Hands On

Using this technique creates an enormously strong opening, initiation and upgrading all put together in one unit. You can use this process for your own opening and personal growth, as well as, helping a friend, clients or loved ones. The Signs are about humanity going up to the New Earth, the spiritual evolution, the Shift to a higher dimension and about us going over to a more advanced consciousness level. Before a big Shift on a planet somewhere in the Universe, the beings there usually get some help from other species, for example, ET's, Angels, Light Beings, etc. Often these beings that live on a planet get the same kind of handprint that best suits them and their species, as we have received (see below). Taking these Signs in through the hands is very strong for all species and now it is finally our turn.

You will put your hand on the handprint that is designated for either the right or left hand that has the signs on them. You will also work with the crown chakra, third eye chakra, heart chakra and the solar plexus chakra with a smaller sign (see below). In our case, and for Earth, the smaller Sign is called Dorinch.

Part 1

- Light a candle and place both papers with the handprints in front of the candle resting on a table
- Stand up just a little distance from the table and the papers ϖ Close your eyes and see how your body and head are feeling
- Now open your eyes and place both of your hands at the same time on the appropriate handprint
- What do you feel now?
- You should be able to feel a difference in your body and head. Your body is opening itself up and preparing for new things. Your aura is widening and expanding outwards to be able to take in more. Your senses are sharpened as well as your consciousness is more open for new information and knowledge
- Your Guides, Spiritual Leaders and Guardian Angels come closer and you will feel more like a family ϖ You will also feel a richer and more divine presence. (You can also feel the papers alone or feel the aura of a person with a pendulum/dowser very significantly).

You are being opened up in a very powerful way and you will reach and see your inner light. This light is a preparation light for your body, spirit and spiritual things that are needed before the Shift. This light will continue to open you up from now and very much forward, even on the New Earth. This light will open you up and let you understand, see and take in all the new. With the help of the inner light you can also choose to become a part of the bigger New Light or as it is also called, the **True Holy Light**. This Light is uniting everything and everyone in the Universe. Everyone in the Universe is now following this Light. To become a part of this True Holy Light, you use the opening (see and read more below). Thanks to your inner light, you can also choose to become like a channel between the Old Earth and the New Earth (read more about how to make this choice below). With your own channel and link, it will be easier for you to meditate on, see and experience the New Earth.

Part 2

You have now felt, taken in and experienced enough through your hands. Sit down and close your eyes.

Part 3

Use the Sign Dorinch on the different chakras. Begin on the crown chakra, third eye, heart chakra and end with the solar plexus chakra. Hold the Dorinch Sign with the text towards the body.

Part 4

Part 4 is a free choice to continue with the meditation (see below) with the handprints and the Sign Dorinch. Sign Dorinch Cut in a circle around the Sign Dorinch and it is preferred that you laminate the circle shape.

Sign Dorinch



Cut in a circle around the Sign Dorinch and it is preferred that you laminate the circle shape.

Handprint for Right Hand



Handprint for Left Hand



Meditation with Handprint and the Sign Dorinch

This can be used as a continuation of Part 4 above or can be done separately as its own part.

- Begin carefully by creating a relaxed, peaceful and beautiful atmosphere
- Light a “real” candle and preferably more than one. The candle needs to be a light color. Put the candle(s) on a table and place your favorite stones around the candle(s). The stones will be charged when you meditate and then afterwards they will give out a soft energy around you. (Nice stones or even an ordinary pebble or rock can be laid around the candles and then put back in nature or given away as a little gift that will have this special energy within it.)
- Place the Handprints and the Sign Dorinch within reach
- Make sure you have all cell phones or anything that can produce a disturbing sound turned off
- Sit up and calm your senses, breathe softly and become still and relaxed within yourself ϖ Start by having your palms upwards and think these words, “Through my inner light, I ask to become a channel between the Old Earth and the New Earth.” Think this statement 3 times and then close your eyes
- Take down a ray of white light to your crown chakra
- Let the ray of light continue down and reach the inner of your heart chakra
- Feel like you have a connection with the Old Earth, our dear Mother Earth
- Now float upwards and out into the Universe. From there, look down on Mother Earth and to the right of her is the lighter color of the New Earth
- Slowly float down and land on the New Earth’s surface/ground
- Lift physically your hands to your heart chakra and place the Sign Dorinch. Really try to not loose your focus
- Now there is a new form of connection that is created between you and the New Earth
- Now place both hands at the same time on each handprint. The connection and the link between you and the New Earth is now starting to work itself and flow through your body. The flow fills your inner light and you become accepted and embraced as one and with the New Earth. You are there and you belong there now!

- Humbly show your respect by physically bowing your head a little and give thanks
- You will also get thanks back from Mother Earth's body (Old Earth) and from Mother Earth's soul from the New Earth. It will be a thank you for the connection and link that will be there forever
- Your inner light is now changing with the connection and the feeling goes out into your entire body and to the depth of your soul and into the inner of your spirit
- Humbly take in these emotions
- Think now that you are giving and radiating out your inner light when you slowly go back and land in your body on the Old Earth again and become more present in your body there.

