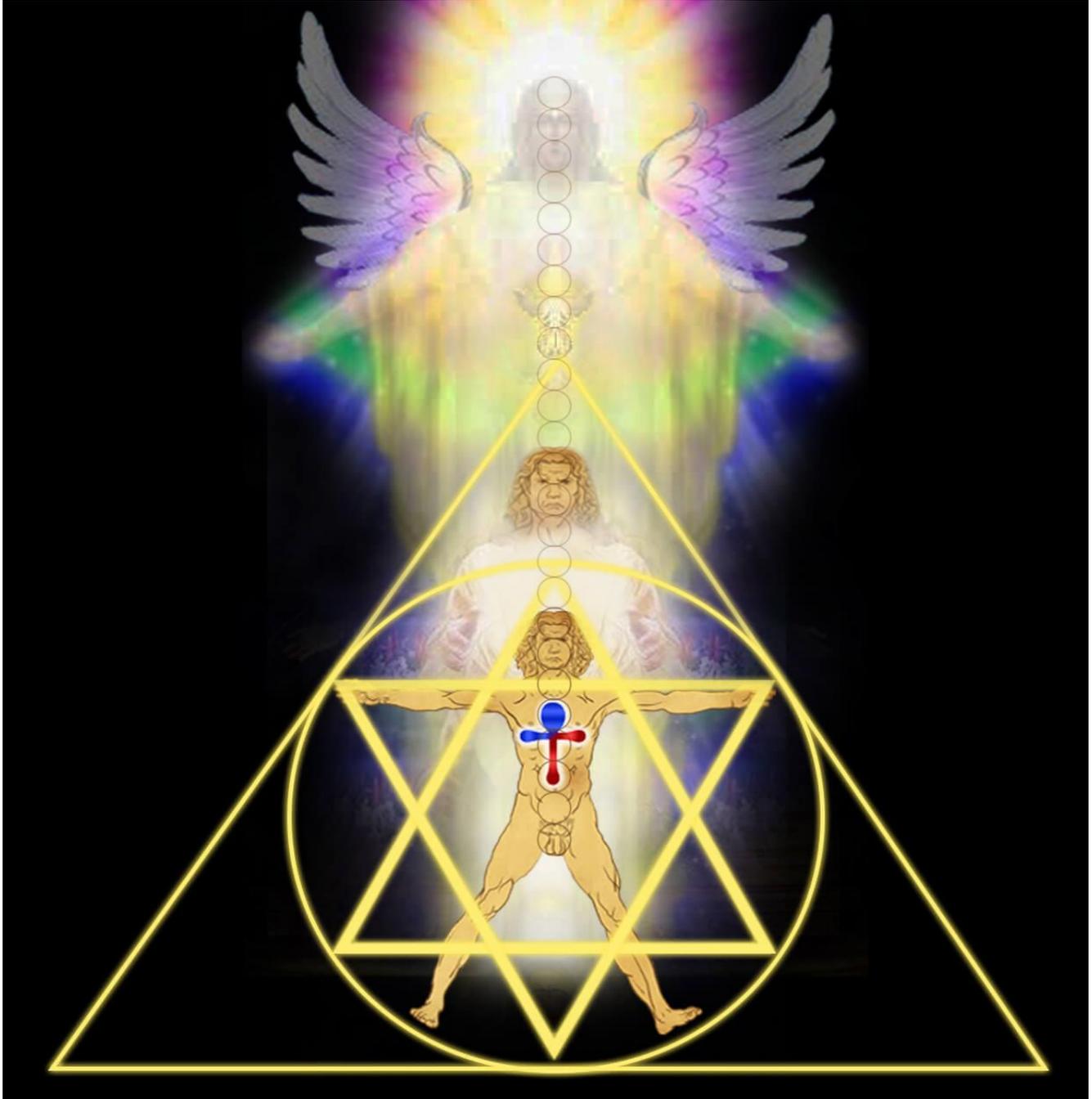


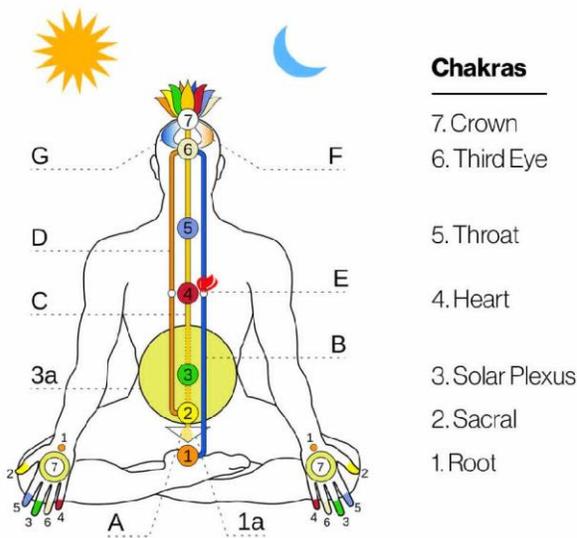
How To Evolve Your I AM Presence For Instant Healing



By: TEAM Tom X Om

How To Evolve Your I AM Presence For Instant Healing?

The connection with your I AM Presence is located in your center which is the line between your earth star chakra/root chakra and soul star/crown chakra.



Let's get started!

Step 1: Learn how to connect with your center

Your center is the vertical line located between chakra 1 (root) and chakra 7 (crown) - drawn in the image below. Say: 'I connect Now!'

(Note: Don't worry not knowing the exact location. Do the connection in any way that feels natural and easy)

We will use this center for distributing, aligning, shifting, removing, entering and transforming aspects of what we want to shift. Within this center the shift happens instantly and even better all part of your BEING will be affected positively to your Highest Good!

For some people this center is not fully developed – yet – they won't get the physical/emotional/mental experience of energetic shifts and healing.

This is what we evolve today.

But first...

What is your I AM Presence or Center?

Your I Am Presence is the part of you that is in perfect alignment with the full Truth of who you are as a spiritual being.

This is the part of you that is One with the Divine, One with Source, One with the Angels and One with All That Is.

Your I Am Presence is directly connected to infinite possibility, and remembers the purpose, reason, and mission for why you chose to incarnate as a physical being on Earth at this time.

Your I Am Presence remembers the beautiful Divine Design and Blueprint for why you as a soul chose to incarnate on Earth at this time.

When you become aware of this deeper part of you, you can begin to come into alignment with it. This alignment with Divine I Am empowers your vibrational resonance to instantly change.

