

# One-Minute Energy Tune-up

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Krystagraphs™  
for Corona Virus COVID-19  
Prevention & Relief

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From the common cold, to the flu virus, to the West Nile virus, Bird Flu, Swine Flu, H1N1 Flu, HIV and everything in between, our body is constantly bombarded. In most cases these viruses are common and our body easily knows how to fight them. Of course keeping your immune system strong and healthy is a key to fighting off many of these various ailments. But what does our body do when it comes into contact with something that is so foreign that it isn't prepared to fight it off? This is the case with biochemical viruses, genetically engineered virus and manmade viruses as well as viruses such as the Corona Virus (COVID-19). This report provides you with the symbols and tools to help train the body to fight off the Corona Virus COVID-19..

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## Introduction

The symbols that are included in this kit for the Corona Virus COVID-19, prevention and relief are what I received during a meditation after asking for guidance and insights for helping people that are at risk of contracting this particular virus.

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The following information provides you with guided instructions for prevention and relief of the Corona Virus COVID-19, along with the immune builder and the overcoming fear Krystagraphs that were provided to you separately.

It is my recommendation that these symbols and tools be used in conjunction with whatever your doctor prescribes. These symbols and tools are **not** meant as a replacement for sound medical advice.

## Using Symbols to Invoke Healing

The symbols are energy medicine and when they are in your energy field, they invoke healing. There are several recommended ways to use them, and many others way that people find them useful. I recommend that you try the ideas suggested below and any other method that you are intuitively drawn to do.

1. Look at the symbol long enough to connect to the image and have a clear idea of what the image looks like.
2. Place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), close your eyes, and take a deep breath. If possible, visualize the symbol as you do so. Continue to hold the symbol until you sense that you are “complete.”
3. Visualize the symbol until you feel complete.
4. Place the symbol with the image against your skin anywhere on your body that feels appropriate. Some

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people put the symbols on top of their head under a hat, or tape them to their body.

5. Carry the symbols in your pocket.
6. Place the symbols under your pillow or inside of your pillow case, while you sleep.
7. Energize your water with the images by taping the symbol on your water bottle with the image facing inward toward the water.

## Using Affirmations with the Symbols

To create a quicker more lasting effect, repeat several affirmations that relate to the effect you desire to achieve with the symbol (see suggested affirmations included with each symbol). Be sure to reword the affirmations into your own words, making sure that they are strong positive statements.

You will notice that the list of affirmations starts at I desire and build from there. This is done because it is almost impossible for your subconscious to shift to the end result immediately. By using statements like:

1) I desire to be totally and completely healthy; 2) I deserve to be totally and completely healthy; 3) I am able to be totally and completely healthy; before going to the final affirmation of I am totally and completely healthy; your subconscious is guided down a path of small steps making it far more likely to believe the final affirmation.



## Self Administered Applied Kinesiology

**A**ppled Kinesiology is a method of checking the truth about a particular statement, belief, or thing. There is much research to support the use of applied kinesiology (AK), also known as muscle checking.

*For example, one person gave his audience envelopes that had either pure organic vitamin C powder or aspartame in them. He instructed the group on the use of applied kinesiology and suggested that each person hold the envelope to their solar plexus and check the strength of their arm by using AK with a partner.*

*The result was that 100% of the people who had the vitamin C stayed strong and 100% of the people who had the aspartame became weak.*

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The following are two different methods of applied kinesiology that you can use on yourself. Before doing AK, it is important that your energy is “clear” in order to get accurate answers.

If you have been drinking alcohol or using drugs that affect your senses, the answers you get will not be accurate. I highly recommend that you wait to do any AK checking until you are clear of these substances.

Additionally, it is important that the body is properly hydrated when doing AK checking. If you are dehydrated, the results of the AK checking will be inaccurate. Caffeine dehydrates the body and should not be used when doing AK checking.

I highly recommend that you drink some water before getting started and that you sip water occasionally while doing AK checking.

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1. Using the Chakra Opening and Balancing Krystagraph™ included in a later chapter of this book, open and balance your chakras.
2. Using the Love and Trust Krystagraph™ included in a later chapter of this book, allow yourself to move into a state of trusting your inner knowing or the divine for the guidance you are about to receive.
3. So that your thoughts do not affect your answers, set the intention to keep yourself clear by making the following statement. “I intend to stay clear and accept the answers provided.”
4. Place the tip of your index finger and thumb together and form a circle as shown in figure 1.



*Figure 1*

5. Loop the index finger of the opposite hand through the circle created in step 2 above and touch the tip of that finger to the thumb of the same hand forming a chain effect as shown in Figure 2.



