



Global Quantum Healing

— Dare To Live Your Dreams —

Healing Your Core Wounds MP3

Heal and integrate your “wounded self” wherever this may be, whether it’s your inner child, younger self, or past life. It helps to support you in transforming more of your core wounds and break-free of your limiting beliefs and negative experiences. This allows you to quickly free yourself of bondage and unforgiveness--as you experience love and compassion so you can love yourself back into Wholeness.

How often to use:

- You can use this healing audio MP3, **once a day** or more as you are guided.
- For more individualized usage like how often (or in which order with other healing MP3s), especially if you are more sensitive to energies and/or more advanced, then you can muscle test, use a pendulum, and/or ask for guidance to how often to use and in which order. **When looping or put on repeat play, suggest limit use up to 8 hours at a time.**
- **FOR BEST RESULTS/ Success TIP**, as you listen to this healing audio, remember that **HEALING = Feeling + Mindfulness/Presence**. Be fully present in your body, get in touch with your emotions/body sensations, and let go of any resistance by allowing whatever coming up within you to move through without trying to get rid of it or pushing it under the rug. This way you can properly process these “energetic” gunk (dense & limiting) energies just how you would process the food you eat. (HINT: Will take practice, proper guidance, support and healing).

Note: The following information is repeated for each MP3 or video. If you’re reading this information for the first time, please read it in its entirety.

Please also note:

- In the beginning and especially if you are new to my healing MP3s, recommend that you start out slow and work your way up for the number of times you can use it in a day. FYI, it **will not** harm anyone, but you may go through more processing and/or detoxing symptoms which is a positive sign of healing and transformations.
- However, the more you use regularly, the more healing and clearing you will receive (at the level you are able to). Plus, the Divine support that come through the MP3 are quite dynamic and will "meet us where we are" at our next level of awareness, understanding, and our alignment to the Higher Perspective.

Additional Healing Benefits:

Each time you listen to the audio, you can further receive the following healing benefits unique to my *signature Quantum Healing* energies.

1. Raising Your Vibrations & Protection:

- You will receive the benefits of raising your vibrations and protection from lower vibrational energies or entities. Also helps you to raise your Light Score--your ability to be free from negative attachments. The goal is to have a Light Score of 90% or higher. With an energetic Light Score of 90%, you can have a 99.9% chance of being free of lower vibrational attachments or entities. Your ability to be free from lower vibrational energies is dependent on various factors like your baseline energetic vibrations, how centered or grounded you are in general, your Light Score, your limiting beliefs, and more.

2. Healing Water:

To learn more on **How to make your water & food for healing & protection?** Watch this video: <https://youtu.be/PaIgDnzQLKc> (if unable to open, then copy & paste to your internet browser).

3. Healing Music:

Healing frequencies are embedded into **both** the music and soundless tracks **with the same effectiveness**. As you use the MP3, it helps to “infuse” your subconscious mind with the healing energy frequencies and healing intentions. Using a headphone helps you to be able to “feel” the music more **but is not necessary** to use headphones. Also you **do not** need to turn the volume or speaker up with the soundless version.

4. Healing Affirmations:

Relevant healing affirmations are embedded into each audio. Although you may not be able to hear them, your subconscious mind or Higher Self will “hear” them as you play the audio. These affirmations will further reinforce the healing effects of the water, music, and healing energies.

5. Healing energies of Reiki and Quantum-Touch as well as other Pure Source healing energies.

6. Healing oil essences that are embedded with the highest vibrations and energy frequencies.

Important Considerations:

Please note the following:

- Like all of my MP3s or videos, this audio is safe for all to use, including babies, younger children, pregnant women, elderly people, and animals of all sorts. You may multitask while using the MP3, but **recommend you be PRESENT especially** if you are working through your body discomforts or emotions. **Do not play this audio while you are driving or when 100% of your attention is required**, as it may cause you to be sleepy or spacy. Always follow your inner Knowing/Guidance and take responsibility for your own healing!

- **Recommend you make a make a comprehensive healing list of all the issues or situations that you would like healing on.** When you use this MP3, ask the Divine team(s) to work on your “healing list”. You can also include the issues of your loved ones or others. Just note that one’s ability to heal is dependent on his/her ability to receive, come into alignment, and let go of what’s not serving.

