



TECHNIQUES IN ENERGY MEDICINE

New Awakening Healing Axis Techniques

Franny Harcey, HTCP, QM & Tim McConville, HTCP/I, QM

The most common question we get is this:
"What is my soul's purpose in this lifetime, this journey?"

Of course, your soul knows the answer, but how do we get it to share the secret? Many spend much time and resources looking for someone to tell them. We have all heard the answer is within, but then we can't find the roadmap to get within. We are innately spirit and a spark of the Divine, so the role of personally embodying more and more of our divinity is ultimately the true work. As we traverse this lifetime, we believe that we are invited to go inward, to discover self. We at Awakening Healing Axis (AHA) have been deep into this journey, in search of healing for self and others. In the process of developing new deeper techniques, we are finding ways to make that roadmap more accessible. Finding the best tools to embrace the journey, to find and embody that spark of divinity is key.

The soul runs at a higher frequency than the normal

earthbound human existence. Rather than calling the soul down, we need to reach for its heights. Shifting one's frequency up is the first step towards communication with and embodiment of soul. Our AHA work is rooted in raising one's frequency and daily practice to maintain high frequency. Raising one's frequency is the keystone of AHA's work. As we have opened to ever increasingly higher frequency, new ways to approach healing of self and others has unfolded. The process of increasing frequency involves several steps of focus on the major parts of our energetic anatomy, optimizing each in turn. We have a basic version of this which is on our website, and a more advanced version we teach in our retreats, 1-and 2-day workshops as well as on-line training.

It begins with connecting to our planet. We find it matters which perceived version of our planet we connect with. If one connects with their perception of an unwelcoming planet that feels unsafe and in chaos, they will get that energy. If one connects with a

purer aspect of the planet, the energy is more pure.

1. HARA ANCHORING AND ATTUNING

- Connecting Tan Tien to earth Core (your crystal and experience your unique tone within the Pure Earth).
- Connecting up through Soul Seat.
- Connecting up through Individuation Point.
- Connecting arms and legs to the Matrix of the Pure Earth Grids, holding 5 pillars of grounding strength.

2. **CHAKRA OPENING** — Once connected to our planet, we focus on opening and clearing our chakras.

- Raise the frequency of each of your 12 chakras beginning with the root, visualizing iridescent red as you charge and spin this chakra.
- Continue one by one with each of your 12 chakras, opening and spinning them faster, visualizing iridescent colors.
- Maintain a strong vibrant spin of all 12 chakras.

3. **CORE ESSENCE EXPANSION** — We then tune into our Core Essence, that divine spark that is who we really are as spirit. We expand our essence into all aspects of our being.

- Visualize Core Essence as a bright white star (point of light) in the core of your heart space.
- Expand Core Essence into every cell of your physical body, clearing and purifying.
- Breathe Core Essence back to that point of light.
- Breathe Core Essence beyond the physical into your etheric body, vitalizing that layer.
- Continue breathing Core Essence back to a point of light and expanding Core Essence layer by layer through all 12 levels of the fields. Always breathing back to a point of light at each layer before expanding to the next.
- Allow this expanded state of being to stabilize.

4. **CORE ESSENCE ELEVATION** — Elevate Core Essence up and beyond the physical body.

- Visualize a layer of Oversoul (Oversoul: the absolute highest frequency of Soul) way above where you have been holding Core Essence
- Feel a strong connection vertically from Core Essence to Source.
- Visualize connecting to the Oversoul level and allow full strength and stabilization at this elevated frequency.
- If you are floating, apply golden ankle cuffs to hold you down and deeply grounded into the Pure Earth Grids.
- Hold this new frequency and allow it to stabilize.

It may seem counterintuitive that raising our Core Essence beyond the physical actually allows us to embody it more fully. By stretching our frequency up to meet our essence, we are able to bring that higher frequency deeper into all aspects of our being, allowing embodiment. At first our process can seem like a lot of steps, but with practice, it can be done quite quickly. The higher frequency achieved through this process then affects everything we do. Every healing technique becomes more effective when done at a higher frequency.

As co-creators of Awakening Healing Axis (AHA), we strive to be the best conduits and scribes for the work that is being brought to the planet at this time through us. Presenting and sharing our collective wisdom and the wisdom of guidance has created a body of new healing techniques that supports us individually and in our client practice. To assure purity in these higher frequencies, we seek the deepest level of self-love and compassion flow through the work. These higher frequencies open doorways to the multidimensional aspects of our energetic makeup, creating new perspectives and healing possibilities.

In 6 years, we have brought forward over 35 protocols focusing on specific physical, emotional, mental, and spiritual challenges, addressing them from the multidimensional energetic realm. Our life experiences get stored not only in the physical body, but in all the



Techniques in Energy Medicine: New Awakening Healing Axis Techniques

multidimensional layers and fields of our energetic makeup. These higher frequency protocols work beyond our previous self-imposed limitations, working with the many aspects of our fullness as a divine human. The work includes techniques for issues such as:


- Transgenerational trauma
- Autoimmune conditions
- Fascia repatterning and realigning
- Neuroplasticity rewiring
- DNA activation and amplification
- Soul embodiment and evolution
- Transition in life as well as end of life transition
- Lightbody activation and link-up
- Acceleration of personal and planetary consciousness
- Accessing the quantum matrix fields for exponential healing

We are finding that all this work with higher frequency healing protocols is having a delightful side effect. The higher we and the practitioners of this work run the frequencies, the more easily embodiment of soul becomes. Initially we didn't realize that was an outcome, as it was not the original goal. Now that it is happening, we are becoming aware that it is the biggest prize.

As we continue to share the body and breadth of the High Frequency Shift and extensive enhanced healing protocols, we tap deeper into the collective web of humanity. Recognizing that as more information comes through us and our team of facilitators, we must first do our work with the information at each particular moment, in order to bring the wisdom forward.

What has been tremendous to observe is the profound shifts in client healing as well as awareness of themselves to be drawn to do their own work. The energy speaks for itself, and clients engage deeper in their healing process, whether it is physical, emotional, mental, or spiritually driven. They are seeing the profound effect that the higher frequency work

facilitates and ask for tools to continue their healing journey.

As we each heal, we contribute to healing humanity. Our gift in bringing the new techniques forward is that we are affecting the collective web of consciousness, and this IS important! 



Learn more about authors Harcey and McConville, visit www.AwakeningHealingAxis.com