Figure 2

6. Ask permission to ask questions about the specific subject you want to check on by stating, "I have permission to ask questions about\_\_\_\_\_."
7. Then attempt to pull the chain apart by pulling one of the circles against the opening of the other.
  - a.If it stays strong (as shown in figure 3) the answer is yes
  - b.If you are able to pull the fingers apart (as shown in figure 4) the answer is no.

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Figure 3



Figure 4

8. To verify that this method works for you do the following check.
  - a. State your name as follows:  
"My name is \_\_\_\_\_."
  - b. Using the method above, check to see that the loop stays strong.
  - c. State your name as someone else's name

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"My name is \_\_\_\_\_."

d. Using the method above check to see that the loop is weak since it is not your name.

9. If this works for you then you can check other things as well with this method.

A second method is to see if you can notice a difference in the feeling when rubbing your thumb and index fingers together making the same statements (see figure 5 below). If you can clearly distinguish a different feeling between the yes and no, then you can use this method.

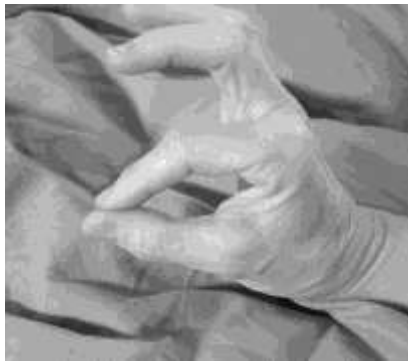


Figure 5

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For further methods of self-administered applied kinesiology (AK), visit the Free Reports Section on my website here:

[EmpoweredSpirit.com/free-things/free-reports](http://EmpoweredSpirit.com/free-things/free-reports)

## Visualization

Visualization is an important part of this work. You will see throughout the various processes that I suggest that you visualize the symbols or visualize a result such as the release of a fear or a belief. Since many people think that they cannot visualize I feel it is important to assure you that everyone can visualize yet some of us will not actually see anything.

Many people tell me that they aren't visual when I suggest that they visualize something. They typically say that they don't see anything. Let me share with you that neither do I. I pretend that I can see whatever I am attempting to visualize and after many years of practice once in a great while I actually do see it, but 99% of the time I just pretend that I see it. I believe everyone can visualize, it is just a matter of believing that you can. If you want more information on Visualization there is a great book called Creative Visualization by Shakti Gawain that covers the subject in depth.



To give you some idea of the power of visualization, let me share this story. Many years ago I wanted to learn how to drive a manual transmission car. My husband at the time already knew how to drive a manual transmission car and suggested that he would teach me. Since we were living on a small fixed income at the time I felt I had no other choice than to have him teach me. We fought a lot and everyone I knew told me that I should never let my husband teach me how to do anything, because we would just end up getting into a fight.

So I asked a lot of questions of different people about the process of how to use the clutch, how to shift the gears and the timing for using both. I then proceeded to visualize myself driving a car with a manual transmission. I visualized smoothly letting my foot off the clutch while gradually stepping on the gas pedal. I visualized checking the tachometer and pressing the clutch in and shifting the gears smoothly without jerking the car, etc. I did this for about 2 weeks several times per day prior to the day that my

husband was going to teach me to drive the manual transmission car.

When the time came, I drove the car perfectly without jerking it, without grinding gears, without stalling it, etc. The drive went absolutely perfectly, until we got to the end of the trip. I had forgotten to ask somehow how to park the car and shut it off. So as we came to a stop and I parked it in the driveway I popped the clutch and stalled it. My husband was so astounded with how well I had done, having no idea how I could possibly have known how to drive the manual transmission car that he calmly told that all I needed to do was to shut the car off before releasing the clutch.

I have since used this technique to accomplish many things in my life, including such things as improving my ability to do downhill skiing, water skiing, and golfing. I also use this in my healing by seeing myself as totally and completely healthy.

A few years ago I had a knee that popped out whenever I walked down steps. After 6 weeks of physical therapy the

knee was hardly any better than when I started. The physical therapist told me that I would never be able to walk down a flight of steps without the risk of having the kneecap pop out and that I **MUST** hang onto a railing when going down steps. I decided to visualize a ball of golden light around the knee and visualized that the muscles were strengthened by the golden light. Now nearly 20 years later the knee is as strong as it was when I was a child and it has never popped out since.

I also visualize what I want to create in my life, including material things, relationships, etc. A few years ago I visualized what I wanted in a piece of land that I wanted to buy and found the exact piece of property within 2 weeks.

Much research has been done regarding the use of visualization. Studies show that people learn some things through visualization as well as by actually performing the task. The following research gives you a couple examples of the results of the use of visualization.

