

ASAMTA ASIA

(This is an unfinished document – more is being added)

Explanation: Asamta Asia is Aramaic for “hands on healing” (the language spoken in the times of Christ). This technique is simple and highly effective beyond muscle testing in a way you can catch things you may have missed.

1. Practice your spiritual sight – The more you practice, the stronger this will become and you will be able to use it for discernment in times of crisis. If your spiritual eyes are closed, test throughout the program for “why” your eyes are closed until your spiritual eyes are open.
 - a. Pray first – ask for HF to teach you whatever it is you’re seeking to understand. Be sure to present your opinion but ask for His wisdom to assist you.
 - b. Close your eyes and see yourself on the sandy beach. Feel the sand in your hand but really connect with it and feel the spirit of it within you and allow yourself to connect with the earth and gratitude. Now connect with the sun and the energy, comfort balance and direction the sun offers. It is symbolic of the light of Christ. Allow yourself to truly FEEL the sun.
 - c. Now invite Christ to join you and study His face until you can SEE what He truly looks like. This is how you can strengthen your spiritual sight by focusing on details.
 - d. Now communicate and tell Christ what you are contemplating. Remember He will never tell you what to do, He respects your agency, but HE will teach you about your decision which will help you to make a better educated decision.
 - e. Now listen to the answer – He will possibly show you an image in your mind or a song in your head or a memory or possibly words will come to mind. You may even get a “download” – which is a complete understanding all at once that you have to sort thru. Most answers are simple, most are short, most are like playing “Sherlock” piecing the details together to understand the message more thoroughly.
 - f. When you are done – say THANK YOU and offer Him love.
 - g. Make sure you return to your body and mind 100% - this is done by choice and desiring to be present in your life again.
 - h. Practice this often.
2. Practice spiritual traveling – This is not astro-projection, which is a corrupted practice. Spiritual traveling is under specific laws under God’s plan. Never spy on others, never interfere with someone’s agency, and always begin with a prayer. Your spirit will never depart 100% - you may choose to only allow a small portion to participate, such as 10-20%. Many people are not 100% in their bodies, this is important to realize and find a way to listen to your spirit as to “why” it has chosen to depart. So with this practice, we are listening and offering the spirit the opportunity to lead us.
 - a. **Visualization:** Close your eyes and imagine yourself walking on a cloud; within this cloud there is an entire galaxy. As the universe stretches far and expands wide, you can see all of the bits and pieces of this star scape that your body is created from. Your spirit possesses a grand knowledge, whereas one can only comprehend a minute portion of the knowledge your spirit possesses. If your spirit was given the same respect and responsibilities as your body, you would be capable of walking on water, just as Christ did. Now at this time, this is an

