



Trauma Removal Procedures From Metatron

Description: Removal process for trauma that has surfaced, (it must have already been examined and processed by you, this will only remove what is ready to leave you).

Trauma Removal Bath:

1. Visualize your bath water as being a sparkling liquid diamond color.
2. Visualize the trauma in your body as dark patches or spots inside of your body.
3. As you soak in the bath, imagine that the sparkling diamond water is absorbing deep into your body, all the way to your core.
4. Visualize the dark spots (trauma) inside your body fading away completely as they are transmuted back into the light by the water.

Trauma Removal Shower:

1. Visualize a sparkling liquid diamond light color to the water coming out of your shower head.
2. Visualize your trauma as dirt on the outside of your body.
3. As you bathe, imagine the water running off of you as being darkly colored as the trauma is washing away.
4. As your shower progresses, visualize the water getting lighter and lighter as the dirt is washing off of you.
5. Visualize the water running off of you as now being clear, without dirt. See the water as being the sparkling diamond color.
6. Rinse a little longer under the sparkling white diamond water to absorb the divine energy from it.

Trauma Removal From Drinking Water:

1. Visualize your drinking water as being a sparkling liquid diamond color.
2. Visualize the trauma in your body as dark patches or spots inside of your body.
3. As you drink the water, imagine that the sparkling diamond water is flowing downwards through your body, gathering the dark spots as it travels down, all the way to your feet.
4. Visualize the water as having turned black from gathering all the black trauma spots in your body. Visualize the water running out the bottoms of your feet as black water. As it continues to run out your feet, see it return to the clear sparkling diamond color.

Trauma Removal Without Water:

If bathing is not an option, visualize the trauma removal shower process. 1 or 2 minutes of this is just as effective.