Each time you use this MP3, say the words, “Please work on my healing list.” And that’s done! **HINT:** Just write it down, your Higher Self and the Divine Teams know! Intention is everything. But here’s a helpful video that I did on [Making your healing & clearing list to help you and others](https://youtu.be/0B_ba54BBvg). If unable to open, then copy & paste entire link to internet browser: https://youtu.be/0B_ba54BBvg (watch first ~15mins for more details)

- The energies of this audio work through deep layers of gunk clearing and healing. As you listen to the MP3, you **may** experience some **temporary** changes or sensations in your body...as your body is processing the healing energies to work through the gunks. These temporary changes may include the following:
 - Yawning, tingling, and experiencing other bodily sensations.
 - Feeling really cold accompanied by your body shivering or your teeth chattering. If this occurs, be sure to cover up with a blanket or shawl.
 - Feeling really hot and possibly sweating from being so hot.
 - Needing to urinate more often.

These symptoms should be temporary and indicate that your body is processing.

- In addition, you **may** also experience some mild temporary processing and/or detox symptoms after listening to this audio. These detox symptoms are temporary and are kept to a minimum by the Divine Healing Team. However, at times it is necessary as part of the healing process--releasing dense and limiting energies. These symptoms **may** include the following:
 - Needing more sleep.
 - Feeling more tired than usual.
 - Experiencing transient cold symptoms, headaches, diarrhea, etc.
 - Feeling strong emotions such as increased frustration, anger, crying, etc
 - Having more vivid dreams or dreams that do not make any sense. (We often process/heal in our dream-time).

These symptoms should be temporary and indicate that your body is healing, processing, and releasing the negative “gunk” energies. A positive sign of healing. Listen to your body, rest or nap when able, stay hydrated, and be present with whatever you are experiencing so that it can be worked through or out of you quicker as you are not resisting. Listen to your body and get plenty of rest. Drink your healing water to stay hydrated and to also help with eliminating processing and detox symptoms.

- **BUT when you have persistent symptoms** such as body discomforts, strong emotions, difficulty sleeping, feeling exhausted, or being more triggered...**then these symptoms are of deep rooted (energetic) issues.** Follow up with your medical care provider as needed, then get the proper healing, support and guidance to help you heal what’s in the way of having

these problems in the first place. Because most of us, **did not** develop your “issues” overnight!

- If you're unable to play this audio for some reason, just say, “The Divine/God/Source or Angel team”, please play (the name of the audio/video you want) now.” The Divine Healing Team will come through to assist you, but you **must own or have access to** the actual audio or video for this to work. Again, intention is everything! For more details on how to do this, watch this video: **Making your healing & clearing list to help you and others:** https://youtu.be/0B_ba54BBvg (first ~15mins)
- **Furthermore, it is very important to have the right kind and amount of support to help you along your healing journey!** Even though my healing MP3s or Videos are effective healing *supplements* and has helped many people around the world, but can only be as effective at the level of one's ability to receive, come into alignment, and let go of what's not serving. For many people who use this MP3 or MP3s in general regularly, will receive healing or notice some degree of improvements (healing starts from within first). But for many others, we need more support that is so invaluable. Considering, most if not all of us have been through a lot during this lifetime, not considering the possibilities of past lives. This is particular important, if you are not seeing improvements especially if you have been working on your issue(s) for a while (and not just with my healing work but others), then it is vital to consider getting more support to help propel you further to really living your purpose and prosper doing what you love. **Especially if you haven't meet the minimum requirement of the [Abundance Living Key Essentials](#) - when tipping point for progressive flow of abundance are possible in your life.**

Consider working with me in 1-1 session, 6 weeks Coaching & Healing Intensive or 6 Months Dare to Live Your Dreams Healing Immersion with me. You may be unknowingly or subconsciously holding onto your “gunk” of limiting beliefs, unhealed wounds/traumas/unforgiveness, resisting the healing, and/or “out of alignment”. Hence, with proper support, healing and guidance can further help steer and propel you forward to living your purpose and unlocking your full potential *faster*--with more ease and flow!

Warning:

- All of my MP3s or videos are for your personal use and to share (may give actual copy) with your immediate family members living in the **same** household only. You can reference to above info on [Making your healing & clearing list to help you and others](#).

If the copy of the actual MP3s/videos are given to other individuals then these shared MP3s/videos will no longer contain the “healing energies” in them and will not work although they will still have the relaxed healing music. If these MP3s/videos are duplicated and sold to other people for profit, the healing energies will cease to work in all your MP3/video copies.

- Music licensed obtained from www.Purple-Planet.com

Much Love, Light, & Healing,

Jenny Ngo

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