

Diving Source Light Recording Transcript

Hello, everyone! I'm Dr. Beverly. And today I would like to show you or share with you.

The diamond source, light or divine source light or crystalline light, whatever you want to call it. That was gifted to me in 2020 the world went through a very challenging time.

and at that time my intuition said, all the energy systems I know, which is quite a few. The vibrations were now too low, and I asked Source for a new energy system to replace the ones that I've been using. That includes Reiki and other energy systems.

My first mystery school was a focus on different types of meditation and different energy systems. And since then, I was gifted several additional on energy systems.

So, this is a higher vibration to replace all of that. And there are 2 ways you can use this system.

Now, you do not need an empowerment like with other systems, where you have to have an empowerment. So, you get the right frequency to tune into it. That's not needed. If you're able to just correct, connect directly to Source.

So, you just go into a meditative state, connect to Source, God or whatever you want to call it. and just ask that the energy system come in.

If you're not able to do that, start meditating so that you will be able to do that.

In the meantime, you can contact me for free. There's a link down below, and I will give you an empowerment if that's what you need to bring in the energy.

I called it crystalline light when it first came in and with my third eye there was this bright image like a diamond or a star radiating out this light. That's why I called it diamond source light and later source said, it's divine source light. That's okay. Divine source light. So, you can get to this web page with diamond source light or divine source light, either one. But it's basically crystalline light and it has, like a crystalline energy and look and feel to it. If you have a third eye and can see the energy.

So, there are 2 ways to use it. The first one is for healing either yourself or others and the second one is to give yourself an energy clearing.

So, first I'll go through how to do the healing, and then I'll go through the energy clearing. The energy clearing uses a Qi Gong method that I will show you.

Okay. So, the way you do it first make sure you're grounded feet flat on the floor. You can do this sitting or standing, probably sitting or standing.

So, you want to rub your hands together to get the energy flowing within you and then you want to pull up the yin energy from the earth and then ask source to bring the divine source light down in and out the palms of your hand. You have a big chakra right here.

So, you want the energy there. So, you've pulled it up so you've got the yin and the yang, the earth, crystalline, the earth yin energy and the crystalline energy from Source and you should be able to feel this energy between your hands. It should create like a ball of energy which you can grow.

Then, once you can feel this energy, when you want to, just with slightly cupped hands. Notice, my fingers are bent, just relaxed fingers and just move your hands around. You don't have to touch yourself.

But, wow! Okay, there's a spot there, so you'll feel spots. You may have a pain in some spot, so I'm showing you my head because you can't see the rest of my body.

A lot of people get shoulder pain. So maybe wanna work on the shoulder and just hold the energy when you find the spot and hold it till the pain goes away, or stiffness or soreness, or if there's a sudden flow of a lot of energy, hold it there until the energy flow goes down to normal.

If it's flowing really fast, it means you need more energy in that spot.

And so, I have a little spot right here on this part of my arm. So, I'm just going to hold this here.

It's kind of hard to do my own arm here. Maybe I'll just like do it like that. Oh, that's better. Yeah. Okay!

And then you can hold it over a chakra like over your heart. Yeah, really feels cool to energize your heart, Chakra.

So, you can just energize if you want to energize, the Heart Chakra or any of your Chakras of course, you can do the crown Chakra and all the other lower Chakras. If I do those, you won't be able to see what I'm doing.

And so you can do this on yourself. and you can do it on another person facing your hands the other way towards them and you can do this long distance. Obviously, I wasn't touching right, and there really is no difference. We're all connected. Everything is all one.

So, you can use like a doll, I don't have a doll with me. Let's say this is a doll. You can just work on the doll and say, this is someone else or if they're in front of you on Zoom, you can do it that way. If they're on the phone just by your intention.

Put the phone down. Say, by my intention, the person is there. I'm sending this energy to them to their head to the, you know. Just talk about what part of the body. So, it's your intention that you're sending this energy to them and their part of the body.

And they should be able to feel it if they can feel things. I meet a lot of people who literally cannot feel subtle energies sometimes. That's because they're just not in their body, or they're not grounded, or they just have never learned how to feel what's in their body.

There are other reasons. We won't go into that here. Okay, so you can use this on yourself, Long distance. No extra empowerments needed just by your intention getting yourself grounded, bringing in the connection to Source and bringing in the energy.

Okay, so we'll move on. Now we'll do the Qi Gong exercise. Now, to do this, I need to take my glasses off.

Now, I'm gonna go fairly quickly.

When you do this, you want to go slowly. So, you're gonna again ground and connect to source. Move your hands together.