When you reconnect with your I Am Presence you empower yourself to unlock from many of the previous patterns, limitations and restrictions manifesting in your life on autopilot.

By reconnecting with your inner Truth, the Divine I Am being of Love and Freedom you are, you reclaim your spiritual power within physical reality.

Standing in alignment with the Truth of Divine I Am, you can finally begin to align with the blessings in your life that you've always desired.

Healing becomes effortless, because you're simply resonating with the highest and best of who you are and so the highest and best possibilities for your life align for you.

Plus, you access higher levels of your awareness that have always been there. This higher awareness is a powerful ally and guide in and of itself, but it also empowers you to access the guidance and support from your personal team of divine guides and angels.

Yes, of course you have a devoted team in spirit here for you!

Your angels and spirit guides are ready and willing to assist you in aligning with the right people, situations and synchronicities that can align the highest divine possibilities for your reality into being.

But how do you reconnect with your Divine I Am Presence?

How do you reconnect with your inner core of bliss, peace, love and Divine presence within?

How do you begin to resonate with your highest truth so that your external reality realigns to reflect your inner vibration?

Really, it is a process of peeling back the layers of illusion

– the thoughts, emotions, and limiting beliefs - that are blocking you off from shining in perfect harmony with your Divine I Am Truth.

By piercing through the veil of illusion and letting go of what is no longer serving you can reconnect with the underlying stillness, presence and love you've always carried within.

