

Photon Balls Practice Book .01





HOW TO USE PHOTON BALLS

Main Protocols:

1. Find a quiet place

Find a quiet area where you can focus without external distractions. Turn off your phone. Turn off the television/radio.

2. Pick a comfortable position

Choose one of the following positions:

- Sitting in a Turkish posture with a straight back
- Lying on your back (legs not crossed)
- Reclining on your back (legs not crossed)
- Sitting on a chair so that the feet are under the knees

3. Adjust the position of your physical body to create the proper energy flows

Straighten your back from crown to coccyx (imagine a straight line that connects the crown and coccyx)

4. Ground yourself

Pick one method to ground.

Method 1.

Mental grounding.

Close your eyes and repeat the following phrase for 15 minutes: "I am grounded. Like any creature living on Earth, I have a connection with Earth. I can feel how this connection grows stronger with every breath I take. I am completely grounded. "

Method 2.

Energy grounding.

Imagine that a long wire stretches down from your coccyx and goes to the floor, through it, below, into the Earth. Observe how this cord goes deeper and deeper into the Earth, and you more and more feel your connection with the Earth.

Note: Instead of a cord, you can imagine the roots like tree roots from the souls of both feet.



5. Align with Photon Ball

Large Photon Ball.

1. Place a large ball in the groin area. Grasp it with the fingertips of both hands (all 10 fingers should touch the Ball).
2. Close your eyes and take a few deep breaths (from 3 to 7).
3. Concentrate your attention on the Ball.

Small Photon Balls.

1. Take a ball in each hand.
2. Place each hand on your knees (legs), palms up.
3. Close your eyes and take a few deep
4. breaths (from 3 to 7).
5. Concentrate your attention on the Balls.
6. To Activate work of the Photon Ball(s) choose any protocol from the list below.

Note: Generally, the Photon can be directed to any area of life, physical and energetic body. Your attention, Intention and focus will act to direct the photon energy to the areas you desire. Be creative and not limit yourself with the application of the Photon Energy. The more you are open to receive, is the better it works.



HOW TO ACTIVATE/RESTORE DNA CODE

This practice helps you to restore/activate codes of your DNA. We recommend doing it before bedtime and leave the large Photon Ball on nightstand for the entire night. Photon Energy will continue to work on your DNA while asleep.

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball
6. Say the phrase several times: "I permissibly activate my inner codes with the help of the Photon Energy."
(***Don't swap words !!!!!)
7. Concentrate on your body sensations for 5-10 minutes, you will feel the changes.

They can be manifested in the following way:

- Sensations of warmth in the whole body or some areas
- Sensations of wave-like tides
- Sensations of lifting above the body
- Sensations of bright Light
- Or any individual sensation

8. Put the Photon Ball on the bedside table next to your bed and go to sleep.

The activation practice must be done just once. If you experience anything from the list below, please repeat the activation, it's better to do the activation the next day.

When it is necessary to repeat the Activation:

- If on the first night you had insomnia (this means that the activation has not passed)
- If you woke up very tired (this means that the activation of the codes is not completed)
- If you had nightmares at night (this means that the activation of the codes is not completed)

Note: This practice works only with the Large Photon Ball. We recommend it to do it once before bedtime.



EMOTIONAL DETOXIFICATION

This practice helps you to clean you from emotions that have not been cleared naturally.

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball/Balls
6. Say the phrase several times: "I Allow the Photon energy to clear all emotional blockages from my DNA, Cellular Memories, my Subconscious mind and emotional body."
7. Concentrate on your emotions or the situation which give it to you these emotions for 15 min.

They can be manifested in the following way:

- Sensations of warmth in the whole body or some areas
- Sensations of wave-like tides
- Sensations of lifting above the body
- Desire to Cry
- Desire to Laugh
- Deferent Emotion manifestations
- Involuntary bodily twitching
- Reassurance

Note: The DNA emotional level will clear only with the Large Photon Ball.



PROTECTION PRACTICE

This practice helps you to protect your biofield. We recommend do this practice every morning.

