

# Center for Spiritual Awakening

## Energy Vortex

Transmitted from Source to Cathy/Hinri

### Introduction

#### Location:

There are a total of fourteen vortices in the world. As we discover them, we will add them to the site created for this purpose. ([www.vortexenergy.org](http://www.vortexenergy.org))

From time immemorial, man has looked for places of high vibrations and has found them in numerous locations.

Those mentioned here have been specifically identified by Heaven to be made available to all.

The active elements are numerous and I will give you a list in this document, attempting to relate them to the best of the abilities my messenger Cathy/Hinri

Step into the Light. Everything is given to you to get there.

God

### IMPORTANT NOTE

The energy therapy of the three bodies: soul, spirit and physical really affects matter.

Under no circumstances do we ask that you stop treatment already undertaken or suggest that you do not start conventional treatment. We believe that it is our duty not to act against the wishes of the patient and the choices of his soul. Every being has the freedom of choice; it is a fundamental law of the teachings of Heaven.

You will find many times in the pages of this manuscript the term: chapels. This word has no religious connotation. These places linked to the vortex are treatment rooms. (There are 7 chapels situated around the Vortex, each one related to the different chakras.)

## **Preparation**

It is recommended to raise our vibration before starting treatment, in order to facilitate the intervention of the Doctor of Heaven. Techniques to increase the vibratory rate is described below, it is also possible to do so by remaining on the vortex for twenty minutes.

Settle comfortably. Stay on site for as long as you feel the need. Some interventions leave traces such as scars. These will disappear after three or four weeks.

It is advisable that a second visit takes place a few days later in order to ensure that the healing follows its course.

Some patients do not want to heal, often unconsciously. For those people the Being of Light cannot operate, as it would be acting against the law of free will. In this case, the vortex sessions are recommended for the uncovering of the reasons for the denial. It is often a weight that the patient will not let go of: big grudges, persistent sadness, etc.. It then remains the solution to come on the vortex until the inner voice makes that person understand why she is sick and how she can get rid of these reasons.

### **Some techniques to increase the vibratory rate:**

#### Sounds

The language of words is much more than a way to communicate. Each sound has a different frequency in the energy and vibratory system. When repeated for at least 7 minutes the high frequency will increase the physical and etheric vibratory rates.

We will maintain 3 specific sounds for this elevation:

- U (pronounced Ooooooooo...)
- O
- Z

#### Words

Mantras (Sanskrit: instrument of thoughts) also repeated for at least 7 minutes. It not only raises the vibratory rate, but also programs the mental body with positive ideas and thoughts.

For this work, I offer some mantras for the increase benefit of your mind:

*"I am a Being of Light"  
"I am a Divine Being"  
"Abundance flows in me"  
"I carry the seal of reunification"  
"God is Love, God is Light, God is Goodness"  
"God helps me in all my endeavours and gives me everything I need to  
complete my apprenticeship of True Life "  
"I am today full of strength and vigour, full of joy and confidence in the Force of  
the Universe "  
"I like to be in the Service of Light"*

### Songs

Singing stimulates the endocrine glands and activates the perfect principal cell of the physical body, which is in harmony with the soul: our main link to Heaven. Many relays are connected directly to its center: This cell, which alone holds all the codes that is the sum of all experiences of the soul.

Like a microchip it is stimulated by different energies, such as the proximity of a person who has a soul connection with you.

You can bring back past memories by activating this cell and of course, tap into the vibrational frequency of the soul, which is often higher than that of the mind.

Singing is good way of stimulation; by vibrating your vocal chords you reach that particle that is located between the 5th and 7th cervical.

Sing songs of joy that pay tribute to Earth, to God in everything, to music, artists and yourselves.

### Laughter

Nothing like a good laughing session to raise your vibrations, It is not easy to laugh on command, but I advise you to try anyway. Take a few minutes to prepare yourself by thinking about hilarious situations just to help you relax, start with "hahaha" while clapping your hands with each syllable, repeat about twenty times. Then, start moving your arms in all directions while continuing to go "hahaha" aloud. You should by then have triggered real laughter. The more people taking part the easier, it is because laughter is contagious and that if one starts to laugh the others will follow.

We talked about laughter; we could also talk about tears.

Have you noticed how much lighter you feel after a good cry?

Tears carry with them: sadness, rebellion, and feelings of injustice... away from our physical body. The increase in vibration is radical just after you have emptied yourself of these heavy energies.

### Physical exertion

Physical exertions may also help shed negative energy because during exercise, the mind is at rest. The toxins from the body are transformed into sweat that just like the tears carry dark energies out of the body.