This process is exactly what you are going to learn here in this book now.

With our [Instant Healing program](#), you have the power to transform yourself and therefore positively transform your life experience as a result.

Ready?

Great! Let's get started...

First Step: Clear Your Mind & Open Your Heart

The goal of this practice is to clear your mind. When you allow the surface of your mind to become crystal clear, like the surface of a still mountain lake, so you can then effortlessly dive beneath it.

You do this by finding and focusing on the space between your thoughts.

Even if you have the most chaotic mind of any person alive, when you really become aware of your thoughts and focus on observing them, you will find that there is a place of space and stillness between them. However brief that space may be, when you focus on it, it begins to expand.

HOW TO DO THIS EXERCISE:

Close your eyes and observe the space and silence between your thoughts.

When thoughts do arise in your mind, direct your attention to the space between them.

Between each thought you have, there is always a moment of stillness, silence, and clarity.

Find the space between your thoughts. Tune into it. Embrace it.

When a new thought arises, use that thought as an entrance into the space of silence between.

Right after you have a thought, and before the next arises there is a gap. Focus on the gap.

Focus on the stillness. Focus on the space between your thoughts and know that the space between thoughts expands when focused on.

See how long you can linger in the stillness and silence between before another thought arises.

Then when a thought does appear, use that thought as a springboard to launch you back into the space of stillness between.

Continue returning focus to the space between thoughts, and with practice you will be able to prolong the time you spend in the space between thoughts.

One moment at a time, with awareness on the gap between thoughts, you can lengthen the time that your mind is able to remain clear.

When you find the space of stillness between thoughts, let it extend.

Observe yourself and notice the warm and almost euphoric feeling that you connect with when your mind is clear, and when you become present in the space between your thoughts.

When you connect with the warm internal feeling of peace and presence between your thoughts it feels incredible because you're tuning into a deeper part of you.

By reaching the place of stillness between thoughts, you're touching your inner Divine I Am.

Each time you consciously connect with and touch your Divine I Am Core, you are changing your personal point of healing, little by little. You're chipping away at the wall of negativity, and dense energy built around Divine I Am truth and reconnecting with your Divine light and presence within.

Beneath the surface of your mind and under busyness of your thoughts, you have access to the infinite field of possibility. You have access to your own spiritual core, and to the Divine truth of you which always resides within you, but which you may have felt cut off from until now.

After you complete this practice for at least five minutes, continually returning to the space between your thoughts, take a moment to consider how you can practice this level of awareness in your day to day life.

In meditation as well as day to day life, you can stay connected to the still place of peace and Divine Presence. You stay connected to your Divine Core through the state of having a clear mind.

Don't worry if you feel like you weren't good at this practice of clearing your mind. Rather, make a commitment to practice this for at least 5 minutes every day this week. As you return to this practice, you will begin to notice that you're able to linger in the space between thoughts longer and longer.

The longer you linger in the space between, the more you bring the power of your Divine Core to the surface, raising your vibration and setting a wave of positive energy into motion to change your life.

The next step in reconnecting with your Divine I Am, changing your vibrational resonance, and tapping into the full power of is opening your heart.

An open-heart attunes you to the power of love and empowers you to tap into the infinite possibilities available for your life without holding onto pain, fear, or doubts that stem from your past.

Regardless of how you feel now, you are able to let go of the emotions that are blocking your connection with the Divine within your heart.

Negative emotions and limiting beliefs create the foundation on which the wall blocking you off from your Divine Truth stands.

Opening your heart can shift this foundation to one of love and acceptance.

Plus, with a clear mind and an open heart, you're able to then tap into one of the hidden keys of incredible healing and alignment which Instant Healing is all about.

Here is a simple exercise for you to clear your mind and open your heart so you can tune into the light and truth at your core and prepare to receive and experience direct Angelic guidance and assistance.

HOW TO DO THIS EXERCISE:

Close your eyes and once again, observe the still space between your thoughts.

