

Further Information about all the healing utilized in the Collective Trauma Healing 10/8/2024

With Sarah Otis & Healing Hands Holistic Therapies

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The following modalities utilized were: **Sacred Light Healing, Anahata Codes & Court of Atonement**

Sacred Light Descriptions to better understand the assistance each item will provide on a multitude of layers.

1. **Sacred Light Purification** is a true powerhouse! It goes extraordinarily deep into cleansing and purifying all aspects of your being AND your environment (including your home and all people or animals, and all objects in your home, your vehicles and land) It clears out energies that act as a point of attraction for entities, dark portals, implants, all different types of low vibrational energies, including trauma, oaths, vows, contracts, hooks, cords, and attachments, negative belief systems, thought forms, and dense emotions that are we are holding, and that are also in our environment, the objects in our homes and the land that we live on. This healing goes deep into clearing all of these energies that we have been affected by, from all timelines, dimensions, and realities, from the DNA and Ancestry, from every cell of the body, from all parts and aspects of our Being; physical, mental, emotional and spiritual. This healing not only cleanses and purifies us and our environment, it also brings in Divine protection and Sacred Technologies to assist us in keeping ourselves and our environment clean. To clear out these dense distorted energies AND the entities, implants and portals themselves, this healing tool is also calling in and working with Divine Light Beings to accomplish this like Archangel Michael, as well as powerful protective and purifying energies like the Blue Diamond Light of protection, Violet Diamond Flame of Transmutation, and the Black Flame, and Sacred Light Technologies in partnership with the Divine Aspect of the person you working on. Within this healing, you are working from a point of your own Sovereignty in collaboration with your Divine Team to create an impenetrable shield around yourself, your home and each member of your households, pets, yard, land, and vehicles that is impenetrable to all dark energies, yet flexible, allowing all Source energies in. This shield includes cloaking technology to provide protection from outside negative forces. It brings in the vibration of unconditional love/ Source love to everything within your shield. This healing is also resolving and reweaving all of this in the Souls Akash and replacing all that has been dissolved with Creator's/ Source unconditional love bringing Source light into all cells of the body, including the frequencies needed for protection.
2. **Sacred Light Grounding into Gaia**: This healing grounds and anchors you instantly into our 5th Dimensional Earth, Gaia! This Healing Tool came in for Kim's young son to help him get in his body and get grounded. As this energy comes in, light begins to shoot directly from the heart down through the chakras, through the feet and into the Earth Star Chakra and as it does this, you may see your Earth Star appear like a big tree root ball that is platinum in color as light shoots out from it like a huge tree root system down into Gaia where it spreads out anchoring you into the 5th dimensional Gaia grid and deep into her heart Chakra. This Healing Tool also