### Breathing

We all know by now that with each in breath we inhale energies and that we can easily choose with our intention to breath in the light and high frequency cosmic waves.

By rejecting that which is not of peace and love we make more room for this light.

There are many breathing techniques, the one described above is the simplest and equally effective: Consciously repeat the in breath and out breath at least 7 times to raise your vibration.

## The virtues of the vortices

The energy flowing through this vortex is directly connected to the fifteenth dimension down from the depths of the universe. The energy cascades through this tunnel to the other side of the earth where there is an exit, a similar vortex.

These passages (entry and exit) are shaped like two circles overlapping one another. This energy circuit is reinforced by its visit on its outward and inward journey in parallel worlds also known as the Pleiades.

There is only one channel in a flux and reflux, which does not obstruct each other because they form interlocking spirals touching on their way intraterrestrial cities and other dimensions. These pure energies come from Source, enriched by various features of several higher dimensions than that of the earth. This provokes an increased vibration for the planet in general.

In total there are 7 circuits, 14 inputs and outputs (Vortices), with different vibrational characteristics. Whether they are known or not, does not affect their ability to assist earth in its ascension to the fifth dimension.

For those who stay in the vortex for at least twenty minutes, the energy spirals from the vortex quickly resolves problems caused by energy imbalances. In the case of more serious physical and psychological ailments, more specific treatments can be received on demand. It is the Celestial Physicians (some call them angels, guides or by many other names) that help you to heal. Certain interventions leave traces such as scars, which will disappear after three or four weeks.

During a rapid equilibration of energy pathways (chakras and meridians) the physical body, which is not in harmony with this balance will react. If there are symptoms of fatigue, malaise, dizziness, headache when leaving the vortex, be attentive to your body, which will let you know whether you need the help of the Doctors from Heaven to revitalize or operate on your physical body. This is where they then intervene, inspiration during the interventions of the heavenly assistants, will shed light on the reasons for your illness or lack of energy. It is then up to you to begin your healing by letting go (dropping your weights i.e. anger, worry etc. forgiveness is crucial to healing - see "Therapies Universelles")

Entering the vortex is stepping into another dimension. There are symptoms of entering another dimension, such as feeling dizzy (the most frequent) it is far from being unpleasant and tells the patient that his soul is open and accepts the passages of energy for its purification and release.

The precise location on the vortex where the visitors position themselves to meditate is not important because the energy radiates throughout the surface thereof.

Visitors must respect silence in this sacred place with gratitude in their hearts for these Beings of Light, assisting in their healing and ready to intervene if personal care is necessary and requested.

Even if several people are together on the vortex, the energies are not diminished. Unlike some places that need to be recharged, here the energy

flows continuously, transmuting the residues in neutral energy sweeping them in the strong current.

If the clockwise direction can be invoked for the incoming energy in the earth, the exiting energy is anticlockwise.

We describe here the multiple, but not exhaustive virtues of this location:

### **Awakening**

The main virtue is an awakening of consciousness with new prospects for changes within in order to facilitate the general evolution of the human being and his life.

It is a necessity in these times of end cycle, to initiate discussions to identify problems and solutions in our own lives.

The awakening of consciousness brings about the following for everybody:

- To differentiate one from the masses and learn to love oneself as a unique individual and Child of Light, learn to love and to give of oneself, to be open to receive and be loved because one attracts the other unavoidably.
- To open one's heart to love in the giving and receiving. This gives an entirely other dimension to the values already recorded but falsified by a constant need to have instead of being. (Becoming irritable when you cannot get everything you desire, when you already have everything you need.)
- Learn to appreciate and love what you already have, especially those who live with you, the people in your life.

Awakening is the start of a new life towards wholeness, the end of material dissatisfaction. A commitment to a path that will lead to the total freedom to be oneself, even for those who have great philosophical, spiritual knowledge, new age, etc., and in which consciousness is often still asleep.

### **Awakening = Love**

Enter this dimension of love demanding of yourself that the alarm clock of awakening rings in your life. Do not go on this vortex with another goal but your awakening. As all illnesses, mental, physical or other must be acknowledged and analysed by your understanding and intuition, this cannot happen unless you allow your consciousness to awaken. Always start with a session of awakening of at least 20 minutes and if possible several times, before any treatment.

For those who are put off by fear of change, sit around the Vortex without specific request. There the beneficial energies radiating from the vortex are more subtle and will bathe you and you will discover well-being, the deep peace that you may feel throughout your path to the Light if you decide to enter.