Stay in this receptive place for a few moments until you touch the silent place of peace and warmth between thoughts.

Next consciously visualize a golden spark of light in the very center of your mind.

Focus all your attention on this golden spark of light.

As you consciously breathe and relax, stay focused on the spark of light in the center of your head to allow your energy to flow there.

Where attention goes energy flows.

Next, imagine that the golden spark of light in the center of your head is growing and expanding out in all directions around your mind - warming your thoughts and reconnecting you with peace, clarity and Divine light.

Allow the spark of golden light to grow and expand out in all directions, becoming larger, brighter and more radiant, until the center of your mind is shining like a golden Sun of light surrounding your entire head.

With your awareness and consciousness, imagine that you are entering into this orb of light at the center of your head.

Keep moving your attention into the center of the golden orb of light around your mind as you feel and experience the warm, golden light shining all around you, and expanding out from the center point of your head.

Next, with your awareness inside of the golden orb of light, imagine that this light orb is like an elevator for your attention.

Ride the elevator of light down from the center of your mind, into the center of your chest - your heart center.

Breathe, relax, and allow your awareness drop down from your mind and into your heart to find the point where your energetic heart center resides.

Direct your awareness into the very center point of your heart center.

Feel the calm, warmth and peace as your awareness enters into the center of your heart.

Know that tuning into your heart center has a balancing and rejuvenating effect on your entire being.

Bask in the light and healing energy of your heart.

Now tune into a spark of rose-gold light within your heart center.

Visualize this spark of light expanding to become the size of a golf ball... A tennis ball... A soccer ball.

Continue visualizing the rose-gold orb of light expanding out from the center point of your heart, until it is shining brightly from within and all around you like a golden Sun.

Feel the rose gold light illuminating your feelings, dissolving past traumas, wounds or insecurities, and opening your heart center.

With awareness, let the rose-gold light expand out from your heart center, and now allow your consciousness to enter into the light.

Let your awareness enter into your heart center.

Allow the light of your open heart to expand outward around you, radiating light and love into your surroundings and increasing in brilliance.

Become aware of the golden divine light that is all around you, the light of your heart center, the light of Divine love.

Keep your attention focused in the very center of your heart. Know that as you move your awareness deeper and deeper into your heart, this activates and opens your heart center.

When your heart is open, you're connected to the vibrational energy of your Divine Core. The light of your open heart center is then able to shine out around you, realigning you in the present moment with the highest and best possibilities for your life, and opening up the pathways to connect with and experience Instant Healing.

Regardless of the energies you are calling in like angels, Reiki, Higher Beings, Master, White Light, Acturians or any energy you can access in our healing programs.

[Click Here To See What Is Available](#)



Part 2: The Healing Process

When your mind is clear and your heart is open, you are not only connected to your Inner I Am, and to the realm of Infinite Possibility, you are also in a receptive and centered state in which any healing alignment can take place.

So, when we say 'Go to your Center' you now know where it is and how to evolve it by clearing your mind and connecting with your heart.

Additionally, you can imagine that this Center is expanding in size – just visually see it expanding as big as a ball.

Before I redirect you to the Free Healing, let me quickly summarize the process:

Step 1: Clear and calm your mind

Step 2: Connect with your heart by awareness

Step 3: Expand that connection to your soul star chakra (above your head) and bring it back to the heart

Step 4: Expand the size of the Center to the size of a ball and put your awareness into the whole center.