clears fear and trauma around being human, of being in our body, and being on this planet so you can continue to get more and more grounded each time you run it!! It's clearing the following beliefs: I hate, reject, abandon, disconnect/separate from, fragment off from my heart, my brain, my body, my light, my energy bodies, my vertical pillar of light, my biofield, this planet, this earth, Gaia, Creator, God, my SELF, and/or my Sacred/Divine/Sovereign power. My heart, my brain, my body, my light, my energy bodies, my vertical pillar of light, my biofield, this planet, this earth, Gaia, Creator, God, my SELF, my Sacred/Divine/Sovereign power, this planet, this earth are dangerous, are a threat to me, hurt/destroy me, make me sick, are my enemy, are evil, bad, wrong, and/or are broken. And bringing in the following downloads: I am worthy of Gaia's love and support and safe to receive Gaia's golden love light, love and support, and healing. I know how to be in a loving, peaceful, harmonious and balanced relationship with Gaia without taking on her pain, suffering, trauma, entities, or any energy pattern that is vibrating at a frequency that is less than love. It is easy for me to get grounded and stay grounded, and I can do this even when others and/or the world around me are in chaos, pain, or suffering, or cannot do this for themselves at this time. The Deep Relationship Healing is included here for the individual receiving this healing and their own Divine aspects of SELF, their body (as a whole, not the body kits), their heart, their brain/mind, DNA/RNA, the Earth, with Gaia, with grounding/anchoring, and connecting to the 5th dimensional Gaia Grid, Heart Chakra of Gaia/Mother Earth, the Golden Love Light from the heart of Gaia, 3rd Dimension, their chakras, especially heart, root and earth star, their soul grid, and the 12 dimensional grid system. Includes an allergy healing for: Many parts of the Body, Gaia, Mother Earth, grounding/anchoring, and connecting to the 5th dimensional Gaia Grid, the Heart Chakra of Gaia/Mother Earth, the Golden Love Light from the heart of Gaia, the 5th Dimension, the 3rd Dimension, the 12th dimensional grid system, your Soul Grid, reality, timelines, dimensions, your own multidimensionality, the multiverse, universe, the collective, humanity, Creation, God, Creator, Source, Source of Source, Iridescent Source Love Light, manifestation, your own sovereignty, yourself as Sovereign, your Divine Aspect, Higher Self, I AM Presence, the Earth's/Gaia's Akash/Akasha, your Akash/Akasha, the below, your Shadow Self, Earth, the Earth element, mineral, and metals allergy kit, being in your body, your earth star chakra, root chakra, sacral chakra, navel chakra, solar plexus chakra, and heart chakra, high heart chakra, spiritual allergy kit, people, places and events kit, environmental factors kit, allergy combinations, and emotions/feelings kit.

3. **Sacred Light Flush**: This highly versatile tool will quickly clear, dissolve and transmute disharmonious and discordant energies that are creating pain or other physical, mental and emotional disturbances.
4. **Sacred Light Stand Your Ground**: This activation brings in and activates within you the courage, strength, confidence, Self love and joy needed to stand up for yourself, speak up for yourself, and stay in your power. It is also bringing in a relationship healing for the individual receiving with the people, places or things that are creating or contributing to these patterns of giving away their power or not standing up for themselves.
5. **Sacred Light Trauma Healing**: With this tool we address and heal the profound impact of trauma on the individual's being. It is a transformative tool that focuses on dissolving the embedded trauma, trauma patterns, and assists in clearing, compounded, complex trauma (PTSD), and the patterns of stress, anxiety, and fear that are entangled with these traumatic experiences. It extends to clearing the negative programming, limiting energies, and negative crystallized thought forms connected to or supporting the trauma. It also resolves and clears oaths, vows, and contracts that anchor these traumatic patterns in place, along with curses, hex

energies, black/dark magic, shadow fragments, and any other energy patterns that resonate at a frequency less than love. This includes addressing entities and implants that may be reinforcing the trauma. The Sacred Light Trauma Healing Tool is working through all lifetimes, timelines, dimensions, realities, reaching back to the point of origin/creation of the trauma. It operates on all levels - spiritual, mental, physical, and emotional - and from all parts and aspects of SELF, facilitating healing from the DNA and ancestry to every cell of the body, encompassing the entire spectrum of our being; physical, mental, emotional, and spiritual. As we work with this healing, we become liberated from the chains of their past traumas, enabling a return to our inherent state of balance, peace, and wholeness, grounded in the highest frequencies of unconditional love. This healing is also resolving and reweaving all of this in the Souls Akash and replacing all that has been dissolved with Creator's/ Source unconditional love.

