

# Keep It Simple Sabrina: K.I.S.S.

## How to Guide on Biofield Practice

**Biofield** = interacting fields of energy and information that surround living systems, including physical, emotional, mental and spiritual layers, extending approximately 6 feet from the body

**Piloerection** = erection or bristling of hairs due to the involuntary contraction of small muscles at the base of hair follicles that occurs as a reflexive response of the sympathetic nervous system

**Crystals for EMF protection** include Tiger's Eye, Shungite, Black Tourmaline, Sodalite.

**Crystals to own** include Clear Quartz Points/Wands, Rose Quartz, Moss Agate, Carnelian, Onyx, Golden Healer, Amethyst, Lapis Lazuli, Fluorite, Selenite, Unakite, Bloodstone or what resonates.

**Situational Awareness:** Your Biofield acts as your "early warning system" against energetic incursions. Be PRESENT. Feel, see your "inner eye" until it becomes automatic. Elongate and sense through your Biofield.

Incursion early warning might include ears ringing, unexplained pain, sudden tingling/tapping on your head or piloerection.

**ACTION!** Use Sabrina's 5-step protocol (below) and/or declare out loud if possible, "No weapons used against me shall prosper says the Lord." You can also declare, "I have a Biofield and know how to use it!"

So how do we cultivate our energy and early warning system? How do we ACT when an incursion happens?

### **Getting ready:**

- Stand hip width, feet parallel, legs straight but not locked at the knee or hip joint.
- Feel the connection of your feet to the ground, weight distributed evenly across the soles.
- Ask for protection from God/Jesus of Nazareth/Archangel Michael/God, or imagine your entire being in a protective bubble/egg of white/blue/color of your choice light.
- Raising your arms slowly from your hips to over your head, gather the energy/living waters of Christ.
- Then, direct that energy with your hands to the Crown of your head to third eye to throat to heart (paying extra attention to and leading from the ) to solar plexus to sacral area to the root of your spine and, finally, down your legs through the soles of your feet to the earth.
- Imagine that energy grounding you to the earth star.
- From there, feel the telluric energy and ley lines.
- Gather that accumulated energy from the ground back up from the soles to the root of your spine in a spiraling pattern.
- Slowly, feel the energy or breath of the living waters of Christ enervating your cerebral spinal fluid slowly up and down from the root to the cranium at least 3 times in a full loop
- Alternately, ground by praying Ephesians 4:6-10 "From the depths of the earth to above the highest heavens," and draw energy to yourself. "For there is one God, one Father of all, above all, through all and in us all."

**Sabrina's 5-step protocol:** (PRACTICE. PRACTICE. Practice in order.)

- 1) BLOCK — to hinder the passage, progress, or accomplishment of by or as if by interposing an obstruction; to shut off from view; to prevent normal functioning or action of
- 2) SHOCK — to strike with surprise, terror, horror, or disgust; to subject to the action of an electrical discharge; collide
- 3) SHUNT — to provide with or divert by means of an electrical shunt; to switch (a railroad car, a train, etc.) from one track to another; to turn off to one side : **SHIFT**
- 4) SHIELD — to protect with or as if with a shield; to provide with a protective cover or shelter; to cut off from observation : **HIDE; FORBID**
- 5) The LORD REBUKE thee. Amen. — (get bent) to deprive of or cheat out of something due or expected; to treat so as to bring about injury or loss; “screw you” middle finger raised in the air

\*Definitions from Merriam-Webster Dictionary online, except “screw you.”

### **Solo Exercises:**

Create and hold an energy ball, roughly the size of a bowling ball, in between your hands. Expand, contract, play with that energy ball.

Hold your hands almost touching until you feel the space in between getting charged. Practice separating the hands without losing the charged feeling.

Feel the arms, etc without actually touching.

Explore the borders/edges of your Biofield.

### **Table work:**

Connect energy from the ankle to knee, knee to hip, hip to shoulder and to head on left and right side of the body. Hold space for healing to occur.

Clear and balance the chakras from the head down towards the feet sweeping the energy into a plasma vortex and out of the space via door or window. Direct it by placing an onyx by the exit. Alternatively, use a mirror to take the negative energy.

Explore working with crystals and tuning forks/sound bowls/bells. 

### **Partner Exercises:**

Right hand down, left hand up: Send and receive energy. Hold space for each other.

With practice, do same with colors. First announce the color you are going to send. Eventually, have the recipient guess.

### **Group Exercises:**

Hold space. Right hand down, left hand up: Create two rows. Practice sending and receiving energy. Switch to next in line.

Right hand down, left hand up: Create a circle. Practice sending and receiving energy, then colors, clockwise and counterclockwise.

Place someone in the center of the circle. Have them sense as people behind them approach. Strengthen sensitivity.

### **Car Shielding:**

- Archangel Michael is powerful.
- Imagine your car surrounded in roses or white light.
- Tell the universe to make your car invisible, safely.
- Protect yourself and loved ones from natural (trees, animals) incursions, weather, police and other cars with your Biofield extension.
- With practice, you can use a buffer shield with a 1-mile radius (adjust as necessary).

### **Crystal Grid:**

- Create a protective grid around your house or property.
- Carry/wear small crystals.
- Use a crystal grid for specific purpose, such as healing.
- Learn which crystals correspond with a chakra. Alternatively, use your non-dominant hand to feel for resonance/connection.
- Watch Sabrina's video discussing amplifier, resonator, director crystals.

\* **Trouble feeling the energy or producing piloerection?** Practice. Ground. Breathe. Relax.

### **Other things to consider:**

- Become familiar with your chakras. Are they centered and aligned?
- In eastern medicine, there are 3 collection areas of **chi**, energy, the upper Dan Tien (head), middle Dan Tien (heart) and lower Dan Tien (bladder area). Interestingly, Sabrina often refers to the RF Sinks at the heart and bladder. Tune in daily to the 3 areas to make sure you are cultivating and not depleting chi in those areas.
- If you're connected to ley lines, consider anointing ones near you.
- Faraday fabric and paint as well as crystals offer some shielding. However, with the ability of bio photonic monitoring, your Biofield is the best defense.
- Share Sabrina, Psinergy, technical info and Biofield practice with interested individuals.
- Never stop learning and practicing.
- Most importantly, pray! 🙏

For more information, contact [psinergy.com](http://psinergy.com) or [info@psinergy.com](mailto:info@psinergy.com) and Anthony, Sabrina's gatekeeper.

*This document was made without Sabrina's review but from information gleaned from her classes, documents and videos.*

**Mark 5:36**

**Amen**