High Frequency Magnesium Oil

Each batch of HFMO is made during a New Moon, when the Moon is not V.O.C.*, so each batch carries a different moon energy. Each batch is activated with prayers, chants, Reiki, crystals and harmonic energies; using water that is cleared of memory, and reset with an intent for healing, and is Alcohol free. The crystals and harmonics selected by Spirit may vary on a per batch basis.

This batch was made at the: Aries new moon in Aries, March 27, 2017

The NEW MOON in Aries begins a brand new cycle and heralds the beginning of the astrological year with the Sun having moved into Aries on the Equinox! This is the energy of starting something new. At this New Moon we have Venus, Mercury, Uranus, the Sun and Moon all in Aries.

Aries is the fire starter within each of us. He creates fire by friction, and blows forth the flame that sparks the beginning of something wild, elemental, essential and new.

That spark of creation is a gift we can all catalyze, yet we must learn to use our fire wisely, and handle it with respect and reverence. Conducted in the right way, it can be a force for great transformation and creative ingenuity.

There’s a wildness that wants to be expressed, a flame within each of us that needs to be kindled. With conscious love, patience and careful tending to our inner fire, we can allow it to burn bright! All of the rash, spontaneous energy may feel like it's testing you. Remember to tap into your Will and focus during this New Moon. Make some intentions, and keep your mind's eye focused on what you want and where you are going.

This is about healing relationship wounds, especially with self, and repairing the parts of our hearts that have been torn due to over-extension towards those that can't meet us half way.

HFMO is an “essence”, as each bottle of HFMO contains the energy imprint of prayer, minerals, gems, crystals, and energy matrices, each of which holds a certain vibrational frequency or energy, which, when applied to the skin, begins a process of helping to restore balance, harmony and wellness to the physical, mental, emotional and spiritual bodies.

This Aries New Moon HFMO is all about healing the relationship with self: healing all the wounds – the holes – that have been left due to taking care of everyone else and forgetting the admonition “*Put oxygen mask on and take care of Self first, then take care of others.*” According to my guides, this is really good advice, too often ignored by those of us who are here to support others on their journey home. During this time, we may experience a lot of *déjà vu* energy, expansion, and extremism. This HFMO helps us to feel calmer; to open our hearts; to allow those old wounds to open so as to heal. This helps shine the light into the dark places where we would normally rather not look and take the necessary action to clear away the fear so as to stand in our own transformative power. It gives us courage and strength to face the “monsters and skeletons” in the closet and bring them into the light for healing. We cannot heal that which we, cannot, or refuse to acknowledge.

With the use of this HFMO, may you find yourself en-light-ened (able to hold more light within your being which you are then able to share out into the world).

V.O.C. = Void of Course Moon – When the Moon makes a final aspect to a planet, it usually stays in the sign for a while before it enters a new sign. The period of time between when the Moon makes a final aspect and before it enters a new sign is defined as a void-of-course time period and may last anywhere from a few minutes to several hours.
This 2017 Aries New Moon batch was activated with the following crystals:

