

Guided Self-Healing for the DE1 Reconfiguration

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In this little podcast series, with 4 podcasts, I instruct you how to reconnect to your body, generate the connection between the heart and the thymus from which the bio-field repair work can be initiated.

It is a process of clearing and reconstruction and a process that must be repeated until it becomes part of our everyday practice and way of being.

The 4 Podcasts

1. The Next Step of the Reconfiguration Work 2025-2034 (48.35 min)
2. Reconnecting to Your Body (48.31 min)
3. Learning Self-Scan and Self-Healing (46.29 min)
4. Sound-Light Healing Sequence (27.12 min)

The HAL Assisted Self-Healing Course entails 4 podcasts and 2 email Q&As. The podcasts are uploaded into a private group on Vimeo.

Further information will be explained in the welcome email, along with access to the private Vimeo Group holding the videos.

The 2 Email Questions

You have the possibility of 2 email questions regarding the content of the videos. This offer expires 2 months after the buy. Naturally, the questions are ONLY to the material in the videos and not any personal issues. For personal issues and the deeper personal enquiry of the timeline material, you are to do the HAL Sessions.

The Terms of Payment

You get access to the courses by paying the fee of 50 EUR. The fee covers the podcasts and the 2 email Q&As.

How to Do This

You begin with paying the fee on PayPal. Then, when I get the notification from PayPal, the material is sent to you on the email address, you have used on PayPal. In the email, I give instructions on how to get access to the videos on Vimeo, etc. If you are new to the HAL Academy Online Courses, you need a free account on Vimeo. Once I get your Vimeo account name – you will send that to me – I will follow you and then I can invite you to the videos. As I write in the welcome email:

How to Get Access to the Videos

- 1) You sign up for Vimeo <https://vimeo.com/>
- 2) Choose the basic and for free membership.
- 3) Find my account and follow me. Click here: <https://vimeo.com/user40156198>
- 4) *Please let me know when you have followed me by sending me an email with your Vimeo name.*
- 5) I will then invite you and you will get an email from Vimeo, inviting you into the group with the videos, either in the message box on Vimeo or directly to the email, you signed up with on Vimeo.