- unnecessary talent and one should not expect an unnecessary feat, unless your life depended upon it. The point is; your body can learn from your spirit. Do not short your body the experience, knowledge or potential of the spirit. When you allow the spirit to guide, you will find yourself led down a path towards true righteousness. The mysteries of his kingdom are made available with pure intent. If it is your desire with a pure heart to learn more it will be made available to you.
- b. While you are in this cloud, look around at the nature of your own existence as you are not standing upon flat ground. How can one exist when not experiencing gravity? And when time holds no restrictions? This goes to show how many times the brain will short circuit the spirit's capacity. Look around this cloud and allow the breath to come into your body along with the elements of the cloud. Each breath invites in the cloud into your being until the entire cloud has been invited into your spirit body. Observe others within this cloud being offered the same experience. Now that the cloud is fully within you, look down and see that you are very high above the city you live in. Take a leap of faith and jump out of the clouds and allow your spirit to fly swiftly with graceful intent. Trust in your ability to fly. As you feel the air on your face there is no fear, simply freedom. You may travel wherever you desire by simply focusing your thought on the arrival. Imagine soaring through the air free as a bird without the laws of physics weighing you down to the earth; simply allow the spirit to soar as you once did before gaining a body. The mind and body may be afraid of falling or afraid of heights or afraid of flying, but the spirit has no fear. This time the spirit deserves to be without fear and simply lead the way for the body. Focus on a destination. If you wish to visit an exotic island or swim in the sea, this is your opportunity to experience self-care for your spirit. (Pause frequently for them to experience their journey.)
 - c. Now, focus on somewhere less exotic, somewhere you can serve others. Somewhere people need help, maybe somewhere people are suffering. Find a purpose and perform an act of service for others as this is the true happiness your spirit desires. Maybe you can travel to Africa where children are starving. Maybe you can travel to a Muslim country where people are suffering. Maybe you can travel to the tip of Everest where travelers are attempting to reach the summit. You can go anywhere that people need you. There is no limit, there is no planetary limitations either if you wish to soar out of this galaxy even. But find a location where you can serve others. (Pause again for these contemplations.)
 - d. After you have completed this journey, return to the cloud. Find yourself surrounded by many others who are doing the same. Now exhale out the cloud and return it to the atmosphere above the city. Continue exhaling until all the cloud matter has been released. This is very important that this cloud matter is returned; do not keep this within you. There are two reasons why – one your spirit will not fully rejoin your body, and therefore, healing will not be attainable. Two – your spirit will not be offered this opportunity again if the gift is not returned. Now focus upon your body once again and you will be immediately be reunited.
 - e. **Deep Personal Contemplations:** Healing the body is a simple task based upon your faith. There are many techniques and all are worthy in their own respect; however, the spirit must merge outward with the flesh, teaching it and communicating its knowledge of the hierarchy of God's kingdom. You may focus upon your body; however, focus upon the universe, the galaxy and the Milky Way for proper guidance, as you are made up of its glorious creations. Seeking a oneness with all of God's creations, while living in peace and harmony with one another offers a safe space for the body to properly heal. As a spirit you can fly anywhere. You can do anything. However without this body you will see the many restrictions placed upon you. You cannot communicate with people who are suffering, you cannot feed the

starving, you cannot free the captured and imprisoned. Your body offers opportunities to interact and serve in ways the spirit cannot. However the spirit is “WHO” you truly are. The body is simply a vessel. The spirit is what feels emotions, thinks, remembers, and possesses all the gifts of the heavens. The body cannot survive without the spirit and yet the spirit cannot succeed without the body. Open up your heart and feel this mutual respect for the body and for the spirit as each possess divine gifts. Invite your spirit to merge outward with the flesh and become one in spirit, mind and body as this mutual respect offers a higher knowledge of God’s creations. When the spirit merges outward towards the flesh and becomes one, this is an act of obedience towards God as the spirit and body are created to function as one flesh. However, we tend to separate the two due to unrighteousness. The spirit is holy beyond measure and the flesh is imperfect.

Strengthen your relationship with Father and Mother and rely wholly upon their love as they are the source of this knowledge and strength that feeds your spirit. When you are ready, you will be encircled in a ray of light originating from your spirit within. Now shine this light upwards towards God. In this moment ask God in prayer to shine His light originating from the heavens down upon you as it is a mutual light filled with healing energy. Offer a prayer unto your Heavenly Parents and ask for this healing light to be offered unto you and share in this mutual respect, gratitude and love for the Savior and your own creation. (Pause)

Your spirit is a divine being fully capable of eternal life. However, the limitations of the flesh and the blessings of the flesh tend to overcomplicate the natural law. This is a simple solution where the spirit leads the flesh and takes its place as the royal child of God with whom your true destiny lies. Your worth and your value are limitless, with potential originating from God Himself. Step into this power and take upon yourself the crown of glory as it is offered to you for your righteousness.