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**Example 1:** The researchers utilized three groups of basketball players as their test group. All three groups had a similar proficiency at dribbling, foul shooting and lay-ups at the beginning of the research project.

**Group 1** – Did nothing during the 2 week research project  
Their proficiency did not change

**Group 2** – Practiced daily for the 2 week period  
Their proficiency increased

**Group 3** – Didn't touch a basketball for the full 2 week period  
Visualized dribbling, foul shooting and lay-ups daily for the 2 week period  
Their proficiency increased to the same level as group 2

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**Example 2:** Researchers tested 3 groups of children on their ability to roll a ball at a target. The following results were found.

**Group 1** - Initially had 13 hits

Practiced by physically rolling the ball at the target for 10 minutes per day

Resulting in 22 hits (a 70% improvement)

**Group 2** - Initially had 12 hits

Mentally visualized rolling the ball at the target for 10 minutes per day

Resulting in 20 hits (a 68% improvement)

**Group 3** - Initially had 12 hits

Practiced by physically rolling the ball at the target for 5 minutes per day

Mentally visualized rolling the ball at the target for 5 minutes per day

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Resulting in 31 hits (a 160% improvement)

## Visualization Exercise

A simple visualization exercise that will show you that you have the ability to visualize can be done as follows:

Stand looking straight ahead with your feet about a shoulder width apart.

Lift your right arm out straight in front of you and point one finger straight ahead

Now slowly turn your body to the right as far as you can, without moving your feet.

Once you have gone as far as you can make a mental note as to what you are pointing at in the room.

Return to your original position and let your arm go down by your side.

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Close your eyes.

Visualize that you are lifting your arm straight in front of you and pointing one finger straight ahead (Do not actually lift the arm).

Next visualize yourself slowly turning your body to the right. Continue to visualize yourself turning your body to the right until you have turned in a complete 360 degree circle, without moving your feet.

Make a mental note that you have turned your body in a full circle and that you are looking at what is directly in front of you.

Slowly visualize yourself turning all the way back, the full 360 degree, until you are once again facing the object in front of you.

See yourself lowering your arm.

Open your eyes.

Repeat steps 1-6 above and note how much further you are able to turn the second time.

### Transforming Your Beliefs about Visualization

I also suggest that you may want to use the process of Transforming Your Beliefs as described in the Chapter 'Belief Transformation' if you still feel that you are not good at visualizing. If you feel that your beliefs are very deep seated you may also want to do the process described in the chapter called 'Straight Path to Core Beliefs' to identify any deep seated beliefs that are holding you back. This would be important if you had parents that kept telling you as a child that your imaginary friend didn't exist, or if something happened in your life that you don't want to remember or see. Remember that you will never be shown anything that you are not ready to experience or are not capable of handling.



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The following belief transformation statements are provided as examples for transforming your belief about your ability to visualize, be sure to change them into your own words, while keeping the statements positive.

1. I desire to be visual
2. I desire to visualize
3. I deserve to easily visualize
4. I am able to easily visualize
5. I easily visualize
6. Every day in every way I am able to visualize more and more easily
7. My visualization skills are improving every day
8. My ability to visualize is becoming easier every day
9. I am able to easily visualize what I desire to create in my life
10. I am visual
11. I easily visualize what I desire to create in my life
12. I easily create what I desire by visualizing it in my life
13. (Your Name) you are visual

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14. (Your Name) your ability to visualize is improving every day
15. (Your Name) your ability to visualize is becoming easier every day
16. (Your Name) you easily visualize what you desire to create in your life
17. (Your Name) you easily create what you desire by visualizing it in your life
18. (Your Name) you easily create your heart's desire by visualizing it first
19. (Your Name) I am visual
20. (Your Name) my ability to visualize is improving every day
21. (Your Name) my ability to visualize is becoming easier every day
22. (Your Name) I easily visualize what I desire to create in my life
23. (Your Name) I easily create what I desire by visualizing it in my life
24. (Your Name) I easily create my heart's desire by visualizing it first

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Please note that these statements are suggestions and that they should be modified so that they are in your own words. Also, feel free to add anything else that seems relevant to becoming a visual person, and delete any that don't seem to apply. Be extremely careful when adding new statements or rewording a statement that every word is a positive statement. Keep in mind that using words such as unconditional, effortless and limitless are not positive words, replace them with positive words such as total and complete instead of unconditional, easily and efficiently for effortless and infinitely for limitless. These are just examples, if the word you are using includes a negative prefix or suffix think of a different word. If you are wanting to get relief from something, such as pain, make sure your statement doesn't include the word pain (such as pain free) but instead has a word that reflects the outcome you want. Also, be sure you think about the words you are using and make sure they truly reflect what you want to create.

