

Preparing for Your Session

Your Light Body Activation session will last approximately two hours. During this time, it's essential to create a peaceful, nurturing environment where you can fully relax and receive the healing energies. Find a quiet, warm space where you won't be disturbed. The Antari operate at very high vibrational frequencies, which can sometimes create a cooling effect in your physical space, so please ensure you have a blanket nearby and that your room is comfortably warm.

Make yourself comfortable either lying down or seated - whichever position you can maintain with ease for the duration. You may wish to have some water nearby. It's recommended to disconnect from phones, television, and other potential interruptions during your session time.

Many clients find it beneficial to spend a few moments in meditation before we begin, clearing their energy field and setting their intention for the session. You're welcome to play soft background music if you'd like, or simply rest in silence. Some clients drift into sleep during their session, which is perfectly fine - the work continues regardless of your conscious state.

What to Expect

As we begin, I'll first perform a foundational energy clearing and balancing. This includes a thorough energetic wash through all layers of your auric field, followed by chakra balancing and the establishment of a grounding earth circuit. This preliminary work creates the optimal conditions for the deeper Light Body activation work with the Antari.

Signs of their Work

When the Antari are actively working, clients may experience various sensations including:

- High-pitched ringing tones in the ears, representing DNA responding to recalibration
- Fluttering sensations in the eyes and brow area as they work with the higher sensory glands
- Waves of electrical energy moving through the body
- Pressure or expansion sensations in the head
- Sudden shifts in consciousness or perception
- Temperature fluctuations
- Deep states of relaxation or altered awareness

The Session Process

The Antari create a specialized energy field around you during the session, using what's known as a Toroidal Inducer. This temporarily lifts you out of everyday 3D reality to allow for higher dimensional healing work. Within this protective field, various procedures may be performed based on your individual needs, including DNA repair, removal of energetic implants, activation of dormant star codes, and clearing of karmic patterns from other lifetimes and realities.

After Your Session

When we complete our work, it's important to:

- Drink plenty of water to help ground and integrate the energies

- Spend some time in nature if possible
- Rest and allow yourself time to integrate
- Pay attention to any insights, dreams, or subtle changes you notice

The morning after your session, you'll receive a detailed document describing the specific procedures that were performed and any relevant information or guidance for your continued integration.