirit; Beating Up on Yourself; Doubting, Mistrusting and Sabotaging Yourself and Comparing Yourself to Others**

**Activation 13: Enhance and Expand YOUR Ability, Capability and Capacity for Kindness, Unconditional Love, Self Love, Happiness, Joy, Inner Peace, Optimism, Faith, Integrity, Enthusiasm, Tolerance, Patience and Maintaining an Upbeat and Positive Mental Attitude No Matter What is Going On Around You**

**Activation 14: Clearing, Transmuting, Healing, Releasing and Dissolving Negative Self Talk and Programming About Your Self Image and Your Relationship with Yourself, Your Body, Your Money, Others and Spirit**

**Activation 15: Enhance and Expand YOUR Ability, Capability and Capacity for Being Real, Present and True to Yourself; Living with Integrity and Speaking Your Truth with Love from Your Heart**

**Activation 16: Enhance and Expand YOUR Ability, Capability and Capacity for Adaptability, Flexibility, Going with the Flow and Non-Resistance to Change**

**Activation 17: Clearing, Transmuting, Healing, Releasing and Dissolving People Pleasing, Neediness, Jealousy, Insecurity, Blame, Shame, Guilt, Complaining, Loneliness and Emotional Wounding and Armoring.**

**Activation 18: Soul and Heart Fragments Return and Retrieval**

**Activation 19: Clear, Transmute, Heal and Release Relationships with Toxic, Highly Dysfunctional and Extremely Negative People Who NO Longer Serve Your Highest Good**

**Activation 20: Activation 1: Clear, Transmute, Heal and Release Less-than-Love and Non-YOU Energies, Patterns, Programs, Influences and Beings You Take on from Others via Energetic Entrainment, Entanglement or Intertwinement**

## **Nine Guided Meditation MP3 Audio Recordings:**

**Angelic Spa and Color Healing Treatment Guided Meditation**

**Angelic Spa and Nature Healing Treatment Guided Meditation**

**Clearing YOUR Past Guided Meditation**

**Embracing, Expressing and Embodying YOUR Soul Guided Meditation**

**Healing ALL of Your Relationships Guided Meditation**

**Healing Your Back, Neck and Central Nervous System Guided Meditation**

**Healing Your Body, Organs and Systems Guided Meditation**

**Healing Your Relationship with Money Guided Meditation**

**Opening to Receive YOUR Highest Good Guided Meditation**

**ONLY Rainbow Healing Support Plan Members will be able to access the MP3 Audio Recordings for Angelic Mastery™, Practical Mastery™ and the Audio Healing Modules that are described in the last three pages of this document.**

# Angelic Mastery™ MP3 Audio Transmissions

There are hundreds of Angelic Mastery™ Spiritual Healing and Enlightenment sessions at this time. There are so many that many people who are new to the modality have a hard time identifying and finding the ones that can help them the most. I went through each line of sessions and hand-picked the ones that I felt were the most important for most people and placed them on mp3 audio recordings:

- **Three Angelic Mastery™ of Beliefs MP3s containing 45 mental healing sessions.**
- **Three Angelic Mastery™ of Emotions MP3s containing 45 emotional healing sessions.**
- **Two Angelic Mastery™ of Past Events MP3s containing 30 sessions to help you to clear, heal and release your past.**
- **Two Angelic Mastery™ of the Personality MP3s containing 30 sessions to help you to clear, heal and evolve your personality.**
- **Four Angelic Conscious Embodiment MP3s containing 60 enlightenment sessions.**
- **One Angelic Love and Healing Washes MP3 containing 15 sessions.**

# Practical Mastery™ Audio Transmissions

There are now over 800 Practical Mastery™ (PM) sessions and the number continues to grow over time. I have decided to place a lot of the most important Practical Mastery™ tapes on audio recordings (MP3 format) because this is the best way I have found to drastically reduce the cost to you for these transmissions.

- **Three Practical Mastery™ Clearing and Shield MP3 Audio Recordings containing 25 sessions.**
- **Three Practical Mastery™ Profile Purges and Healing Profile MP3 Audio Recordings containing 45 sessions. (Profile Purge sessions help clear out negative thoughts, beliefs and programming)**
- **Two Practical Mastery™ Emotional Mastery MP3 Audio Recordings containing 30 sessions. (Emotional Mastery sessions help you to anchor the love-oriented feelings and emotions)**
- **One Practical Mastery™ Abundance MP3 Audio Recordings contains 15 money healing sessions.**
- **Three Practical Mastery™ Enlightenment MP3 Audio Recordings containing 27 spiritual growth sessions.**
- **Three MP3 Audio Recordings for Clearing Your Energetic Spaces, Codes for the New World and DNA Recalibration Sequences containing 50 healing and enlightenment sessions.**

# Audio Healing Modules

Each Audio Healing Modules draws upon the eighteen modalities I brought in as of late 2009. For example, I created an Audio Healing Module for Depression, Despair and Hopelessness where I transmit some general clearing and balancing energies. I then go on to transmit eighteen healing transmissions from each of the eighteen healing modalities I work with for depression, despair and hopelessness.

- **Aging and Growing Older;**
- **Alcohol Overuse and the Craving for Alcohol;**
- **Anger, Rage and Road Rage;**
- **Anxiety, Stress, Tension and Worry;**
- **Blame, Shame, Regret and Guilt;**
- **Co-Dependency and Emotional Neediness;**
- **Depression, Despair and Hopelessness;**
- **Diabetes;**
- **Fear, Phobias and Fear-Based Emotions;**
- **Genetic Weaknesses, Imbalances and Predispositions to Disease;**
- **Grief, Sorrow and Sadness;**
- **Heart Disease, Disorders and Conditions;**
- **Inner Child Wounding, Damage and Harm;**
- **Lack and Scarcity Consciousness;**
- **Low Self Esteem and Worth;**
- **Lust and Addictions to Sex and Pornography;**
- **Mental Illness;**
- **Negative Ego Programming;**
- **Negative Mental Attitude;**
- **Recreational, Prescription and Non-Prescription Drug Abuse**
- **Self Destructive Behavior, Programs and Patterns;**
- **Self Sabotage, Doubt and Mistrust;**
- **Smoking and the Craving for Nicotine;**
- **Unresolved Karma and Forgiveness Issues; and**
- **Weighing Too Much, Over-Eating, Sweet Tooth and Eating Disorders.**