To affirm in your mind that the visualization is working it is helpful to see tangible results. You can do the visualization exercise above to show that it works or you can visualize an

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improvement in your life. As you become more and more proficient with your ability to visualize you will find yourself being able to create much more in your life, more quickly by visualizing it.

## Chakra Opening & Balancing Krystagraph©

For a general energy tune-up, use the Chakra Opening and Balancing symbol provided below as follows:

Our bodies have seven main energy centers each of which represent a different aspect of our emotional and physical health as well as how we relate to the world. For example, the throat energy center represents our ability to speak up. If a person has a fear about speaking up for themselves or speaking in front of a group of people, they would shut that energy center down.



The chakra opening and balancing symbol automatically reopens all of the seven main energy centers as well as the minor centers. To put this in lay terms I like to use the analogy that if you attempted to run your car with

only 4 of the 6 sparks plugs the car would not run very well, if at all, yet most of us go through life with one or more of our energy centers shut-down.

By regularly using this symbol to keep your energy centers opened and balanced you may find that things that were difficult to do or that you had a fear about become easier. These changes may be very subtle or very dramatic since the experience is different for each person. I recommend that you use the Chakra Opening and Balancing symbol before using any other symbol so that your energy system is opened and balanced. Having your energy system opened and balanced helps to facilitate the healing process and the process of absorbing other symbol energy.

### **Suggested Affirmations:**

1. I desire to remove all blocks from my energy field.
2. I deserve to remove all blocks from my energy field.
3. I am able to remove all blocks from my energy field.
4. I easily remove all blocks from my energy field.
5. All blocks from my energy field have been removed.

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6. (Your Name), your energy field is clear
7. (Your Name), my energy field is clear
8. I desire to open and balance my energy field.
9. I deserve to open and balance my energy field.
10. I am able to easily open and balance my energy field.
11. I love having my energy field open and balanced.
12. I love how great I feel when my energy field is opened and balanced.
13. (Your Name), I love having my energy field opened and balanced.
14. (Your Name), you love having your energy field opened and balanced.
15. I desire to have my energy field protected from negative energy.
16. I deserve to have my energy field protected from negative energy.
17. My energy field is protected from negative energy.
18. (Your Name), my energy field is protected from negative energy.

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19. (Your Name), your energy field is protected from negative energy.
20. I desire to have my energy field open to positive loving energy.
21. I deserve to have my energy field open to positive loving energy.
22. My energy field is open to positive loving energy.
23. (Your Name), my energy field is open to positive loving energy.
24. (Your Name), your energy field is open to positive loving energy.



## Love & Trust Krystagraph©

The 'Love & Trust Symbol©' is very special to me since it was the first symbol that was given to me. I find it comforting whenever I begin to have any doubts about what I am supposed to do next or the information that I am receiving from a higher source or God.



From the beginning, this symbol has represented my need to trust that the symbols given to me are a gift from God or Universal Intelligence. Also, because I began having various ailments in my body to test the work, it was important for me to remind myself that God loves me and that I could trust the process that was happening.

I suggest that whenever you are having doubts about life in any way, this symbol will help you to overcome those doubts. It is even more effective when you first open your chakras by using the Chakra Opening & Balancing Symbol. Then just

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sit quietly for a few minutes with this symbol in your non-dominant hand until the doubts dissipate.

One example of the effectiveness of this symbol was when a friend called me and asked for help when a family member's young son darted beneath the wheel of the car she was driving, and died. I began a process, from a distance, of soul recovery for each person that had been involved to help him or her through the horrible experience.

I was then guided to give the parents a copy of this symbol. Since time was of the essence and I didn't have a way to get it to them quickly, I had my friend's husband, who is an artist, draw the image and give it to the parents.

I was told that they found that the symbol had helped them a great deal to get through this experience. A year and a half later, the parents gave birth to another child.

## Straight Path to Core Beliefs Symbol©



The 'Straight Path to Core Beliefs'© symbol is utilized for two purposes:

- ♥ To identify core beliefs that are not supporting you in the best possible way
- ♥ To remove those non-supportive beliefs from your current belief system.

For example, if you always get the flu or a cold when you are in crowded public places, or around children that are sick, or after being chilled from being in a cold rain, you may have one or more of the following beliefs:

- ♥ I always get sick when doing holiday shopping.
- ♥ I hate holiday shopping ~ I always get sick.
- ♥ I hate being in large crowds.