Remove the binds of this earth. See yourself from beginning to end; the beginning of your creation as a spirit child of God, all the way until you are resurrected in your perfect glory. Your life does not exist only from birth of your flesh until the death of your flesh. Your existence lasts much longer. Open your mind and push past the barriers and restrictions of your mortality. You are a child of God and that existence comes with a divine purpose. Your purpose in life ultimately requires a pursuit of God’s will to achieve your true calling, not in your understanding, but in His. Invite God to show you your true purpose here in life. Say a prayer and ask God to communicate to you this divine purpose. (Pause)

Focus on your thoughts and the worthiness of the thoughts that come into your mind. Practice maintenance by keeping your space cleared of influences. Practice your healthy self-talk and affirmations continuously. Direct your thoughts onto a more holy understanding for your existence. Take a deep breath and feed yourself life giving thoughts. Imagine all the most positive outcomes of each trial you are currently experiencing. Imagine these one by one and focus on the best potential. Then allow God to increase the potential of each of these events as you allow more positive change to occur.

3. Practice using the light healing technique –

- a. This light will immediately break down the particles that cause you such discomfort and then allow the elements to convert the tissue into the nutrients your body needs. Do this while in the sun, lying on your back and visualizing the beam of light gently entering into your body.
- b. Visualization: Focus on a beam of light coming from the heavens and into your body (or specific portion of your body that you desire to be healed).
- c. Invite it in as this light obeys God’s plan of free will. It will enter and immediately begin working and reorganizing the molecules within this tissue. Allow time for this to occur, be

- patient and allow peace to flow through your body along with deep breaths. Not just verbalizing the invitation, but welcoming this light to surge within you and into every atom.
- d. If there's the slightest bit of resistance in your mind or subconscious, it will stop; therefore, this must be done after your release of all the energy that no longer serves you.
 - e. Be sure to release the attachments as this occurs, fully letting go.
 - f. This may take a few tries. Practice and have faith. This light represents the healing hands of Christ and healing through faith requires much work on your part. The light is loving and capable of complete healing, when you are worthy and faithful and ready – with your body no longer needing a storage facility for these energies, then you're ready.
 - g. Remember you are surrounded by angels and we all work together as a team, we are interconnected and God is our source. You may at all times be a part of this network, but during this practice of healing you are encouraged to engage in this network and allow the angels' higher understanding to enter into you and change you from the inside out.
 - h. You may invite your light to also join this light, stretching upwards.
 - i. Give the credit to our Father, including all your gratitude. The light also prefers to give the glory to our Father. This light comes from Father, Christ and all the angels in heaven including heaven itself; therefore, it is a complete energy, complete source, and complete love
4. Practice using atmospheric energy –
- a. Invite cobalt into your feet and up through your legs, this will ground you so this practice doesn't drain your energy. Now place your hands in front of you and imagine a bolt of electrical energy between your hands. This will take some practice. You will be able to feel this bolt of electrical energy bouncing slowly or rapidly between your hands. Have faith in your spirit's ability to control matter. Once you can feel this energy between your hands and you can visualize it, and then you are ready to use this energy. Take your time on this step as you cannot continue until this energy is being properly harnessed.
 - b. Now place your hands with your right hand at the top of your crown chakra and your left hand at your root chakra. (Top of the head and the base of your tailbone.) And leave this bolt of electrical energy within the center of your being to be used for the purpose of healing.
 - c. Until your body is aware of how this healing energy is meant to repair the body it will be surrounded by the nutritional benefits it needs while lacking the knowhow. Your body is now surrounded and being fully saturated in all types of healing energy, now it is time to teach the body how to utilize this energy for the proper restoration of the original creation of your body.
 - d. If this purpose is one you wish to achieve, it is recognized you will need a body of health to fully accomplish this calling. When your focus is in the right place, for the right purposes, and for the divine nature of your spirit; then your spirit will freely share this healing technique. Now ask your spirit to teach your body how to heal, reconstruct, regenerate, break down, and remove all remnants of darkness. Ask your spirit to assist the body in the knowledge of God's plan and God's creation of this perfect body. Invite your spirit to become one with your body and mind so that all may fully find peace and healing in God's tender care. Imagine all of your cells opening up and submitting fully to the spirit. Imagine these cells allowing the healing journey to regenerate to their perfect original form. Witness the energy within your body being fully recognized and welcomed into each and every atom. The atoms in your body are living, they are full of energy and they are intelligent. Ask your spirit to communicate to each atom how to function, work together, heal and regenerate as the cause of illness has been removed and repented from. Invite the body to use all the healing energy, compounds, 5 elements, and electrical energy to assist in the healing process