Bring in the energy, bring up the earth yin energy, feel your ball of energy in your hands when you can feel a nice ball of energy.

You're gonna go very slowly. Rub your hands down your face 3 times. You do everything 3 times

Again, you can go much slower like if you have an issue with your eyes, you may hold your hands here for as long as you feel the energy flowing.

And then we have cheek issues, you may hold your hands there. So, you want to do it 3 times.

Then you're gonna do the head 3 times

1, 2, and 3. If you have an issue or a pain you may hold your hands there Again and then down.

And then you're going to do your chest. So, you want to start at the neck. Go down the body once again. I'm going pretty fast. You want to go even slower.

1, 2, 3. So, the body has acupuncture channels. And that's what we're clearing those channels as well. So, the under arms are beginning of the heart channel and the exterior part of the body.

And then you have a spleen point here, and the rest is the gall bladder channel. So, you're gonna go underneath each arm 3 times, going as slowly as you need to, all the way down to your hips.

and the other side. 1, 2, 3.

It's not too complicated. Once you get the hang of it. You can figure out how to do this. Now we're gonna do the arms. I open my hand up so I can wrap my hand around as much of my arm as possible.

So, my thumb is on the underside. The top of my hand is up on the top of the arm, so you have Yin and Yang channels on the arm all the way down to your fingers. And you want to do this slowly. Again, I'm going pretty fast.

3 times. So once more you want to go slower than this, you want to feel the energy flowing. Now we're gonna do this side

1, 2, 3.

And now we're going to do the knees. You're gonna cup your hands like this, again the energy's still running.

And you want to tap the top of the knees and you can hold the top of the knees if you need to. If you've got knee pain again 3 times. And then the sides of the knees, 1, 2, 3. then the other knee.

Top of the knee. 1, 2, 3. Then the sides in the knee.

1, 2, 3. Okay. And you can even aim this down at your feet.

So, if you're standing, you can run your hands 3 times down your legs, the thighs past the knees, the legs, and the feet. and even down to your toes. If you're able to reach that far. If I do that, you won't be able to see what I'm doing.

Then you want to come back to your face and you want to do 1, 2, 3 again.

I'm going too fast. You want to go much slower, and then you want to rub your ears 3 times. 1, 2, 3.

So, the body has acupuncture channels all over it. And the channels will start at the fingers and go up to the chest. They start at the chest and go down to the fingers or start at the fingers and go up to the face, or they'll start at the face and go down to the toes or start at the toes and come up to the chest.

And the ears are microcosm of your entire body.

So, you can treat the whole body using the ears. You can treat the whole body, using the forehead so when you're working in this area or with your ears or with your hands, you're also working on the whole body. So, it's the macrocosm, microcosm, as above, so below.

So, you have these channels all over the body, and as you run this energy and clear the energy in the channels, you're removing the blockages.

It's like getting an acupuncture treatment.

But again, you wanna go slow. You wanna feel the energy like with the first exercise where you were just feeling for where it was needed. You wanna go really slow as you're rubbing.

Is there anything here that needs attention? No, hold it, if you need to, and keep going again just at your own pace. Whenever you feel something, hold it and keep going.

Everything is done 3 times. So, the face, the head, the under arm, the face, the head, the torso, the under arm, the arms, the knees, and if you can do it, the thighs down to the toes and then back to the face and then the ears.

Okay, so it's not hard to remember that. So, I hope you enjoy that now, if you want to develop your intuitive skills, to be able to meditate better, to be able to manifest a better life through meditation.

If you want to do more healing work. Whatever you want. I have a free program called Own for Success. It's a three-part program.

It has a 30-day intensive where I take you through all kinds of different types of meditation based on the 5-elements.

And even very experienced meditators have gone through this and said, "wow! I learned so much."

So, if you just do one thing, and you think this is great, it really works, or you think you don't meditate. You may be working, meditating, and not even knowing it. Cause there's many types of meditation. So, the 30-days takes you through that.

Then there's a short workshop. And in that workshop I introduce you to more details of the 5-elements so that you're ready for a 6-week, master class, that's included. It's also free. And this whole program I've taught in various different formats for like 30 years.

And as part of my shift in 2020, I have decided to give it away for free. Yes, because this information, believe it or not, is now available to anyone. But it takes time and a lot of research. So, I've put it all together for you, and it's free.

So, I hope you enjoyed this QI Gong exercise and the Diamond Source Light Energy.

And I hope to meet you in the All for OM for Success program.

So, remember to be the light you want to see in the world.