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- ♥ I am always getting sick when I am around sick children.
- ♥ Whenever I get caught in a cold rain, I end up getting sick.
- ♥ I always pick up a bug when I'm in a crowd.
- ♥ The air on an airplane is so dirty, I always get sick after flying

### Identifying Your Core Beliefs

Before beginning to use this symbol, make sure you have a minimum of a half an hour of quiet time in which you will not be interrupted. Once you are prepared, shut off the telephone and sit quietly with a pad of paper and a pen.

1. To utilize this symbol, it is important that you quiet your mind and have your chakras open by utilizing the Chakra Opening and Balancing symbol.
2. While holding the Straight Path to Core Beliefs symbol in your non-dominant hand, say to yourself:
  - a. "(God, Higher Self, Great Spirit, or Guides – use the word most appropriate to your belief system)

thank you for providing me with the guidance and insights necessary to identify those beliefs that are not supporting me (in the area you are working on) in the highest possible way so that I may begin this healing process for my highest good and the highest good of everyone involved.”

3. Write down each non-supportive belief as you identify it. It is important that you stop and write each one down so that you don't forget any of them.
  - a. If you identify a positive supportive belief during this time, it is important that you write it down as well.
4. Once you have completely identified all of the non-supportive beliefs surrounding the specific issue you are working on, say to yourself: “Thank you (God, Higher Self, Great Spirit, or Guides) for guiding me in this process.”
5. Go to the “Transforming Your Beliefs” section to understand how to create new positive beliefs and transform your non-supportive beliefs into positive ones.

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Once you have identified the new beliefs that you will be affirming, you will utilize this symbol to remove the non-supportive belief(s) before transforming your beliefs into the new more positive beliefs.

*Note: This removal process must not be done until you are ready to install new beliefs.*

You may need an hour or more to fully explore and identify what you want your new beliefs to be. I recommend that you take some time to list them out and review them, making sure that you are transforming your beliefs to create your highest potential. Frequently, I sit with new beliefs for one or two days before I replace my old beliefs with the new transforming beliefs.

If you do not have time to complete all of the processes of identifying new beliefs, removing the non-supportive beliefs, and transforming the beliefs, this is a good point in which to take a break or start identifying your new beliefs. Be sure to

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come back to this within the next one to two days at the most.

### Removing Non-Supportive Beliefs

This process must never be done until you are ready to install new beliefs with the belief transformation process. This process removes your current beliefs; therefore, it is important to replace what you remove with new beliefs.

Once you are prepared to begin removing your old beliefs and replacing them with new ones, shut off the telephone and sit quietly with your list of non-supportive beliefs and your list of new beliefs. Again, make sure you have a minimum of a half an hour of quiet time when you will not be interrupted.

If you are continuing this process and have not taken a break or had any interruptions, go directly to step 2 below; otherwise, begin at step 1.

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1. Use the Chakra Opening and Balancing symbol to open your chakras, as described in the section “Using Symbols to Invoke Healing.”
2. Use the Straight Path to Core Beliefs symbol by holding the symbol in your non-dominant hand with the image against your skin.
3. Look at your list of non-supportive beliefs and read the first one on the list to yourself.
4. Visualize the non-supportive belief being uprooted and leaving a gap in your belief system similar to the opening in the symbol. Surround the belief in a bubble of loving pink light and watch the bubble float away. Say to the belief as it is leaving, “Thank you for providing me with all that I have learned by having you as one of my beliefs. I am now ready to move forward with a new more positive belief.”
5. See the gap within your belief system becoming larger as each non-supportive belief is being uprooted.
6. Read the next non-supportive belief on your list to yourself.



7. Repeat steps 4 through 6 until you have uprooted all of your non-supportive beliefs.
8. Go immediately to the section “Transforming Your Beliefs” in the “Belief Transformation” section and follow the defined steps for transforming your beliefs into new positive supportive beliefs.

## Belief Transformation Symbol©



Our beliefs and our thoughts affect us every moment of our lives. What we think and speak is what we create. If we believe we are always healthy, we are always healthy. We must be vigilant with our thoughts and be sure to allow only positive thoughts into

our consciousness.

It is equally important to understand that all positive statements must always have only positive words. It is said that our sub-conscious mind recognizes only the positive words and that it does not recognize negative words such as not, none, un, non, etc. So, when a person says, "I am never sick," the subconscious hears "I am sick." Therefore, "I am Healthy" is what you want to be thinking and saying. I found this concept a real challenge when I first heard it. Yet, I know from personal experience that it works.

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I am continuously vigilant at looking at my own wording, yet about a year ago I was surrounded by many people with colds and the flu. Several of them refused to hug me because they didn't want to cause me to get sick. I bravely said, "Oh don't worry, I never get sick." Three days later, I was in bed with a cold and the flu. In reflecting back, I realized what I had kept saying as each person came near me. I told them they could come closer, that they deserved a hug, and that "I never get sick." In so doing, my subconscious heard "I get sick."