## **The resonance of your Divine Self**

The energies vibrating on the vortex bring forth your higher self in other words your Divine Self. It is through your connection to your higher self that you receive the answers inspired by your soul:

- To know the reasons for the call for help that triggered a disease
- To know the reasons for the challenges you have faced or are currently facing.
- To find out the name of your soul, its condition, its wounds, its level of evolution and its desires.
- To understand the meaning of your life, to learn how to cleanse, improve and evolve.
- To learn how to get closer to God
- To learn how to act when faced with situations or people with whom you are not in harmony.
- To know if you are correct, if you are in the truth.

In other words whatever you want to know about your present life and its consequences. If you enter the Vortex with a specific question and a sincere desire to allow yourself to be guided, you will obtain your answer. If you doubt, mentally reconnect with those energies from home after your visit on the Vortex, do so as often as possible and come back and ask your question again. Then let go, and open your heart to receive the answer, you will know.

It is very important, before embarking on a healing, that you work on yourself, meaning that you let go of the weights you are carrying in order to heal the wounds of the soul. All diseases come from a call from the suffering of your soul.

I urge you to do and redo the work of forgiveness regularly during this cleansing phase, so that the doctors from Heaven can operate on you, since any barrier, any obstruction prevent them from doing their work in depth and it is up to you to remove them. It sometimes requires a little time to accept to change your behaviours and attitude, but it is the only way to heal your soul and then your physical body.

There are many Beings of Light helping and supporting you, but you alone are responsible for your choices and they cannot go against your free will.

Below is a meditation on forgiveness; in order to let go of the weights you carry:

## **MEDITATION FOR FORGIVENESS**

Take 7 deep breaths.

As you inhale, imagine a column of light is above you and completely surrounds you. This light enters inside you with each in breath and fills your body.

When you exhale, visualise an exhaust pipe coming out of your mouth and away from the tunnel of light. You breathe out all your impurities ... worry, sadness and so on.

You are now free from the negativity which were hidden inside you... Bathed in Pure Light.

Invite the person that comes to mind now to enter this sacred space and sit facing you inside your column of Light.

You are now sitting cross-legged facing each other. Sparks come out of your eyes to enter into the eyes of your interlocutor.

These beams of light are generated by your heart to give absolution to a being that has hurt you.

Look at him straight in the eye and see him as a helper who allowed you to experience this hurt in order to grow in love.

Now take his hands, ask him to accept that a cleansing takes place through cosmic energy exchange. If he agrees, send him Love through your right hand into his left hand.

These vibrations of Love will enter inside his body releasing all negative chains binding you to him and emerge purified and embellished by his love. Through his right hand in your left hand, your in turn, will feel within your being nodes which are being loosened, releasing all negativity towards him.

The energy circuit will have to be done seven times to completely purify your souls, minds and physical bodies from the memorized facts.

At the end of this exercise, release your hands and bring them to your heart feeling a further opening to Unconditional Love.

Thank this soul for allowing you to become aware of your freedom from the past-shared memories.

Let him go now giving way to another person that has consciously or unconsciously caused you suffering or worry.

This meditation is to be repeated several times within the following week or Fifteen days, depending on your difficulty with letting go completely of grudges and surrender to love this person.

As long as you feel some blockages through the energy circuit it means that the resentment is still present. Repeat the meditation until you can feel love for that person.

You will then be totally liberated, light and free to pursue your journey to your Ascension ... it is crucial.

## Spiritual Healing

When you were born, you were bathed in a soup of various beliefs. During your childhood you have been rocked by rituals, all sorts of ways to pray, to sacrifice etc, and you have taken it in despite yourself.

However, you must now get rid of what does not conform to Universal Love which will one day become the only religion on earth, by requesting that the truth is given to you about:

- Who is God?
- What God is he?
- Where is he?
- How does he behave?
- Why does he let us down when all goes wrong?
- Why doesn't he do something so that poverty disappears on earth if he is almighty?
- Should we beg to obtain his help?
- Etc., etc..

As well as asking other questions regarding life and the afterlife or otherwise, on the vortex, you can get rid of the dogmas which impede your progress towards and with God.

## Physical healing

When the disease is diagnosed, or a particular emotion is detected corresponding to the cause of the dis-ease, the treatment with the celestial doctors will take place in one of the chapels related to the state and the chakra concerned.

### The Chakras

Excerpt from "Le guide du Bonheur – (A Guide to Happiness)"  
From Source to Cathy Muller

#### - **Base chakra, root chakra,**

Located at the bottom of your trunk, between the genitals and your anus. Act as a link to earth.

#### - **The navel chakra, digestion,**

It is the navel chakra that causes blocks to our digestion when we worry too much. It becomes unbalanced.

#### - **Solar plexus chakra,**

Seat of emotion, often solicited, many blockages may be present.

