

# Multi Dimensional Healing – Arcturian Healing Technique

**Fourth Blessing – Judy Satori, [www.thesoundoflight.com](http://www.thesoundoflight.com)** *An Arcturian Healing Technique to assist with clearing soul grief, fear, resistance, anxiety and trauma from the Core Star, the Eternal Essence of your Soul.*

The purpose of this technique is for you, yourself to connect to the perfect healing SOUND or NOTE for you to clear discordant frequency from the Core Star like soul grief, fear, resistance, anxiety and other chronic feelings, emotions or limiting beliefs and bring the seven off pitch ‘notes’ of your discordant energy back into harmony and balance. The Core Star is the core essence of our soul, the vibrational NOTE that is the foundational resonance for our whole beingness at the level of intention of soul purpose; our chakras; our energy field and our physical body. There is a lot of pain and trauma emotion to release from the Core Star for most of us.

The Fourth Blessing is a technique that you will want to use over and over again; any time you feel upset, uncertain or afraid. Releasing one layer of blocked energy will probably give rise to another deeper level of all pain so don't let this worry you. Just see it all as energy and work to release it. The challenge right now is that as we release all these outmoded fears we temporarily resonate with this energy and WHAT WE ARE IS WHAT WE ATTRACT so don't let this happen and guard your mind from spiraling down into your feelings.

## PRACTICAL Technique:

Sit quietly and take a few deep breaths... Put your left hand on your heart chakra and say: **“I let go of the control of my mental mind. I connect to the love and wisdom of my heart.”**

You can substitute a specific feeling that is chronic or bothering you OR focus on the Core Star  
Imagine the core star being a point of light and sound approximately half way down your torso, just above the navel. Place your left hand there, resting on your abdomen, while you do this work.

Breathe into the Core Star and say to yourself... **“I connect my mind and my being with the Core Star or feeling/belief/emotion.”**

Feel the energy and feel into what the Core Star (or feeling/belief/emotion) is saying to you about itself and write this down on your piece of paper. It could feel balanced and joyful, it may feel stuck, sad, anxious, frustrated, or ? Direct your attention to the numbers 1-7 you have drawn on your paper and imagine and know that your core star is resonating or vibrating in seven aspects, like seven notes all making up the one note that you felt when you connected into the feeling.

Each of these seven aspects will probably feel different and have a differing quality of energy and emotion. Each will ‘tell you’ something different about itself. Feel each aspect in turn and write the quality of energy that each contains onto your numbers 1-7 or fan picture. If you have problems feeling, take a step back and begin with the belief of “avoiding my feelings” or “facing my fears”

Say out loud: **“I connect my mind and my being with the first aspect of the Core Star (or feeling/belief/emotion)”**. Know and imagine that you are connecting with the first segment of energy/sound and vibration. Feel the quality of this energy and write it down on your paper.

Say out loud: **“I make the sound to heal, clear and balance the feeling of \_\_\_\_\_, within consciousness, everywhere it sits in my system”**

Then let yourself make the sound that feels right...IT WILL BE RIGHT!!!

Say again: ***"I connect my mind and being with the first aspect of my Core Star."***

Feel how the energy feels different from the original aspect -- your resonance with it has changed! Continue with this technique moving to all the seven aspects of segments of the CORE STAR or feeling/belief/emotion being addressed writing each quality of energy onto your paper, clearing and checking in again on how the energy feels.

**FINALIZE:** When you have completed all seven segments, speak directly to your Core Star or feeling/belief.

Say out loud **"Core Star (or feeling/belief\_\_\_\_\_)...Bond and Meld all seven aspects of me into balance, harmony and perfect functioning – transmuting it all into Love"**

Breathe into the Core Star (or feeling) and say: ***"And so it is, and so it is, and so it is."***  
Be at peace and know that all is well

## **EXERCISE 2: PRACTICING CORE STAR – FEELING/BELIEF/EMOTION**

Name Core Star Feeling: \_\_\_\_\_

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	