The next time I came in contact with a group of sick people, I remembered to say, "Don't worry, you deserve a hug, I always stay healthy," and so I stayed healthy.

As this work has come to me, I have had many spontaneous healings of my own in addition to witnessing the spontaneous healing of others with the use of this work. Yet I can tell you that positive thinking, positive beliefs, and a knowing that is as strong as the knowing you have that your body will keep breathing and your heart will keep beating without having to

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think about it, are the primary catalyst for these spontaneous results.

While meditating in 1998, I was guided to share with the world that we need to change our statements that “God loves us unconditionally” and that “We should love each other unconditionally.” The concept of unconditional love from a conscious viewpoint seems to be exactly what we want, yet the subconscious hears those statements as “God loves us conditionally,” and that “We should love each other conditionally.”

Have you ever wondered why it is that if God loves us unconditionally,” we believe that God decides who will go to heaven and who will go to hell? That sounds pretty conditional to me. The reason we don’t question it is because our subconscious minds hear, “God loves us conditionally.”

For years, I had used a positive affirmation of “I love myself unconditionally.” Yet I found myself judging everything I did.

I frequently called myself stupid when I made an error and beat myself up for all of my perceived imperfections. I now affirm, “I love myself totally and completely,” and although occasionally I catch myself being judgmental and critical of myself or others, I notice it much more quickly and choose instead to look at each event as a way to learn.

Since I’ve become more aware of each word coming from my mouth and each thought I think, I find my life becoming more joyful, loving, gentler, and peaceful. I find more periods of bliss. In general, I find my life goes more smoothly and easily.

I know that the God within me loves me totally and completely; that God (Great Spirit, Higher Self, Universal Intelligence or Guides) sees me and everyone else as a perfect likeness of him or herself. I know that whatever we do, God will always love us totally and completely, since God is within each of us.

## Formatting Your New Beliefs

Now that we understand the importance of positive affirmations, we need to look at two important concepts for transforming our beliefs.

The first is to get the new belief to become part of our total energy body. Positive affirmations are great, but for them to truly work they must become part of our conscious minds. Then, as we move through our day to day life, we take notice when we act differently than what we have affirmed. As we notice this, we become more consciously aware of our actions and we make subtle corrections each time we catch ourselves. Eventually - assuming we don't give up and say these affirmations don't work - we make a change that becomes part of our whole so that all of our actions support the positive beliefs. Making this shift toward positive supportive beliefs that become a part of us can sometimes take years.

There are two reasons why this happens. The first is that we are doing the positive affirmations at a conscious level,

which affects the mind rather than our whole energy body as well as our sub-conscious mind. Most of our thoughts and actions begin at an automatic, sub-conscious level. Rarely do our thoughts or actions begin at a conscious level. So, if our sub-conscious and our energy body haven't gotten the message then we continue to act the same way that we always have. Furthermore, as we continue to do the same things and get the same results, we instead affirm our negative beliefs.

Secondly, when we use positive affirmation, we usually jump straight to the new belief we want to incorporate into our life rather than building up to the end result.

Let me give you an example. As a child, I was told it was wrong and selfish to love myself and that God disapproved of self-love that self-love meant being selfish. I was taught that I was supposed to love others and that others would give me love in return. I kept getting into abusive relationships as I got older, and the more I loved these people, the more they seemed to abuse me.

I finally sought out a professional therapist who pointed out that we are to “love others as ourselves.” He also taught me that others cannot love us if we don’t love ourselves. I learned very slowly to love myself. I did positive affirmations about loving myself and although I improved, after 25 years my body and subconscious still didn’t totally believe that I loved myself.

Looking back at where I started, I needed to first change the belief about loving myself. I believed it was wrong to love myself, so what I needed to do was build a bridge of affirming positive beliefs from where I started to where I wanted to be. The following is an example of the beliefs I would use:

1. It is God’s desire that I love myself.
2. God approves for me to love myself.
3. God approves of self-love.
4. I desire to love myself.
5. I deserve to love myself.



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6. I deserve total and complete love.
7. I am able to love myself
8. I love myself.
9. I love myself totally and completely.

So, the second part of transforming a belief is to stage the belief so that you build up to the desired end results. This may seem time consuming, especially if you think that it takes a long time to change a belief, yet you will see that all of it can be done very simply and quickly.

I find that it usually only takes one session to transform my beliefs into new positive beliefs and for my actions to prove it to be so. If at any time I find myself acting on my old beliefs or beliefs that do not support me in a positive way, I re-look at the belief and re-do the belief transformation process to create positive, supportive, new beliefs.

