

## A Continuation with Advanced Kit Work

By Channie

First of all I want to say that I am very pleased with everyone's fantastic work effort for Earth and humanity. The frequency and vibration of people, animals and nature has been very helpful for everything and everyone. I, myself, have worked quite a bit with the first Kit, but also with this more advanced part that allowed me to grow beyond what I was in frequency. This Kit also allowed me to work with my friends and animals to raise their frequency and help them. The middle part of this Kit is something to be worked with whenever you feel like you have a moment over for yourself and for our Spiritual Evolution.

If you have already done the First Kit, this one will be an easier way to continue to upgrade yourself, your friends and animals and nature. For this one, there is no critical mass number of people that has to be reached. There is for The Kit, but not for the Continuation. Please continue to share The Kit with people since the critical mass number has not yet been reached. Also, you can feel free to do The Kit and The Continuation as much as you want to.

Big Hugs,  
Channie

### The First Part is for Yourself

Start with sitting down in a quiet and relaxed state. Let your mind be free and not disturbed by anything. Breathe a few times to really relax and let your shoulders fall down a little bit, even though you want to sit straight. Close your eyes and imagine in front of you an enormous white sun. Seeing it shine with visible rays coming out everywhere. These rays are small and there are millions of them over the surface. Feel that your face, your Third Eye, your Thymus, your Heart chakra and your solar plexus almost wake up by its shine. Now see yourself being transported into this sunlike quality. Stand tall within the frequency of the sun.

Now ask that you will be accepted, embraced, and loved by the sun. Then use these words: "I seek guidance. I seek knowledge. I seek the vibration for a continuation."

Then relax even more. See the sun vibrate out your new frequency/vibration. Then hear and receive a knowledge maybe spoken without words. It will be like something fills you with a new understanding. Something that you could practice in life. A secured feeling that you have an answer and that you don't need to worry about your future. Then receive the guidance of this sunlike quality. The guidance is Light and will always follow you wherever Light is. But it also goes deep within inside of you and lightens up your inside cells and atoms with a new form of Light that will make you turn the right way and do the right things. The guidance is more than one guide or one guardian. It is your whole body starting to contain guidance.

Now ask again to be accepted, embraced and loved by the sun. This time there will be a feeling of warmth starting within the middle of yourself, spreading outwards into your legs and arms. When reaching the head, there is a clarity within your mind and it seems like you could think and act in a clearer way. Now relax even more. Step slowly backwards out of the sun and see the sun become smaller and smaller until it is just one of many stars in the sky. Now look down onto yourself seeing that you have become Light and that you are shining

like one of the stars in the sky. Slowly rise to a position within a constellation with the other stars above. Then relax and stay in this feeling for as long as you want to.

#### For Whenever You Have Time

You can be outside or inside when you do this. It is a little meditation where you connect with Earth and with everything around you but also your higher frequency. If outside, start with seeing the Earth. Bend or sit down and say, "Here I see Earth. Here I feel Earth (touch the Earth). I want to bond with Earth and I want to help Her rise to Her new level. Accept my work and let my energy flow from myself to You. Heart to Heart, we connect and give."

Sit down and with closed eyes. Let the energy of Earth be carried up and into your Heart. Then open your eyes and look up and think, "Sky to sky, far away to close, universe and Creation, hear my wish. I wish to bring down the frequency needed around me. The frequency needed for everything and everyone. I want to become like an instrument for the Force and Vibration. Let the frequency go through me and into the soil. I accept my role as this tool for everything."

Relax and take in the sky, feeling the space outside of the sky and the universe. Connect with the Creation and become a part of it. Slowly almost move with the Creation's energy. Take in the vibration and let it through you from the Crown chakra and down (if you are sitting down, let the base chakra work with you and anchor the energy into the ground).

Open your eyes and touch the ground and see your hands. Let the hands in your mind glow downwards with the new frequency. Close your eyes again and feel that that Light is even stronger. Try to feel the energy in the hands flowing and pulsating through.

Then rise up to a standing position. If you can, stretch your hands above your head and then make a flowing motion down with them and let yourself be standing with palms down. Think, "Hereby, I manifest all of the energies that I have taken down. The Universe and the Creation have worked with me and through me. Let them continue this work whenever and wherever it is needed."

This is the end of the second part.

If you are inside, try to see and feel things as if you were actually outside.

#### For Friends and Animals, also Nature

Start with asking your friend, animal or nature if they want to be a part of this. It is easier, of course, to ask a friend than an animal. But you could almost feel in your heart when it is right to do it when it comes to animals and nature.

When you have done the First Kit and the first part of this document, you are ready to do it for others.

Light a candle on a table in front of you, preferably a candlestick. Ask that you will be able to hold the vibration and transport it over to your friend, animal or nature. Then, the ceremony begins.

Think, "This ceremony will hereby open up.... To a higher frequency/vibration. Hereby, I ask to connect myself with the white sun and with the highest vibration in this Creation. I let myself be a willing tool to take down and transport over energies to ....."

Close your eyes and imagine your friend sitting in front of you on the other side of the candle. With an animal you could put them in the same place. And, of course, if your friend is visiting they can physically sit on that part on the other side of the candle.

Now see the white sun above you and above that the feeling of the wholeness of the Creation. The Creation's highest vibration flows down into this white sun. The white sun's millions of rays shine out the higher vibration. You want to almost see the rays pulsating or vibrating with this higher frequency. Now see how the rays meet the surface of your friend, animal or nature that you want to work with. First the person, etc., becomes lightened up like it was a bright daylight shining on them. Then the Light becomes absorbed by their body and you can suddenly see them almost shining out the Light and becoming like this beautiful sun.

Say inside of yourself, "Sunshine MEEILLOW frequency, let the Force of True Force begin. Let the frequency of Creation stand free around me. Light up my.... with Love and Force. Gracefully embrace the totality of ...."

Go back to looking or imagining your friend, etc., now holding the True Frequency of a new beginning. Feel in your Heart chakra a new connection between the two of you. One where you stand with the same frequency. Slowly open your eyes and do whatever you want to.