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball/Balls
6. **Create a protective sphere for yourself:**
 - Breathe consciously, imagine that we are surrounded by prana, small points of white Light.
 - Visualize how each time you inhale, these points of Light come closer to you along with the airflow, enter your nose, go down your throat and accumulate in the center of your chest.
 - Take 7-12 deep breaths visualizing the accumulation of the small particles of white light in the center of the chest.
 - Take deep breath. On the exhale, keep inflating the sphere around you until you are fully centered inside of the sphere.

Note: the size of the sphere may be different for different people and on different days, but you must fit completely into the sphere.

7. Say the phrase several times: "I Allow the Photon energy to strengthen my PROTECTION."
8. For 2-5 min, visualize how photon particles rotate around your protective sphere with an additional luminous layer or rim.



PHOTON ENERGIZER

This practice helps you to restore your personal energy. We recommend do this practice when you feel tired, but not at nighttime.

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball/Balls
6. Concentrated on your Solar Plexus

Note: you can visualize a glowing yellow/gold ball (chakra) in solar plexus

7. Say the phrase several times: "I Allow the Photon energy to activate my personal energy and restore my inner energy battery."
8. For 2-10 min, visualize how photon particles accumulate in the area of the solar plexus becoming very strong and energized.

During or after this practice you can feel:

- Sensations of warmth in the solar plexus
- Sensations, pulsation in the solar plexus
- Feel very Energized

Note: Using this practice after noon may give you insomnia. Best time for this practice is morning or when you really feel very tired.

If you do this practice very often, it can lead you to activation of your Yang Energy (Masculine). This can affect your daily life, balance and direction of decision-making and action.



BRAIN PROTOCOL

Our brain is the control center of all systems in the body. This practice helps to reboot all important systems of the body.

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball/Balls

6. Visualize your brain, put all attention on the brain (It helps to close eyes and look up. Energy is guided by attention)
7. Say the phrase: "I ALLOW the Photon Energy to repair all structures of my brain."
8. Say the phrase: "I ALLOW the Photon Energy to Regulate all Neurotransmitters In my brain." (Repeat this 3x very slowly and consciously. Sit for 2-3 minutes) Keep attention on your brain!"
9. Say the phrase: "I ALLOW the Photon Energy to Regulate all Hormonal systems in my brain." (Repeat this 3x very slowly and consciously. Sit for 2-3 minutes) Keep attention on your brain!"
10. Say the phrase: "I ALLOW the Photon Energy to activate synapses and neurons in my brain." "(Repeat this 3x very slowly and consciously. Sit for 2-3 minutes) Keep attention on your brain!"
11. Close eyes, look up, put the attention on the front center of your brain (center of the forehead / Frontal Lobe). Say the phrase: "I Allow the Photon Energy to activate my frontal lobe." (Repeat this 3x very slowly and consciously. Sit for 2-3 minutes) Keep attention on your frontal lobe.
12. Say the phrase: "I ALLOW the Photon Energy to connect the left and right hemispheres of my brain." Focus on the top center of your head. (Repeat this 3x very slowly and consciously. Sit for 2 minutes) Keep attention on the center of your brain for 2 minutes.
13. Focus on the areas on both sides of your brain to the top of your ears. Keep focus in that area for 2 minutes.

You may have a Sensations during the practice or after. They can be manifested in the following way:

- Sensations of warmth in the whole body or some areas
- Sensations of wave-like tides
- Sensations of lifting above the body
- Sensations of bright Light
- Or any individual sensation



PHOTON HEART PROTOCOL

This practice helps you to restore your heart energy and remove blockages. We recommend do this practice 3x a week until you feel your heart is lighter and connected to your "passionate areas" of life. This practice is beneficial with Reiki Energy or Emotion code therapy.

Before Practice with Photon we recommend to open Love Unconditional.

Love Unconditional Easy Tanique.