*Note: If you have a strong belief that it takes some specific amount of time to create a new belief and make it your permanent new belief, you may want to*

*consider transforming that belief before beginning this work. For example, many practices teach that it will take 21 days, or 63 days, or writing the new affirmation seven times per day for seventy days, etc. to change a belief. Whatever your belief is, I suggest that you change that belief in order to get the quickest and best results from this work.*

*For a process to change your core beliefs about the length of time it takes to change a belief, visit my website at*

*<http://www.empoweredspirit.com/FreeReports.htm>*

*There you will find a downloadable PDF file that contains a list of suggested new beliefs and an explanation on how to transform those beliefs.*

I also use applied kinesiology for checking my beliefs and for deciding where to start with my new beliefs. For details on how to do 'applied kinesiology' you can download a special report on Self-Administered Applied Kinesiology by going to:

<http://www.empoweredspirit.com/FreeReports.htm>

*If you are unfamiliar with applied kinesiology (muscle checking) or are unsure whether it works, there are two great books that I suggest you read on the subject: *Your Body Doesn't Lie* by John Diamond, M.D., and *Power vs. Force* by David R. Hawkins, M.D.*

If I am in doubt at all, I start at the least supportive place and build from there. It is just as important to build a strong foundation for your beliefs as it is to build a strong foundation for your home.

Think of it this way: You didn't learn to run before you learned to walk, and you didn't learn to walk before you learned to stand...

Remember that your non-supportive beliefs are deeply rooted and have a strong foundation. You must uproot

those beliefs as well as their foundation before you can install a new one in its place. Utilize the Straight Path to Core Beliefs symbol to identify your core non-supportive beliefs and to uproot them before moving into transforming your beliefs.

*Note: I cannot stress enough how important it is to get to the core belief and remove it before doing the belief transformation process with your new belief. If any of the old belief is still around, you will continue to repeat old patterns indefinitely until you finally identify the deepest non-supportive belief around the issue.*

Make sure that you are looking at your sub-conscious belief - not just your conscious beliefs. For example: On a conscious and logical level I was sure I loved and approved of myself, yet my actions certainly indicated something totally different. I was an alcoholic and I used illegal drugs. I was a workaholic as well. I constantly beat myself up for lack of achieving one thing or another, and no matter what someone

asked, no matter how impossible the task might have been, I would do everything humanly possible to achieve their request. I never took time for myself and if I slept “late”- maybe six hours instead of the usual four or five - I would berate myself and say I was lazy.

The problem was that I never removed the negative core belief that it was wrong to love myself, nor did I transform that belief into a new, positive belief at the core level. Yet on a conscious level, I knew it was right to love myself and that God would support me in loving myself. I didn't know it at the deep, real, knowing level and certainly my whole energy body didn't know it, either.

The use of applied kinesiology is the best way I know of for easily determining what your real beliefs are. It is also a great way to determine whether your body believes the new transformational belief. I typically check myself on new beliefs about 10 days and 30 days after I have done a belief transformation process. If any of them do not hold strong for me, I repeat the process of 1) identifying non-supportive

core beliefs, 2) removing the old beliefs, and 3) transforming the old beliefs into new positive/supportive beliefs. I find it very rare that I need to repeat the process, though.

## Defining Your New Beliefs

After identifying your core beliefs, look at each non-supportive belief and write out one or more new beliefs that you want to install. Be sure to start at the root belief and move up to what you want the new positive belief to be.

Use applied kinesiology to determine what you currently believe and to decide where to start your new beliefs. I find, quite frequently, that I will install five to ten new positive beliefs in the place that I removed one old, non-supportive belief. Using the 'Self-Love Belief' I spoke of earlier, I used the following new beliefs to replace the belief that "It is wrong to love myself."

1. It is God's desire that I love myself.
2. God desires for me to love myself.
3. God approves for me to love myself.

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4. God approves of self-love.
5. I desire to love myself.
6. I deserve to love myself.
7. I deserve total and complete love.
8. I deserve to love myself totally & completely.
9. I am able to love myself.
10. I love myself.
11. I love myself totally and completely.
12. [Your Name], I love you totally & completely.
13. [Your Name], you love yourself totally & completely.

It is important to put your name in the affirmation as well. This makes the affirmation more personal so that it hits home. I always do these as though I am speaking to myself and as though someone is speaking to me.

## Transforming Your Beliefs

Once you are prepared to begin using this symbol, it is best to shut off the telephone if possible and sit quietly. As before, make sure that you have a minimum of a half an hour of quiet time where you will not be interrupted.