<table>
<thead>
<tr>
<th>Crystal</th>
<th>Benefits</th>
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<tbody>
<tr>
<td>Clear Quartz</td>
<td>known as the &quot;master healer&quot; and will amplify energy and thought, as well as the effect of other crystals.</td>
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<tr>
<td>Golden Healer Quartz</td>
<td>used by crystal healers to cleanse and enhance all of the organs of the body; sometimes used to stimulate the body's immune system, reduce tension and provide relief for those who struggle with a range of debilitating stomach problems; activates overall healing on all levels.</td>
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<tr>
<td>Pink Quartz</td>
<td>Opens the heart and brings the energy rays of determination, commitment, and caring. Its soothing color calms feelings of anger or resentment, and can aid efforts to meditate and reflect.</td>
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<tr>
<td>Calcite</td>
<td>increases and amplifies energy; brings about healing at all levels. Amplifies learning abilities; protecting, grounding, centering and can help bring inner peace.</td>
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<tr>
<td>Hematite</td>
<td>effective in healing pain because it maintains the charge of nerve cells; used to relieve headaches and anemia; relief from cramps, spinal problems &amp; fractured bones</td>
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<tr>
<td>Magnetic Hematite</td>
<td>helps regulate the blood flow in the body; stimulates the kidneys to purify the blood, reducing body temperature and drawing fever from the forehead</td>
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<tr>
<td>Rainbow Hematite</td>
<td>balance--helps bring clarity to reason and emotion. Where the emotions are charged with excess energy it helps bring peace and in that peace understanding of the next step; opens one to a deeper understanding of how to use the fire of emotion and imagination to move forward in life; acceptance of the fire and passion within you for life and living, rather than denying out of fear of being out of control emotionally.</td>
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<tr>
<td>Peacock Ore</td>
<td>happiness and joy - the ability to see the joy in every moment; helps turn you in positive directions; also helps channel happiness toward others; energy of upliftment.</td>
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<tr>
<td>Quantum Quatto Silica</td>
<td>an immune system builder; works within the DNA structure and cellular level to re-polarize and magnetically open the gateways to God’s direct healing light; effective in healing past grief induced trauma that is locked within the emotional energy field and the body’s cells, causing pain in both areas; aligns energy bodies and chakras</td>
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<tr>
<td>Turquoise</td>
<td>benefits the whole body, with special strengths in healing ailments of the immune, respiratory, waste and skeletal systems.</td>
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<tr>
<td>Rhodachrosite</td>
<td>vibrates with the energy of love - the love energy is directed towards your own self; supports and heals the emotions; enhances the courage to look at those things that you have been unable to face previously, so that you can make changes in your life; helps harmonize and balance the male and female aspects; healing from sexual abuse, encourages forgive of self.</td>
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**NOTE:** If the energy of this HFMO feels too strong for you, dilute it with pure water. Start with 1:1, and if that is still too strong, dilute it 1:2 (one dropper of HFMO to 2 droppers pure water). You can dilute it up to 1:5 without reducing healing potency of the HFMO. Once you find the perfect dilution for you, use it for a week or two, then, if you feel the need attempt to use it at a lower level of dilution. Many people find they need a high level of dilution on some days, and less dilution on other days. If you know how to use a pendulum or test kinetically, check on a daily basis how much HFMO you need to use. The amount may change on a day-to-day basis.
In addition to energy of the New Moon, prayers and crystals listed above, all batches of HFMO are activated on a Flower of Life grid with Reiki and in the Harmonics of:

**Balance / Stability** – Emotional healing – enhances the dynamics of all body systems.

**Joy / Rejuvenation** – activates the potential of anything it is placed in or on.

**Harmony / Empowerment** – Enhances natural balance to the energy centers of the heart and glandular systems.

**Intuition / Mental Focus** – Reconnect you “brain” with you “inner voice” and Wisdom of the Universe.

**Security / Acceptance** – Enhance feelings of safety and security, relax the body, open pathways of opportunity.

**Organization / Wholeness** – Realigns and enhances the precision of the electro-magnetic body.

**Action / Restoration** – Enhances the flow of vital energy in, around an through the cells.

**Strength / Connection** – Strengthens spinal, nervous, immune, electrical and energy systems of the body.

**Peace / Breath of Life** – Empowers a relaxed flow of Harmonic emotions.

**Ebony / Purification** – Harmonizes and purifies disharmonious energy in the body, substances, devices.

**Opal / Clarity** – Opens and clears the flow of energy in all energy systems of the body.

**Awaken / Enlightenment** – Amplifies a full spectrum of the Divine Love Within. Awakens you to your Divine Essence.

**Discernment / Awareness** – Finding and standing in your Truth, awakens your awareness of your spiritual connection.

**Confidence / Transformation** – Golden Light of Transformation. Restores RNA . DNA connection and communication.

**Creativity / Fire of Life** – Revitalizes energy, youthfulness, and dynamics of creativity.

**Manna / Foundation of Life** – Restores cellular integrity and natural life-force energy for overall rejuvenation.

HFMO is Alcohol free

Learn more / or replenish your supply: [http://bioenergeticcoaching.com/simple-solutions/magnesium-oil/](http://bioenergeticcoaching.com/simple-solutions/magnesium-oil/)

**Simple Solutions**
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