- as it is being taught by the spirit. Focus on this occurring within your body and have complete faith in your body's ability to heal with the instruction of your spirit. Focus upon each area of your body that is experiencing symptoms, illness or distress one by one. Do not guide this or limit it based upon your mortal understanding for the spirit's wisdom far exceeds your mind. (Pause for deep contemplation and for healing to occur for five minutes.)
- e. Focus on the healing hands of God upon your body; healing every part of your body and bringing it back to its proper function. Allow this healing to continue, throughout your day. Communicate to your body the changes that have taken place. Remind your body of its original creation and the proper functioning of every atom, every cell, every organ, and all other components that form your body wherever illness has occurred. Communicate these truths to your body: it is safe to function properly, I don't need to be sick to be loved, I can accomplish all that is required of me, I have the strength to overcome all obstacles that come my way, I desire complete health to accomplish all that God has for me, I remind my body of its original creation, and proper function as it was created perfectly by God to house my spirit during my mortal years. Now close your eyes and imagine your body in its perfect creation. See yourself full of light, health, and positive energy. Focus on this image daily and share this healing light freely.
 - f. Now take your hands and place them upon your crown and root chakra and remove this bolt of electrical energy by inviting it back into your hands. Place your hands in front of your body and offer this energy back to the earth with loving gratitude. Be sure to release this electrical energy. These steps can be repeated as often as necessary however this electrical energy is a tool meant to be used in short increments.
 - i. NEVER leave this energy in for too long! Always double check to make sure it has been released properly.
5. Now we bring together each of these components to practice Asamta Asia – You can practice this long distance, in person, with others, or alone. You can even practice this on yourself, but this will take more mastery as your own blocks will limit your ability to see everything. Allow your spirit to lead!! Your hands are literally allowing the atmospheric energy to flow through you. Each hand acts as a positive or negative. The atmospheric energy will literally knock out blocks so there will be some deep emotions being felt throughout this practice.
- a. **Long distance:** Close your eyes and see your spirit standing in front of the person you are helping. Bring the atmospheric energy together in your hands and place this energy into their root and crown chakras. Now watch the energy flow through their body. The energy will light up their being and you will be able to see the issues you may have previously missed. The energy is healing at the same time. What do you see?
 - i. Are there any blocks?
 - ii. Is the energy moving too fast?
 - iii. Is the energy moving too slow?
 - iv. Is there an area the energy is avoiding?
 - b. Troubleshoot through any complications you are seeing. Muscle test throughout the program and correct anything you are seeing.
 - i. You can use the light healing if you are prompted.
 - ii. You can correct many issues by allowing your spirit freedom to assist.
 - c. Be sure to release the atmospheric energy as soon as you see or feel your spirit prompt that it is complete. You can complete any work still needed after releasing the atmospheric energy.
 - d. **In person / Alone:** If you are practicing Asamta Asia in person – place your right hand on their crown chakra and your left hand on their solar plexus or sacral chakra (abdomen). Follow the steps listed above.

- i. Many blocks will start coming up so allow your client to talk through them, no matter how unrelated they may seem. Allow their emotions to be felt and release any energy connected to the blocks they are releasing.
 - ii. Use any process in the program you need to help your client overcome the barriers to a perfect energy flow.
 - iii. Be sure to release the atmospheric energy.
- e. **In a group:** Have one person at their feet. One person at the head. And one person at the abdomen. Utilize everyone's spiritual gifts and talk through the blocks that are coming up for the client.