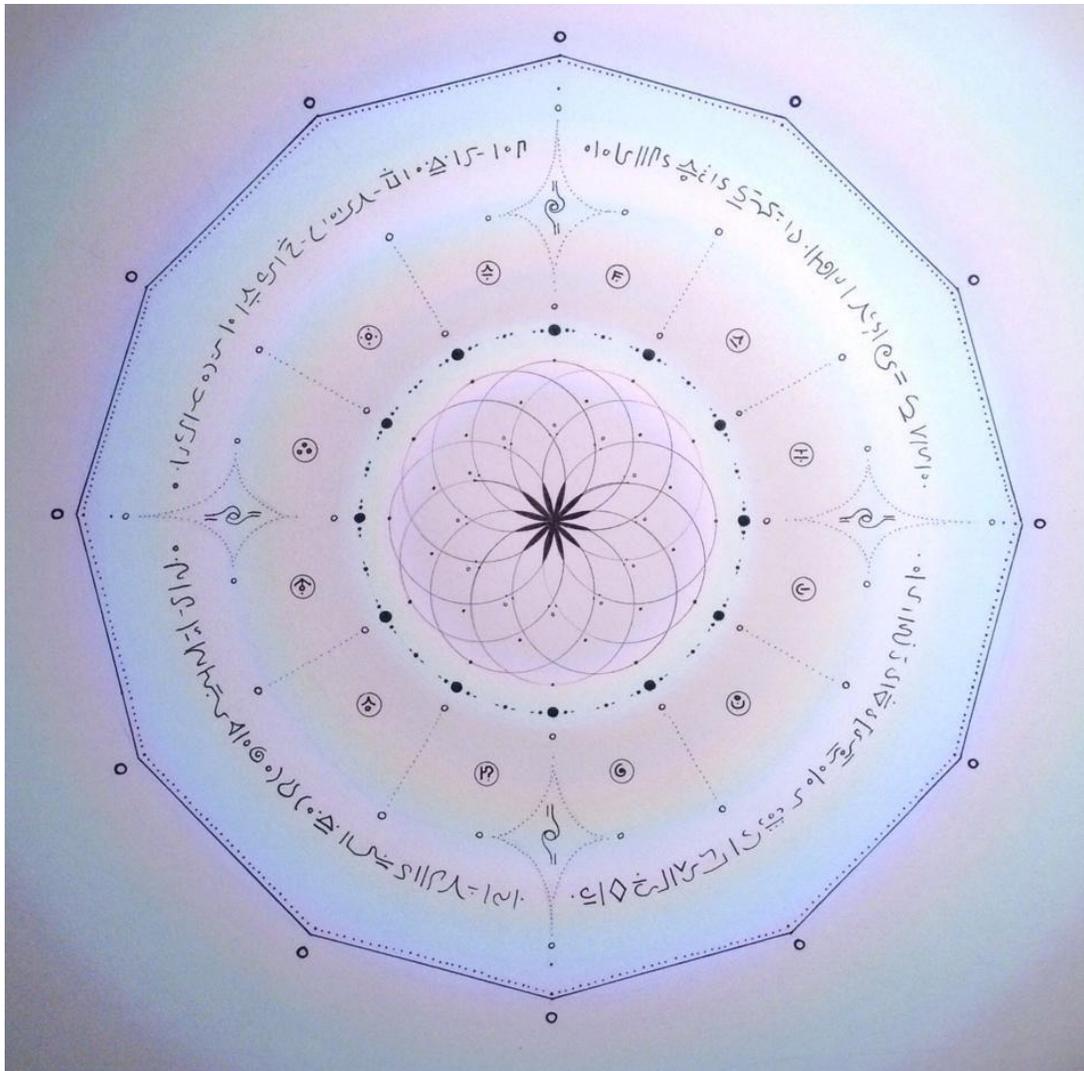
Step 4: Activate the I AM Presence in your center by saying or thinking ***'ENTER and feel your focus quickly and easily moving upward your spinal column from the base of your spine, up and out the top of your head – which is your center. It should take no more than a second or two'***

NOTE: I personally imagine a light switch. So when reading the above command I PRESS the light switch – and the energy runs through in milliseconds – light speed so to say 😊

READY?

[Click here For the FREE Healing](#)

IMPORTANT: Press Allow on the notification which will appear after 30 sec. to never miss a healing. Your soul will thank you!



Please click on the image above to subscribe for the Free Healing if you did not do so yet 😊

To your Healing success,



TEAM Tom X Om