

## FIRE DIAMOND

1. The Fire Diamond is a higher frequency vibration whose main purpose is to reconnect your Heart with your Soul. This deep inner connection leads to spiritual transformation.
2. You may experience various reactions during and immediately following the session. You may feel a deep sense of relaxation, peace of mind, a connection with your deep inner wisdom, and have spiritual insights that guide you in your life, as well as other individual responses to the Diamonds effects.
3. The Fire Diamond is beneficial for personal health, and improves your effectiveness while working with clients, giving them the same benefits.
  - A. Physical benefits: balancing both hemispheres in your brain; ability to enter deeper brain wave states of alpha, theta, and delta; induces the relaxation response; strengthens the entire chi meridian system for improved health; strengthens your immune system; reduces blood lactates; reduces stress, thus improving blood pressure. Allows your body to heal itself in its own way and time.
  - B. Emotional benefits: reduces stress and anxiety; develops positive attitude toward life; dissolves negative thinking patterns; gives you the ability to be grateful for all life experiences.
4. Practicing the Spiral while focusing on the Twelve Gates of Gratitude, will lead you into further understandings of how the FD will improve your spiritual connections. Continued use of the FD will gradually, and/or rapidly, guide you into your deep inner wisdom. Specific instructions on how to use the Spiral were given to you in the Initiation.
5. Initiation into the power of the Fire Diamond is like planting a beautiful rose. If you water it, it will grow abundantly, healthily, and will flourish in your life as your Soul is nurtured.