

# **MARCONIC RECALIBRATION**

## **DURING THE FIRST AND SECOND HALVES OF YOUR MARCONIC RECALIBRATION APPOINTMENTS:**

Please rest and drink plenty of water. Refrain from alcohol or drug use. We advise that between your first and second session you do not engage in sex. You remain peaceful and stay away from restaurants, bars and nightclubs or other crowded places if possible.

### **AFTER YOUR SESSION:**

Marconic Energy is profoundly working on every system in your multi-dimensional body. Allow it to do its work. It is advisable to avoid any energy work 3-4 weeks out to allow your Recalibration to be experienced.

Post Recalibration is not advisable to receive other lower vibrational frequencies. You are now running off of the 5<sup>th</sup> dimensional light body template – modalities designed for the 3<sup>rd</sup> dimension (Reiki and other techniques developed prior to 2013) can create distortion in your field and slow your clearing process.

Should you desire more energy work, your Marconics Recalibration practitioner is also certified in the Marconic 'No-Touch' Healing Protocol which can be used as an ongoing treatment to further support you.

Cranial Sacral, Osteopathy and Acupuncture (with gold tipped needles) are also acceptable forms of healing work for those developing the 5th Dimensional lightbody template.

Your chakras have been uncapped and are returning to their original multidimensional state. You will be releasing lifetimes' worth of karmic patterning and imprints. Be prepared that a lot of clearing will take place – this may take the form of physical, emotional, mental and spiritual releasing. Think of this like a spiritual pimple coming to a head. There isn't a "fix" because you have to go through the process of releasing. As emotions, thoughts, physical symptoms are coming up, be gentle with yourself and acknowledge what comes up is to be healed and released. It gets better!

What does it mean if you are feeling 'symptomatic' post- Marconic Recalibration?

Everyone's Marconic Recalibration experience is unique - what happens for one person may or may not happen for another. If you feel what you would consider a "negative" symptom post-recal, this is what is sometimes called a 'healing crisis'.

The after effects of a Marconic Recalibration could include insomnia, a surge of emotions coming to the surface, aches, pains or other physical symptoms.

### **Things you can do to support yourself:**

Eat/drink foods that are detoxifying like lemon water and green tea

Go outside and put your bare feet in the grass

You can also ask your guides to help ease the symptoms

Take a sea salt bath

For more information please visit [www.Marconics.com](http://www.Marconics.com)