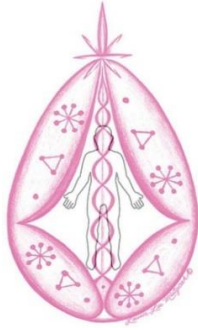


MEDIC KIT FOR HOLOGRAM BATTLE INJURIES (BRIEF VERSION)



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Remember! - *This Hologram is sitting in the Holodeck inside the UV-Realm. (For HRT members, we are already "Home!")*

Remember! - *You were trained for this Mission - You have the skills inside of you!*

***Remedies for Parasites:** Oil of oregano capsules - Black Walnut - Worm Wood - Grapefruit Seed Extract - Cloves - Cayenne Pepper - Colloidal Silver - Aurauralite Water (programmed for parasites)

NOTE: *Many parasites take 90 days to exterminate as they lay eggs. They can go dormant when scanning for them, so you have to scan in the past when they were already there.*

***Start conscious deep breathing:** *(Many times we hold our breath when under duress.)*

***Badd Ass Eggs:** *Remember to always specify Original, Authentic, Kryahgenetics Eggs. (K-II Page 33)*

***Use your Aulmauracite Rocks or pendant to make LR-5 water - Charge it with your intentions & drink.**

***Find out the origins of the Psychic Attack:** who, what, when, how, and why.

***Do the "Drop the Tissue Protocol":** (Wad your anger and anxiety into a tissue, *and drop it in the trash.*)

***Use the "Screw You Loser (SYL) / Up Yours Loser (UYL)" protocols,** with passion and conviction.

***Disconnect & clean off oppressor/trash:** Use Sickle-severing, Tea Strainer, & Debris-sweeping Techniques.

***Call on the IT Bees:** *especially for AI and "Anxiety Makers."*

***Conduct a Spiral Curse-Reversal Ceremony.** (K-II, pg. 102)

***Fear Energy creates Loosh:** *"Don't Be Fears B*tch!"*

***While in your Egg, have it gently rock you back into balance.**

***Diamond Purity:** Consciously eat food & drinks to elevate this for more protection and skill sets.

***Get strong. Think of times when you made it through even tougher situations.**

***Remind yourself you're "getting immunities" to whatever is ailing you. You will be tougher & smarter!**

***Listen to soothing or upbeat music and/or sing yourself into a better place.**

***Exercise, Dance, Stretch, Walk in Nature.** *(Don't forget to smell the flowers & your Aulmauracite rocks. ;-)*

***Diffuse or wear essential oils for calming or clarity.**

***Smile and LAUGH! Read the memes on our Newsletter, watch a funny move, and laugh Like Hal!**