

Biofield Triage

(Incorporating Keep It Simple Sabrina – K.I.S.S)

biofield (*plural* **biofields**)

n

1. A supposed field of **energy** or **life force** that surrounds or permeates a living thing.

<https://en.wikipedia.org/wiki/Biofield>.

triage

n

1. (Medicine) (in a hospital) the principle or practice of sorting emergency patients into categories of priority for treatment
2. (Medicine) the principle or practice of sorting casualties in battle or disaster into categories of priority for treatment
3. (Military) the principle or practice of sorting casualties in battle or disaster into categories of priority for treatment
4. (Government, Politics & Diplomacy) the principle or practice of allocating **limited** resources, as of food or foreign aid, on a basis of expediency rather than according to moral principles or the needs of the recipients

<https://en.wikipedia.org/wiki/Triage>

piloerection

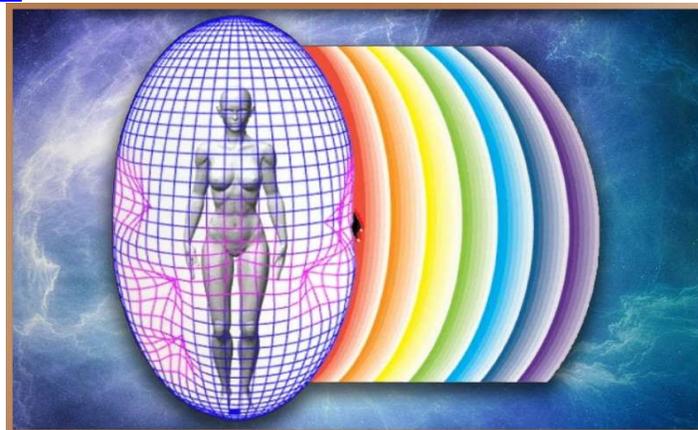
n

1. The **erection** of **hairs** or **papillae**.
2. **Goose pimples** / **goose bumps**.

https://en.wikipedia.org/wiki/Goose_bumps

Purpose of Biofield Triage is to give you a quick reference of approaches to Biofield Triage. Mastering Biofield homeostasis will require self-study, reading, and practice. Consider it an investment in your own safety, wellness, and health. Use this document with the K.I.S.S. document, car shielding document, and the Sabrina pdf document that provides an overview of the technical details with sources. The Telegram Psinergy Group has a numerous, caring fellow humans who will help guide and support you as you embark on this incredible journey.

<https://t.me/psinergists>



Symptoms of a Biofield Assault/Injury/Dysfunction:

- Pain
- Anxiety
- Depression
- Immune Dysfunction- autoimmune conditions/ frequent infections
- Cancer
- Stress
- Insomnia
- Itchy/tingling sensation
- Skin Rashes/Wounds
- Morgellon fibers in wounds
- Tinnitus- ringing in ears
- Headaches
- Difficulty with concentration/ sustaining focus
- Mood dysfunction
- Cognitive dysfunction
- Joint Pain
- Edema (swelling) of extremities, face, and tissue- described as "tightness" in body
- Hearing voices (V2K tech)

Causes of Biofield Assault/Injury/Dysfunction

- Prolonged EMF exposure
- Electromagnetic Warfare Attack
- Electronic Kill Grid Attack
- 5G/6G Microwave Exposure
- Drone Warfare Attack
- Neural Networks
- Neural "Smart" Dust
- Medications/ Vaccinations
- Reduction Force Activities
- Sonic weapons
- Cyber Attack
- Frequency Weapons Attack

Treatment Plans for Healing Biofield/Maintaining Biofield Homeostasis:

- Daily spiritual practice- daily chakra visualization- daily intention- maintains heart chakra homeostasis
- Daily Biofield Practice- Piloerection (goose bumps by thinking about them)- if having difficulty, add favorite music for "Frisson" effect. This practice allows one to develop more control of piloerection process which is important aspect of defense/offensive biofield shielding/ shunting
- Daily exercises (kinetic) to maximize recharging maximum energy level at the cellular level- 2 mile walk, 20 minutes of aerobic exercises, Qi Gong, Tai Chi, etc. How do you recharge a kinetic watch? Our bodies must maintain optimal energy balance to sustain appropriate life force homeostasis.
- Diet- clean, nutrient dense, high ATP foods- ensure appropriate level of protein to fuel amino acids. Avoid unnecessary toxins/chemicals/preservatives.
 - Think clean farm to table foods. The freshest is best for maximum nutritional and maximum ATP energy value.
 - Organic, no chemicals, no steroids, no antibiotics
 - Consider local and regional farmers/ranchers
 - Consider organic, homesteading/Victory farms, if possible

- Water- clean, filtered, live, plasma charged. Spring water= live water
- For chronic medical conditions, consider an integrated medical specialist/chiropractor specialist to address root causes
- Also consider energy healers, alternative health providers, as needed.
- Daily gratitude reflection- maintains heart fire homeostasis
- Daily singing provides healing, uplifting, and important breath work

Supportive Biofield Healing Modality Specialties:

- Biofield/Frisson Practice
- Biofield Tuning
- Reiki
- Therapeutic Touch
- Distant Healing
- Sound Therapy
- Aromatherapy
- Ayurvedics
- Chinese Medicine
- Naturopathic Modalities
- Chiropractic Modalities
- Herbalists/ Holistic Health Modalities
- Acupuncture
- Infrared Light Therapy