Begin by removing the non-supportive beliefs (see the section 'Removing Your Non-Supportive Beliefs' in the section called 'Straight Path to Core Beliefs' for these steps. Once you have completed the process of removing the non-supportive beliefs, you will complete the following steps for belief transformation.

1. Look at the Belief Transformation symbol.
2. Close your eyes, place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), take a deep breath, and visualize the symbol as you do so.
3. Read your first new belief to yourself and/or out loud if desired.



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4. Close your eyes and visualize yourself looking into the pupil of your left eye in a mirror.<sup>1</sup> See your eyes connecting with the left pupil.<sup>2</sup> Also visualize the Belief Transformation symbol. If you can't seem to actually see this, then just pretend that you can see it and set the intention that you are visualizing both.
  5. Repeat the new belief several times until you feel that it is truly your new belief. You may say it silently to yourself
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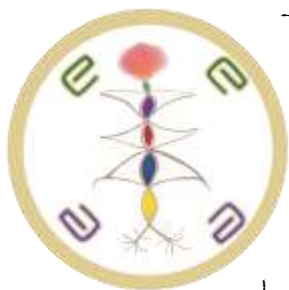
<sup>1</sup> If you do not know what it looks or feels like to look with both eyes into the pupil of your left eye in a mirror, you may want to try it once before proceeding.

<sup>2</sup> The reason for using the left eye is that the left eye interprets things linearly while the right eye interprets things holographically.

or you may want to say the new belief aloud. By saying it aloud, you invoke your sense of hearing in the process as well. See the gap where you removed the non-supportive belief being filled.

6. Open your eyes and repeat steps 4 and 5 with each of the remaining statements until you have transformed all of your beliefs into new more positive ones. Once you have completed all of the statements, visualize the gap where you removed the non-supportive beliefs becoming completely filled with positive supportive beliefs.

## Corona Virus (COVID-19) Prevention & Relief Krystagraph©



The Corona Virus (COVID-19) Prevention & Relief Krystagraph© is used to assist the body in the fight against the COVID-19. Virus.

After opening and balancing your chakras this symbol can be used in several ways as listed below:

1. Hold the symbol in your non-dominant hand with the image against your skin and repeat the suggested affirmations below.
2. If you have the virus... Visualize the symbol, seeing it accumulating and scrubbing each cell that is affected by the virus. Then see each cell being released so that these cells can help cleanse the other cells affected by the virus. See all of the cells in your body becoming strong, healthy and free of the virus.

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3. If you don't have the virus... Visualize the symbol, seeing it wrapping a protective coating around each cell in your body. See all of the cells in your body being strong, and healthy.
4. Place the symbol onto your water bottle and each time you drink the water your body will be getting an additional boost of energy for healing the virus or protecting your body from getting the virus.
5. You can also hold the container of water and speak the following affirmations directly into the water.

### Suggested Affirmations:

1. I desire to be free of any virus in my body.
2. I deserve to be free of any virus in my body.
3. I am able to be free of any virus in my body.
4. I love how easily my is free of any viruses.
5. My body is free of viruses.
6. (Your Name), your body is free of viruses.
7. (Your Name), my body is free of viruses.

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8. I love how easily my body fights off viruses.
9. I desire to be totally and completely healthy.
10. I deserve to be totally and completely healthy.
11. I am totally and completely healthy.
12. I love being totally and completely healthy.
13. (Your Name), you are totally and completely healthy.
14. (Your Name), I am totally and completely healthy.

## Disclaimer

I feel compelled to reiterate, this work is experimental in nature and is not meant to be used for the purposes of diagnosis or as a cure/healing, nor as an alternative to seeking medical attention. Stay healthy and happy, by using this product in conjunction with your medical doctors' advice.

# Krystagraphs™ for Cold & Flu Prevention & Relief©

Sending you an abundance of...

Love, Light & Laughter,

Krystalya Marie'

For further information you may contact Krystalya as follows:

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## *Disclaimer:*

*This product is designed to provide information regarding the author's experience utilizing the included symbols to shift energy within her body for the purposes of healing herself. Information provided also includes the experiences of others who have utilized this work. This work is not intended to be used for the purposes of diagnosing or curing/healing any ailment and is experimental in nature. The work is also not intended to take the place of any medical doctor's advice or treatment. The author does not dispense medical advice; nor does she prescribe the use of any technique as a form of treatment for medical problems without the advice of a physician, either directly or indirectly. The intention in providing the information included in this product is only to offer information of a general nature to help you cooperate with your licensed doctor/medical practitioner in your quest for health. In the event that you use any of the information in this product, you are responsible for prescribing for yourself, which is your constitutional right, but the author assumes no responsibility for your actions.*