6. **Archangel Jophiel & The 1000 Petal Lotus of the Crown Chakra - Wisdom, Beauty & Creativity:** Jophiel is a wonderful ally to call upon when you need help seeing the beauty within and around you. She will help you to shift your perspective from focusing on what is wrong and bad, into seeing the positives, beauty and magic that is all around you. This healing is calling in and activating the virtues of Wisdom, Beauty & Creativity. Igniting all of these frequencies in your heart, amplifying them and expanding them out from your heart, into your Cells, your DNA, and into all parts and aspects of you to dissolve all that is in the way of fully embodying these frequencies. Includes powerful belief work and downloads to assist you in coming into harmony with this ArchAngel and the virtues/qualities he possesses and shares of Wisdom, Beauty & Creativity within all parts of you, so that you can easily connect with, stand solidly in and live with and from these qualities/virtues in all of your endeavors and connections. Activating the codes within each petal as appropriate for each individual, lighting up the connections from each petal to the cosmos, and calling in the sacred geometry that is ready to be activated now, seeing them light up....opening these petals, for those that are ready, these open petals forming a bowl to accept the cosmic light of knowledge and wisdom of the Universe, allowing this to come thru the higher chakras, pouring down into the crown and your entire chakra column, into the earth star chakra.”
7. **Archangel Gabriel & The Diamond of Clarity - Strength, Purity, Divine Communication:** Gabriel is the Archangel of communication, new beginnings, and strength. When called upon Gabriel will bring you inspiring divine messages to assist you in finding your highest calling. Gabriel also works closely with authors, teachers, artists, councilors and more! This healing is calling in and activating the virtues of Strength, Purity, and Divine Communication. Igniting all of these frequencies in your heart, amplifying them and expanding them out from your heart, into your Cells, your DNA, and into all parts and aspects of you to dissolve all that is in the way of fully embodying these frequencies. Includes powerful belief work and downloads to assist you in coming into harmony with this Arch Angel and the virtues/qualities he possesses and shares of Strength, Purity, Divine Communication within all parts of you, so that you can easily connect with, stand solidly in and live with and from these qualities/virtues in all of your endeavors and connections. “This healing is calling in Archangel Gabriel to activate Divine Communication, Divine Prophecy, and activation of the higher root, sacral and navel chakras, bringing in bliss and joy, with complete trust that the universe will support you. Activating the Diamond of Clarity- to lift the Veil of Illusion past life memories and emotions yet to be acknowledged, resolved and dissolved - Gabriel is placing the diamond of clarity over you to cleanse parallel bleed-through from all past lives and all timelines.”
8. **Reclaiming My Transpersonal Chakras** (Causal, Soul Star and Stellar gateway chakras): “In Divine Love and Light I take back my Causal, Soul Star and Stellar Gateway Chakras NOW! My

Causal, Soul Star and Stellar gateway Chakras are mine and mine alone to command!" Taking back your Transpersonal Chakras, dissolving any oaths vows contracts to allow another, any other, to have ownership of your Transpersonal Chakras. Calling back all keys to your Transpersonal Chakras, you have ever given to another or have allowed to be taken and held by another. Calling back all tethers or cords that you need back to be perfect, whole, complete and the total owner of your Transpersonal Chakras so they are yours alone to command. Releasing all attachments, hooks, cords to any energies or beings that have moved in or become a part of your Transpersonal Chakras that are not yours! Bringing in Archangel Michael and the Band of Mercy to remove, delete, dissolve, and transform any and all energies, implants, entities, or distortions in your Transpersonal Chakras, anything that is not you, not yours.

