

144,000: 26 – LBOT: Light Body Oxygen Treatment

As documented by thousands of studies, one of the best treatments for damage and dysfunction of the brain, spine and nerves (and other parts of the body) is hyperbaric oxygen therapy (HBOT). Inside a pressurized chamber, a patient breathes 100% oxygen. Because of the elevated (hyperbaric) pressure, more oxygen than normal dissolves into the blood stream, which carries it throughout the body. This increased amount of oxygen stimulates and accelerates the repair of damaged cells and the growth of new cells.

As effective and highly recommended as HBOT is, still more therapeutic is light body oxygen treatment (LBOT). In LBOT, we surround ourselves in a cocoon or chamber of etheric light that creates the elevated pressure/presence of our fourth-dimensional light form. Inside our pressurized Christ cocoon, we breathe in the light of our I Am Self. We inhale cosmic oxygen or the spiritual fire of light that awakens, activates and harmonizes our thoughts, feelings, memories and physical cells. No matter what our illness or imbalance may be, breathing in God's will and His-Her oxygen will prompt our healing. He-She always wants us to be whole!

Visualization: Be still and enter into a garden of green grace. Surround yourself in a cocoon or chamber of Christ light that is a couple feet away from your physical body, enclosing your auric field that is composed of your mental, emotional and astral bodies or vibrations.

At the top of this cocoon, two feet or so above your physical head are two nostrils or openings through which cosmic oxygen enters into your force field. As you breathe in physically, imagine that you also are breathing sky blue light (the color of the power of will) in and through these two entry ways. Blue cosmic oxygen enters into the will throne in your left and right cerebral hemispheres and accelerates a minimum of 12,000 cells there. As this occurs, feel a quickening of your faith that God's will for you is healing and harmony, balance and equipoise, renewal and regeneration. From your will throne, electric blue oxygen spreads to, awakens and accelerates cells in all of your other eleven cerebral power centers – you now have a sky blue brain. From your electrified cerebrum, blue cosmic oxygen travels to your lungs and every other part of your body, and throughout your auric field, bringing with it God's good will of wholeness and holiness. Do this LBOT for only 5-10 minutes, no more than a couple times per day.

Once you are breathing as one with God, ask Him-Her to show you someone who likewise needs LBOT. Surround this person in a cocoon or chamber of light. See your cocoon and his/her cocoon become one cocoon. When you breathe in cosmic oxygen via your two Christ nostrils at the top of your head, you breathe in this electric blue energy and will of God for the other person. See it entering into this soul's brain, stimulating his/her will throne, such that this individual knows the good will of God. Keep breathing the light until this person's entire body and auric field is filled with the blue shimmering presence and pressure of fourth dimensional oxygen. See this harmonizing, healing and balancing this fellow traveler on the road to I Am consciousness. In time, as guided from within, separate your two cocoons and turn this individual back to God. In the fullness of His-Her time, this soul shall be healed.

Breathe in cosmic oxygen for the planet. Breathe it into your cocoon and then breathe it out to all others and all other countries. God's good blue will now oxygenates all life on Earth. So be it.