Envision a time in your life that stands out when you experienced a powerful heart opening of unconditional love. This could be from a moment with your kids, family member, something you did for humanity that you were drawn to. Invoke the feeling of that moment while visualizing and keeping attention on your heart. Feel that moment when you were "moved", and your heart opened up to experience unconditional love. (Stay In that moment of 3 minutes) Keep attention on your heart, keep visualizing your heart.

Envision a time in your life that stands out when you experienced an overwhelming amount of gratitude from doing something for someone or even an animal. Feel their gratitude back **towards you**. Invoke that feeling of gratitude of that moment while visualizing while keeping the attention on your heart. Visualize your heart emitting white light expanding out of your body as far as you can see it. (Stay In that moment of feeling gratitude for 3 minutes)

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball/Balls

6. Concentrate all of your attention on your heart
7. Visualize your heart beating in real time. Put ALL attention on your heart.
8. Say the phrase: "I ALLOW the Photon Energy to REMOVE all Physical and Energetical Blockages from my heart." (Repeat this 3x - 5x very slowly and consciously over a period of 2-3 minutes) Keep attention on your heart.
9. Say the phrase: "I ALLOW the Photon Energy to clean all ventricles and chambers in my heart." (Repeat this 3x - 5x very slowly and consciously over a period of 2-3 minutes) Keep attention on your heart.



They can be manifested in the following way:

- Sensations of warmth in the heart area
- Sensations of wave-like tides
- Sensations of lifting above the body
- Sensations of bright Light
- Sensation of any emotions
- Or any individual sensation



PHOTON ACCELERATED MANIFESTATION TECHNIQUES

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball/Balls

6. Say the phrase several times: "I allow the Photon Energy to help me manifest my goals"
7. Concentrate on your body sensations for 5-10 minutes, you will feel the changes.
8. Write out your main goal(s). Write each step It will take to accomplish this goal.
9. Create a motivation that will 'PULL" you to achieve this goal. For example: If I accomplish this step, I will reward myself with something I truly DESIRE. Create a reward for each step accomplished. Save the best reward for the main accomplishment. Invoke the passion of this desire and apply that energy to your goal.
10. Dedicate 15- 30 minutes a day on a focused meditation using the Photon Ball. Focus on what It will look like as If you already have accomplished this goal. Visualize how your life will change once you have conquered this goal. (Apply the feelings of desire to this meditation with the Photon) In this meditation you will allow the photon energy to clear, connect and activate all chakras (3-5 minutes), clear all energetical blockages and creative channels, clear your mind, focus on your 3rd eye and allow the photon to activate your Intuition.
11. Write down all Information from your meditation.
12. Repeat this meditation daily and chart your progress. List all small accomplishments once achieved. It Is Important to check It off and embrace the feeling of being one step closer to your goal!

Note: This practice works faster with the Large Photon Ball, but you can use set of two Mini Balls as well.



PHOTON PAIN PROTOCOL

This practice helps you decrease inflammation, remove blockages and open meridians. We recommend do this practice until the pain has subsided.

Protocols:

1. Find a quiet place
2. Pick a comfortable position
3. Adjust the position of your physical body to create the proper energy flows
4. Ground yourself
5. Align with Photon Ball/Balls
6. Visualize the area of pain. Put ALL attention on those areas.
7. Say the phrase: "I ALLOW the Photon Energy to REMOVE all Physical and Energetical Blockages." (Repeat this 3x - 5x very slowly and consciously over a period of 3-5 minutes).
8. Say the phrase: "I ALLOW the Photon Energy to clear all inflammation pathways and parasites." (Repeat 3x-5x very slowly and consciously over a period of 3-5 minutes)
9. Say the phrase: "I ALLOW the Photon Energy to remove all pain and pain signals from my body." (Repeat this 3x - 5x very slowly and consciously over a period of 3-5 minutes) Keep attention on your pain areas.



**WE WILL BE ADDING MORE PROTOCOLS AND PICTURES
IN THE COMING DAYS.**

**WE WISH YOU HEALTH, HIGH FREQUENCY, HAPPINESS,
AND INNER PEACE.**

Alkywan Team