Daily Energy Work Options:

- Biofield practice- piloerections
- Daily Qi Gong/Tai Chi
- Meditation/Visualization- Chakra alignment and proper functioning of chakra spin
- Daily Earthing- Biofield visualization
- Daily walking- outdoors
- Daily aerobics to improve energy at cellular level and tissue oxygenation
- Daily breathwork and singing
- Daily yoga- improves blood flow and oxygen to tissue level
- Feng Shei approach to home or office environment

Biofield Took Kit:

- Protective Prayer of Your Choice
- Crystals For EMF Protection: Tiger's Eye, Shungite, Black Tourmaline, Sodalite
- Suggest crystals to own: Clear Quartz Points/Wands, Rose Quartz, Moss Agate, Carnelian, Onyx, Golden Healer, Amethyst, Lapis Lazuli, Flourite, Selenite, Unakite, Bloodstone...and whatever else resonates. The Crystal Bible is a great resource. See psinergy telegram channel.
- Mirrors/Glitter
- Markers/Paints/Ribbons- for Sigil/Wards
- Incense
- Candles
- Bells
- Wind Chimes
- Tuning Forks
- Singing bowls
- Yoga swing

Situational Awareness: Your Biofield acts as your "early warning system" against energetic incursions/unwanted intrusions. BE PRESENT!! Practice "feeling" and "seeing" your inner eye until it becomes automatic. Then elongate the piloerection and sense throughout your Biofield.

Incursion early warning signs include ears ringing (tinnitus), unexplained pain, sudden tingling/tapping on your head or piloerection/goosebumps, usual auditory tones, gut feeling.

STAY LEFT OF BANG!!! TAKE ACTION!! Use Sabrina's 5 Step Protocol and/or declare out loud (if possible), "No weapons used against me, shall prosper, says the Lord!" Other declaration example, "I have a Biofield and I know how to use it!"

Proper position-

- Stand hip width, feet parallel, leg straight but not locked at knee/hip joints
- Feel connection of your feet to ground with your weight distributed evenly across the soles of your feet

Ask for protection from God/Jesus of Nazareth/Archangel Michael – imagine / VISUALIZE your entire being in a protective bubble/egg of white energy in white/blue light (can use color of your choice though).

- Raising your arms slowly from your hands to the Crown of your head----gather energy/living waters of Christ.
- Direct the energy with your hands to the Crown of your head → to the 3rd eye → throat → to heart (paying extra attention to energy leading to and from the heart chakra) → to solar plexus → to sacral area → to the root of your spine, and → finally down to your legs through the soles of your feet and into the earth.
- Imagine/Visualize that energy grounding you to the earth star.
- From there, visualize and feel the telluric energy and ley lines.
- Visualize and gather that accumulated energy from the ground → back up from the soles of feet → 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 spine fluid..slowly up and down from the root to the cranium at least 3 times in a full circulatory loop.
- Alternately, ground by praying Ephesians 4:6-10n" 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 (Develop a Daily Practice Discipline- 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 electrical shunt; to switch (a railroad car, a train, etc.) from one track to another; to turn off to one side
- 4) SHIELD- to protect with or as if with a shield; to provide with 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.

Solo Exercises: - remember right hand sends energy/left hand receives energy

- Visually create/hold an energy ball (about size of bowling ball) between your hands. Expand, contract, and 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 your arms without actually touching.
- Explore the borders/edges of your Biofield.

Table Work:

- Connect energy from the ankle→knee, knee→hip, hip→shoulder, shoulder → head on the 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 or shield 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 the same with colors. First, announce the color you intend to send. Eventually, ask the recipient to guess the color.

Group Exercises:

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

Biofield Defensive Strategies:

- Situational Awareness at all times- Assess vulnerabilities of home environment.
- Remain aware unusual audio tones/sounds/vibrations
- Don Your Armor of God
- Consider Protective Stones/Rocks/Boulders/Sigil/Wards/Plasma Water- around perimeter
- Biofield Practice- Piloerection
 - "Shield"-----hold---→Elongate
 - Sabrina's 5 step protocol.
 - See videos of Sabrina's Biofield demos for defensive tactics
- Fung Shei approach to home environment
- Mirrors- Glitter (reflective properties)
- Wards and Lithography
- Crystal Grids
- FlightRadar24 app – use this to verify whats flying overhead if you begin to have symptoms of electronic incursion. Keep in mind- some aircraft may have transponder off or be cloaked and not visible on your app. Trust your senses- even if you can't see aircraft with visible eye.
- EMF Exposure Reduction/Mitigation Products
 - Grounding blankets/pads
 - Cotton clothing
 - EMF Shielding Clothing/Hats
 - EMF Blocking Paint

Biofield Offensive Strategies:

- Situational Awareness is ESSENTIAL
- Don your Armor of God!
- Sabrina's 5 step protocol- ESSENTIAL to be proficient with this!
- Crystal
- Mirrors/glitter
- Shields

**Devices like signal jammers are deemed illegal by the FCC. Additional pointing lasers at aircraft can also result in criminal charges.

Wearable devices will NOT teach you to use your Biofield body part. This requires regular practice and intention.