9. **Restoring Body Harmony** (Detox Issues): This tool is clearing heavy metals and parasites, dissolving, clearing, and releasing these harmful substances from your cells and tissues, and healing your body where it has been compromised due to their presence. It is dissolving deep-seated programming that attracts and retains these metals, assisting you in being free from these toxins. It is also rewiring your brain and body, teaching you what a balanced emotional foundation and a healthy emotional structure feels like, including how to absorb nutrients, eat healthily, care for your body with love, and avoid toxic substances. It brings in a loving, caring, and respectful relationship with your body, the ability to rest, and the utilization of your life-force energy in the highest and best way. It is a comprehensive tool for emotional, physical, and energetic rejuvenation, empowering you to embrace a life of health, strength, and self-love, free from the burdens of heavy metals, parasites, and associated traumas. An important factor in this healing is clearing allergies to water. Believe it or not, this is a very common allergy that most people aren't aware of. Water is important for detoxing because it supports the body's natural detoxification process, which includes removing waste products from the body. Water helps flush toxins out of the body by encouraging healthy digestion, transporting nutrients to where they are needed, maintaining blood volume, and supporting the transport of nutrients and oxygen throughout the body. Moreover, it plays a pivotal role in forming specialized fluids such as saliva, tears, and bile, essential for the detoxification process. Proper hydration is crucial for a healthy and effective detox. It aids the body's three-step detoxification process: bioactivation, conjugation, and transport/elimination. A significant function of water in this context includes maintaining blood volume and supporting the kidneys. As one of the primary filtration systems, the kidneys depend on adequate water to efficiently process and remove waste from the blood, and without sufficient hydration, this system can't work effectively, leading to toxin buildup. By addressing and clearing water allergies, individuals can significantly enhance their body's ability to utilize water for detoxification. This not only facilitates the efficient removal of toxins but also ensures the smooth transport of nutrients, underscoring the holistic wellness approach to healing and health maintenance. Beyond its crucial role in detoxification, water's benefits encompass aiding the digestive system, preventing constipation, lubricating joints and muscles, supporting healthier and younger-looking skin, regulating body temperature, and playing a vital role in disease prevention. These myriad benefits highlight the importance of water not just for detoxification but for overall health and well-being, making it clear that proper hydration and overcoming any sensitivities to water are integral to holistic wellness and energy healing practices. Includes Energetic Allergy Healing for: Metals including mercury, lead, arsenic, fluoride, aluminum, the earth elements, minerals and metals kit, salt, spiritual kit, people, events and places kit, emotions/feelings kit, the vascular system, brain, nervous system, glands and organs kits, skeletal system kit, cell/DNA/RNA kit, the head kit (including the mouth and dental materials/fillings), inflammation kit, immune system kit, parasite kit, environmental

factors kit. swimming pools, swimming chemicals/bleach, chlorine, water chemicals kit, lagoons, oceans, streams, cricks, waterfalls, rivers, lakes, ponds, rain storms, canals, waterways, bridges, heights, falling, plunging, swimming, shock, terror, panic, phobia, fear, fear-stricken, pain, stranded, abandoned, deserted, grief, sadness, sorrow, loss, anger, rage, unforgiveness, out of control, loss of control, helplessness, hopelessness, powerlessness, God, people, war, dehydration, heat, heat stroke, rocks, trees, thunder, lightening, hurricanes, typhoons, landslides, caves, underwater caves and canyons, mudslides, avalanches, mountains, snow, ice, cold, freezing, icecaps, snow storms, hail, floods, drowning, fish, shellfish, seafood kit, whales, sharks, sea monsters/creatures/animals, seaweed, and iodine.