#### - **The heart chakra,**

It is often very heavy, because this is where you keep your grudges.

Visualize it turning like a spinning top, faster and faster, and ejecting all unnecessary weights which prevents it to spin freely.

**- Throat chakra where the unspoken is lodged.**

Causing recurring sore throat infections or pain in the neck.

Visualize the colour orange, a beautiful ripe unblemished orange. Look at this beautiful fruit, pick it and eat every segment of this orange. With each bite, imagine you saying what you could not say out of fear or embarrassment for many years now.

Say it out loud now, without hatred or aggression, say it calmly as if the person concerned is in front of you.

Then look again at this energy center, like a beautiful ripe fruit emptied of its pulp, light.

**- Brow chakra, third eye, yellow gold**

The opening to the boundless world of divine creation.

Concentrate on this spot, just above your nose between your two eyebrows and imagine a tunnel of light entering your forehead. A window opens to the world of light.

**- Crown chakra, above your head, about 5 cm from the base of your hair.**

It is the direct link with your higher self, consequently with the Beings of Light. Cherish this place. It is a passage that should be permanently open, from the moment that your soul is united with your spirit.

All kinds of energy pass through this place. The vibrations are different from one Being of Light to another, but also your perceptions of the feelings of your soul.

Everything goes through this opening. You're like a vase and the crown chakra is the opening of the vase, more or less wide according to the spirits. It is the spirit that makes difference.

After a period on the vortex, the patient will move in the chapel corresponding to the chakra feeding the physical area or being the site of the emotion that causes the disease, even if it is located elsewhere in the physical body.

An example: a cold is located at the throat chakra. But most of the time it comes from in the heart chakra, which causes a blockage to the throat chakra. It will therefore be treated in the chapel of the heart chakra.

We will detail what are the diseases or unease by chakra, by chapels.

## **Base or Root Chakra**

Related to survival, it is the seat of the emotions of fear

The red chapel will address the following:

- All diseases related to conscious or unconscious fear.
- The majority of diseases ending with IE, (in French, this does not apply to the English translation) such as:

- . allergy
- . amnesia
- . anaemia
- . anorexia
- . aneurisms
- . bulimia
- . dysentery
- . haemorrhage
- . hernia
- . insomnia
- . pneumonia
- . addiction
- . etc.

- Sickness, disease, affecting the whole body: bone, muscle, nervous system.

The patient will remain for half an hour lying in the red chapel without any artifice. The Being of Light specialized in these diseases will intervene directly on emotion first and then the physical body. More stays in the chapel may be necessary, always leaving at least 5 days interval between them.

It is then required to examine if it is necessary to go through another chapel. It is important to remind you that there is always a direct link between a disease and the emotion that characterizes it. So it is essential to reflect on this in order to heal completely and make the necessary effort to succeed.

In the base/root chakra chapel all behaviours related to addiction and dependencies are treated regardless of the type. In this case come with this purpose and ask for help, so that you receive an energetic antidote that will allow you to wean yourself quickly without side effects.

Notice to all those seeking to quit smoking this place is ideal for this. Give it a try. But you will have to come back every time you have a relapse. Ditto for alcohol and drug addicts. This also applies to addictions linked to those hiding behind their work, sex dependencies, sentimental and emotional dependencies. Anything that makes you a slave. Ditto for food problems: bulimia, anorexia.

The chapel also serves as the anchor for those who tend to lose pedal quickly and do not keep their feet on the ground and especially for all those who have problems with low-level entities.

## **The Navel Chakra: Hara**

Here we touch a vital center for diseases that are derived from this chakra are usually fatal; like cancer for example. Whether it is general or localized and in any body part, it still has its emotional source in the Hara chakra.

Some types of cancer are also related to fears. The fear of not deserving love, for example. They should be treated first in the chapel of the root chakra and then in that of the Hara.

But do not worry, the doctors from Heaven consult with one another and know very well where to begin treatment. Even if you are not in the right chapel, you will feel the need to combine care in another with another specialised doctor.

Apart from the work of forgiveness already mentioned, it is essential to do it for ourselves, for everything that relates to guilt, forgive ourselves and accept that we have made mistakes.

Other types of digestive diseases are directly related mainly to this chakra when for example we cannot digest a situation.

In this chapel, you will receive a particular wave to relax and release stress, loosen the existing knots and allow you to see yourself clearly and facilitate all decision you would have to make in your life.

Also, on request, a cleansing of the digestive organs can be done by the energies present. This will require 2 to 3 days following complete drainage of these organs by diarrhoea or vomiting, so that everything is cleaned inside, purged for your well being. This work will be done only if requested by you. This will promote a holistic treatment, clarifying the complexion and solving many skin problems.