Meditation on the New Earth

- Start by creating a relaxed, peaceful and beautiful atmosphere ϖ Light a candle, preferably a real candle that is light blue or green in color. Put the candle on a table ϖ If you desire, you can put light blue or light green stones around the candle of your choice. The stones will be charged with the New Earth's energies as you are meditating ϖ Put the handprints, the Sign Dorinch and the meditation sign (see below) in reach of yourself ϖ Sit upright, breathe slowly, relax and be calm
- Start the meditation with your palms facing upwards and think: "Through my inner light, I ask to see the New Earth." Think this statement three times
- Close your eyes for a little bit before you place both hands at the same time on the handprints
- Remove your hands
- Take down a Mediterranean blue/green turquoise light that is a clear ray to your crown chakra
- Let the ray continue down into the inner of your heart chakra
- In the heart chakra the turquoise light becomes like water
- Over that water is hovering a very clear luminescent white little star
- Feel how the star wants to grow and become bigger in your chest
- Touch the Sign Dorinch and feel your connection with the New Earth
- Float upwards and out into the Universe. See the stars in the Universe
- Feel how your little star in your chest/breast begins to grow
- Think the word, **Sirinchi**
- Now see the New Earth and slowly float down and land by the ocean on the ground on the New Earth
- Look around you and take in the light colors of nature ϖ In your thought, bend down to the ground by your feet and touch the ground
- Think: "Hereby I bless this Earth with my inner light."
- Physically lift your hands to your heart chakra and put the Sign Dorinch towards your heart chakra for a little bit. This creates a THE connection and THE link to the New Earth
- Now touch the meditation sign with both your hands or one hand at a time and then go deeply into the feeling of the New Earth
- Behind you will be a city. This city is a very creative place with beautiful paintings, pictures, sculptures, singing, music, dancing and other things

that are fun. This city gives out an extra very beautiful touch to a world along with a lot of pleasure, joy and happiness to its inhabitants

- ❖ Try to go to the city and look around. See the colors, feel the frequency and hear the music
- ❖ Try to have a conversation with someone and open up a dialogue of friendship and consideration. Be friendly and give out friendliness and you will receive a lot of friendliness back
- ❖ Experience as much as you want to and have time for and come back when you are ready
- ❖ When come back into your body on Earth, notice two things: 1. Your inner light has changed and grown. 2. Notice that the star in your chest has now gone down into the water. The water shimmers and is very clear and strong ॐ In your thought, let this water enter your blood stream and circulation. This shimmering water is going to purify your blood, all the other flows in your body, systems and organs.

Meditation Sign



Opening The New Light

Your inner light can help you to become an important part of the totality of the New Light or the True Holy Light. You can say that by choosing this side for the positive and the good it is against the negative and maybe evil. The Universe and almost everything in the Blue Creation has already unified themselves with the New Light or the True Holy Light as some choose to call it. Queen Ansa and others that rule smaller or bigger parts in the Universe have all joined and follow the New Light. Even those in the old days we called the greys or dark are unified under this light. There is very little left of the evil in the Universe and in this creation and that feels very good and secure for everyone everywhere. On the New Earth, the New Light is something that everyone is talking about and describing as fantastic. They say it is when it comes to working with it, when it comes spiritually or in other ways it is really great. It is also wonderful to just have it there as a faithful and secure friend and protector or someone to lean against and really trust. In the True Holy Light, the word True is reflecting all of this.

The Opening and Signs can be done on others beside yourself. The Signs can also be carried all together in your pocket. How you do this:

1. Start by creating a relaxed, peaceful and beautiful atmosphere. Light a white candle. Touch the two handprints at the same time. Hold the Dorinch Sign against your heart chakra for a short time. Sit down in a peaceful place where you love to sit. Put your hands palms upwards and close your eyes
2. Think: "***I want to be a part of the New Light or the True Holy Light and let me get in contact with my inner light.***" Think this statement 3 times.
3. Touch the Sign below and then give it to your heart chakra.



4. Touch the Sign below and then give it to your third eye.



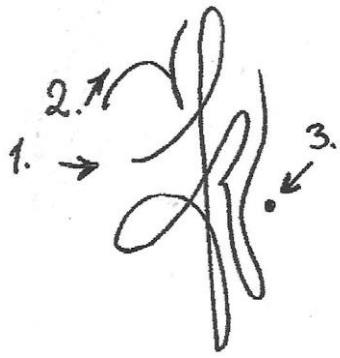
5. Touch the Sign below and then give it to your crown chakra. Do this 2 times.



6. Touch the Sign below and then give it to your heart chakra.



7. Draw the Sign below in your hands. Start with your left hand and then the right hand.



8. End with the Sign Dorinch towards your crown chakra.