10. **Fungus, Mold, and Yeast Healing:** Yeast and fungus overgrowth/imbalance and mold allergies are so commonly an underlying cause for the many different types of health challenges we deal with, from allergies and inflammation to weight issues, mental disorders, skin problems, digestive diseases and disorders, endocrine system dysfunction, cancer, to compromised immune health and that is just naming a few. We struggle with these things when we weren't or are not allowed to have boundaries for ourselves growing up, or when we are stuck in patterns steeped in resentment and anger. When we are in relationships or circumstances where we feel unable to ask for what we need, where we feel overlooked, and unimportant, or where we are repressed, suppressed, manipulated, or controlled. Or, where we feel we have to sacrifice who we are or what we need for others. This healing is clearing out these patterns, and trauma we are holding from these experiences, and dissolving deep hidden resentment and anger that are causing yeast to take over. This healing contains allergy healing for almost 400 varieties of molds, fungi and mycotoxins, along with yeast like Candida, and also clears allergies to sugars which is imperative when looking to reduce systemic yeast overgrowth. Don't be surprised if your sugar cravings begin to calm down and even disappear over time as this is common for people with this work. Includes Energetic Allergy Healing for: Yeasts, including Candida, molds, fungus and mycotoxins kit, sugars, cold, heat, dampness, resentment, anger, guilt, insecurity, bitterness, frustration, irritation, hatred, rage, helplessness, regret, low self worth, low self esteem, remorse and shame, people, events and places kit, spiritual kit, environmental factors kit, the organs kits, for the glands/hormones kits, the brain kit, heart kit, the cells, DNA and RNA, (the cell kit), blood/vascular system kit, the nerve kit, skeletal system kit, the head kit, immune system kit, emotions/feelings kit, bacteria, viruses, pathogens, Epstein Barr, Cytomegalovirus, Herpes Viruses, Lyme bacteria, babesia, Corona Viruses, aluminum, mercury, arsenic, lead, oxygen, protons, neutrons, electrons, and atoms.
11. **Harmonizing Dysregulated Nervous System:** This Healing Tool is working to restore balance and harmony to your nervous system. It is bringing healing to issues such as anxiety, depression, sleep disorders, digestive issues, chronic stress, emotional dysregulation, chronic pain, and cognitive difficulties. It is bringing balance between your sympathetic and parasympathetic nervous systems, which are affected by prolonged stress, trauma, or environmental factors. It is dissolving many forms of abuse, abandonment, loss, and fears and phobias embedded in the nervous system, including fears of abandonment, being alone, criticism, confrontation, various phobias, and more. It is also clearing negative belief patterns that have resulted from various forms of abuse and trauma, and the dense trapped emotions associated with these traumatic experiences. This tool is also optimizing your Vagus Nerve Functionality: the vagus nerve plays a critical role in regulating most bodily functions necessary for emotional and physical well-being. It will improve your mental, emotional, and digestive health, easing depression, anxiety, PTSD, and potentially easing autism symptoms. The tool also brings in essential downloads to rewire the brain and body for a healthy, balanced emotional state of being. These downloads are

installing how to live from your truth, discerning the highest truths, and communicating with love. They will empower you to embrace feelings of safety, peace, joy, and relaxation. It is also bringing in several Herbal and Flower Essence frequencies: including specific herbs like Schisandra, Wild Lettuce, Jamaican Dogwood, Vetiver, Lavender, Nasturtium Flower Essence, and Hyssop Essence, these frequencies support your physical body's recovery process, aiding in relaxation, pain relief, and overall well-being. This tool brings in a reclamation of self, power, peace, and purpose

12. Emotional Recovery Chamber: can be used any time you are going through something where you feel like you are struggling with emotional states, emotional trauma, grief.

Continues below



Anahata Codes Utilized:

I am a Certified Anahata Codes Practitioner (CACP)

1. 32 Paths of Wisdom-Dallet, the 4th Letter of the Hebrew Alphabet **12 472 56 748**
2. Crystal- Jet (Petrified Wood) **3 6 9 8 27 36 48 11 9**

You can write just the numbers for these two codes on a small piece of paper

along with the words **LOVE & GRATITUDE**

place the numbers facing your vessel/cup of purified clean water and allow the water to become charged with the frequencies of these codes. You can also tape the small paper onto your water vessel, make sure the writing is facing the water, It's best if charged in a clear glass container if possible. You can also charge crystals, oils or lotions, even the land. Just place the codes facing the object and allow to charge for 24 hrs. If you charge water, you can fill a large container to initially charge your water with the codes facing inwards, you can continue to add water to this vessel as long as one drop of the charged water remains. You can add this charged water to your smaller cups/containers. Same goes for oil or cream.

