



Collective Online Healing™: The Power of Collective Healing

Frequently Asked Questions

1. What should I expect at an event?

The event begins with a brief explanation of what we do, and afterwards the participants are encouraged to get as comfortable as possible. We suggest turning off the lights and all other electronic equipment and sitting in a very comfortable chair or lying down in bed. We will then begin to play music. If you are in need of healing and/or would like to receive, we recommend that you relax, slow down your thinking mind as much as possible and **feel** into the experience as much as you can. Connect to the experience with your body and senses, not with your thinking mind. If you would like to give, or if your mind becomes too much of a distraction, we recommend that you proactively send forgiveness, acceptance, Love, Light and compassion to everyone on the call, and to the entire world.

2. How are we able to do this over the Internet?

In science, there is a concept known as quantum nonlocality or action at a distance. Quite a bit of information can be found on the internet and in scientific journals about these ideas. Many people have remarked that what we do at our events seems miraculous or inexplicable. However, things that seem miraculous or inexplicable have explanations, we just may not have found them yet. We are very interested in looking at what we are doing as directly, openly and honestly as we can, and we welcome all researchers in the scientific community that would be interested in assisting us with this.

3. Why is the experience so much stronger with a group?

Healing energy can be pooled in a collective way to create something greater than the sum of its parts, and this idea is really just beginning to be more widely studied and understood. Similar to a candle flame, the more candles we combine, the greater the amount of Light we create. The more people that participate, the stronger the experience will be, so please feel free to invite your friends!

4. What are Brain Wave States?

Understanding brain wave states is a key part of understanding more about self-healing and deeper states of consciousness. Brain wave states are defined by the number of cycles per second the neurons and synapses in our brains are firing, measured in Hertz (Hz). Generally, our normal waking state is a beta brain wave state, which is approximately 12 to 30 Hz. Our process is intended to help us slow our brain waves down, where we can potentially move to alpha (8-12 Hz), theta (4-8 Hz), or possibly even delta (.5-4 Hz) states of deep relaxation. Many believe that in these deeper states, there is a much greater potential for self-healing to take place.

For more information about brain wave states and their relationship to healing, we recommend *Dr. Joe Dispenza's book, Becoming Supernatural*, and/or the many videos that he has online about this subject.

6. What am I supposed to feel?

We do have some recommendations that we believe will increase this experience. The event is designed to help us raise our vibration - individually and collectively - and many if not most people experience a very strong feeling of lightness, happiness and/or deep relaxation as a result. However, as we all know, while catching a good “buzz” can feel great, it does not last forever. The good news is that there are things that we can do to help raise our vibration throughout the day to help us to hold the experience for a longer time. In addition to eating a clean, healthy, diet, exercising regularly

and getting enough rest, we recommend these 3 simple yet powerful recommendations:

A) Send forgiveness to everyone and everything, all the time.

Forgiveness is like a muscle, and the more we practice offering it to others, the stronger it will get. Try extending forgiveness to the entire world, and everyone in it, over and over and over, and see what happens. The more we extend forgiveness to others, the more we will find it reflecting back on us. Holding resentment and grudges takes a lot of energy and lowers our vibration. It will take time, but the more we practice forgiving others, the lighter we will likely begin to feel.

B) Send continual acceptance to the world, just as it is, to everyone and everything, all the time.

We all of course want certain things in our lives to change, but we cannot be effective agents of change if we are in a state of resistance to the world. Acceptance and surrender are also muscles that take practice to strengthen, and the more we practice, the stronger we will become. It is often said that the key to a successful relationship is to accept another person exactly as they are, but if we spend our time trying to change them, the relationship will fall apart. This idea can be expanded to include Life in general and the world around us. If we are not able to accept things as they are, we will make any situation we face more difficult for ourselves.

C) Send Love, Light, Kindness and Compassion to the whole world, and everyone in it, all the time.

We do not believe that it is possible to absorb negative energy at the same time that we are sending positive energy out into the world. Think about it, if a faucet is running and water is flowing outward, how is it possible for debris to go inward? If you are an energy sponge, flip the switch and become an energy transmitter. If you are feeling taxed by negative energy in any way, ask yourself, “Am I sending positive energy into the world at this moment?”

The journey of awakening is gradual one of raising our vibration, from matter to energy, density to Light, or from quantum perspective, particle to wave. If

we do these three simple things: extend continual forgiveness, acceptance, and Love, Light, kindness and compassion to the world, slowly but surely, like an iceberg beginning to melt, we will likely find our vibration will rise, and our lives will begin to change in the most unexpected of ways.

7. What do I do if I don't feel the energy you are speaking of while participating in an event?

If you do not feel any energy coming through during an event, we recommend that you use the time, just like an exercise gym or aerobics class, to practice sending forgiveness, acceptance, Love, Light, kindness and compassion to the entire world. Even if this is all you do as the music is playing, it will be time very well spent. Try to rest and relax as much as you can. The more we think and/or try to figure out what is going on, the harder it will likely be to connect to the experience.

9. What happens if I fall asleep?

That is totally fine! It is not uncommon to fall asleep during these sessions and we suggest that you go with the flow and not try to fight against what your body is saying it needs.

10. Can I participate in Collective Online Healing while driving my car or doing some kind of outside activity?

No, Collective Online Healing is only meant to be done in a quiet place where you are able to sit or lay down to rest and relax. You should not participate in any of our events if you are unable to either sit quietly in a chair or lie down in bed.

11. Is Collective Online Healing a substitute for traditional medical care?

Collective Online Healing is not meant to be seen or used as a substitute for traditional medical care. We strongly recommend and encourage every person to pursue and continue any and all medical treatments with their

primary and traditional medical providers. Information provided in this write up and during the event is for informational purposes and are not to be construed as a source of medical advice.