

Silhouette scanning ! Scan yourself and others anywhere for bad health and then heal the problem areas.

Using a pencil or pen and two white paper sheets prepare two rough, human body, outlines (see below for easy print copies). First, a drawing of a person standing and facing you with eyes on their face, arms at their side and feet apart a little. Second, a drawing of them facing away (their backside) from you including the rear of their arms.

Prior to scanning yourself, heal yourself and your subject, saying "With my Soul, the Spirit, Prophets, Angels and with the Planet Earth; I Heal, Balance and Shower my self with White Light for three hours". A perfect health scan result is white everywhere within the outline. Imagine that the person you wish to scan for sick areas is within this first drawing figure. Make yourself comfortable and relax with intent to mark the areas that are sick. Now holding the pencil feel, visualize the person and slowly move the pencil without touching the paper, from top left to right horizontally, like reading a book, from the top of their head slowly downward to their neck. When you feel, visualize a problem area shade (mark) the area as you move along ! I make about nine lines working from their head top to neck bottom. Next I do their top arm to bottom finger tips in one downward slow trace for each arm. Next do the main body with many horizontal lines, from shoulders down to groin, then both entire legs down to the feet and toes. If you wish more detail just re-point the pencil and feel, visualize and make notes.

On the second paper scan their entire backside starting in the same manner; head, arms, body and legs lightly shading their sick areas. Indicate their name, date and time on both sheets.

Healing these Sick areas with Spiritual Peace, White Light !

Heal yourself for 30 minutes. Imagine that the person you wish to scan for sick areas is within this first drawing figure. Make yourself comfortable and relax with intent to lightly pencil

shade the areas that are sick. Now holding the pencil, visualize the person and slowly move the pencil over the shaded areas you just marked imagining they are turning as white light possible. For a large area make the white light beam wider or make many wide white light doodles.

In a normal case re-scan with new empty silhouettes 24 or more hours later. Compare outlines to record good and bad progress areas. A few areas may require repeated white light application !