Please see the additional document of Carriers of the Codes

1. Dallet Meaning – 4th Letter of the Hebrew Alphabet

Dallet דלת is the word for door, gate and indicates resistance and the state of selflessness and humility needed to pass through it. It indicates how to pass through the gates to know one's own mystery of being and return to the power of the Aleph – the One source of all creation and being. The Dallet is in the shape of a bent over man, signifying the humility and receptiveness. It represents Bitul, the self-nullification, or nullification of the ego, necessary to realize ones inherent connection to the Creator. Also, it is the structure, form and the diligence required to receive. Dallet is also Dalit דלית, the poor man, who receives from benevolence of the Creator, represented by Gimel. It is the realization that as humans, we having nothing of our own, but are entirely dependent on the creator and that every breath and movement is given to us from Him.

2. Jet- Petrified Wood

Jet is a powerful stone associated with the Root chakra, Earth Star chakra, and the color black. It is a form of petrified wood used for protection since medieval times. Jet purifies and filters negativity, making it an excellent choice for energy cleansing. Additionally, Jet acts as an energetic buffer, easing grief and anchoring the user to the Earth without being heavy in energy. Overall, Jet is a powerful stone that protects and grounds the user, improving overall well-being.

The history of Jet

Jet has a rich history dating back to medieval times. It was widely used for its protective properties and often worn as an amulet or talisman. In ancient times, Jet had the power to ward off evil spirits and protect against witchcraft. It was also used as a mourning stone, providing comfort to those who had lost a loved one. Jet has been found in archaeological sites dating back thousands of years, demonstrating its enduring popularity and significance throughout history. Today, Jet continues to be valued for its protective and grounding properties, making it a sought-after gemstone for spiritual and emotional well-being.

[\(https://www.sagegoddess.com/library/gemstones/jet/\)](https://www.sagegoddess.com/library/gemstones/jet/)

Court of Atonement by Amy Jo Ellis (www.courtatonement.com)

****You fill your name at birth into the blanks****

Full Court Of Atonement (FCOA)

Clearing & Grounding Statement before Healing Work Opening-

I am ___ & only ___. **Repeat 3x**

Only those filled with God source Light are allowed in my space. Only those emitting their own light are allowed in my space.

I ___ place myself ___ into a Full Court Of Atonement for the purpose of Soul Recognition, Heart Center Optimization, Developing & Maintaining Healthy Boundaries, Optimization of Energy Encasements, Optimization of Divine Guidance.

I ___ place myself ___ into a Full Court Of Atonement FCOA for the purpose of requesting Divine Intervention. I ask for assistance to help myself to understand & utilize the information that's most important coming through today.

Closing-

I ___ place myself ___ into a Full Court Of Atonement for the purpose of grounding & centering myself in who I am & allowing myself to fully disconnect from anyone I have been connecting with today.

I am requesting Soul Recognition for myself – **Repeat line 3x**

I am requesting Restoration of Self- **Repeat 3x**

I ___ place myself ___ into a Full Court Of Atonement for the purpose of Cleaning Up My Act – **Repeat 3x**

Deep Breath, repeat the 3 statements if need to until feel fully grounded, disconnected and back in body.

I, ___ place myself ___ into a Full Court Of Atonement for the purpose of requesting Soul Recognition, Clarity of Heart, Soul & Mind, Home Security, Location Security, Jobsite Security, Traumatic Stress Resolution, Spiritual 911, Optimal Medical Assistance, Resolution of Detrimental Attachments, Optimization of Divine Life Force Connections, Divine Guidance Optimization, Resolution of Heartbreak, Resolution of Self, and Resolution of Peace.

Identifying with Others

I, _____, place myself, _____, into a Full Court of Atonement for the purpose of analyzing my timeline and resolving any and all reasons I am taking on other people's problems. I ask to resolve any and all reasons I identify with them at their points of origin. I ask for divine intervention to assist them in resolving their problems at their points of origin. I ask for amenable dissolution of this energy. I forbid this energy any further access to my body, my energy field, or my timeline. I ask for Solidarity of Unique Individuality.