During severe stress caused by misunderstandings of either acts or words of others, there is often a blockage in the digestive system. The energies may balance the channel without the purging mentioned above.

## **The Solar Plexus Chakra**

Responsible for the balance between the top and bottom chakras - between past emotions and future visions - between earth and heaven.

Most energetic imbalances are located in this chakra that is in perpetual oscillation.

Anything that relates to spiritual needs and cleansing is processed through this chakra. All shocks are received there and are redistributed according to the energy it generates. Current fears and anxiety are also located in the solar plexus, as opposed to the base chakra which houses chronic fears, irritations etc...

The organs associated with this chakra are the spleen, pancreas and the lymphatic system. So all infections that activate the lymph nodes can be treated here.

As well as diseases ending with "TIS" associated with anger, such as:

- . Appendicitis
- . Arthritis
- . Bronchitis
- . Colitis
- . Conjunctivitis
- . Cystitis
- . Gastroenteritis
- . Hepatitis
- . Otitis
- . Tendonitis

From a psychological standpoint, it is ideal for those angry and those who suffer from low self-esteem to visit the Solar Plexus chapel.

The energies present will restore and balance the vital energy in the Solar Plexus.

## **Heart Chakra: Heart Center**

There are three physicians from Heaven working in this special vibration that affects the heart, whereas in the other chapels only one doctor is enough to operate on patients.

Here, three are at your disposal, as this chapel will attract a lot of people. So it is okay for many patients to be in this chapel as well as the Vortex at the same time and request healing of the heart chakra.

All heart problems will be treated, sorrows, grief, negative feelings that close the heart. Nervous breakdown also carries a mixture of sadness and fear; follow your intuition as where to start treatment root or heart chakra.

The problems related to love, to feelings, and finally the problems inherent the image you have of yourself.

## **Throat Chakra**

Recommended for all those who dare not speak up, who do not express their feelings and keep them bottled up and those who are easily influenced by others.

This chakra also affects the ears, nose, throat and neck. Those who flee reality who do not want to hear, do not want to see, do not want to speak.

For actual problems and all diseases affecting this system or related weaknesses.

One must also work at mastering the art of expressing our thoughts and feelings, of listening and looking without fear and developing trust.

Extracted from: "Therapie Universelles" (universal therapy)

## **Positive Thinking**

You know that thoughts are creative, and therefore, that you create your own life.

To be happy, find a compromise between what you would like to have and what you already have. Keeping in mind that you will always get what you need in your life to be happy.

Use the force that is in you, the power of love to do it, this way you create your own happiness.

Begin by feeling close to your goal.

Imagine it taking shape before you.

Step inside your vision.

Experience these new features that make you vibrate with joy.

Feel as if you were in that wonderful moment that you expect so much.

Do not look back, but stay in this vision of the accomplished goal.

It's not so difficult to achieve.

Do this as often as possible, let go, trust, believe in your inner strength and see things happen before you as you have imagined.

Do not doubt yourself. Be strong.

Become whole beings and remain so.

So your goal will be achieved already in the passage of time, even if you do not see the difference in your present.

The time that you live is not the same as the actual time of each achievement.

If you decide to heal, get on the path of healing and consider yourself cured, because the goal is before you and you enter as if you walk in your vision. But the time to reach this goal, the earth time as you live is sometimes long for you, and this is why you start doubting and at time step out of your healing path, because you don't want to wait, you get impatient and you loose faith.

Always keep the faith, keep in mind your goal and do not get trapped by time.

You'll get there.

### **3rd Eye Chakra**

The opening to the parallel world.

For all those who have attained a certain level or who want to <<SEE>> more this sanctuary will bring many benefits in this regard.

It will also help those who have problems with entities, to close this window on other worlds, on visions, and some uncomfortable feelings.

This will be done in conjunction with that of the crown chakra.

### **Crown Chakra**

In this chapel will be treated all genetic diseases, because they are directly related to past lives as well as personal and family karma. It is in this chapel that the bonds, which are no longer necessary for the overall progress of souls, will be cut in agreement with your soul of course.

It is in this chapel that will also be treated all negative ties with lower worlds with regards to your own soul.

It is here that exorcism is performed.

To raise your awareness of this specific problem which is becoming more and more apparent, read: “ Entitee, de l’ombre et la Lumiere” (Entities of shadow the Light) From Source Cathy / Hinri,

You can order: [www.lumieresdelaudela.com/publication/livres.html](http://www.lumieresdelaudela.com/publication/livres.html)