

## Using the stickers

These are directional field generators based on Source energies as I understand this work.

I used pendulums, intuitive insights and muscle testing to create and attune them. Many of you are open can feel the alignment in one's body when it is activated by proper placement.

Tips on setting up: I move one side at a time - sliding around slowly, back and forth till I can sense it locking in per se or activating if you prefer. I can feel it every time when I am centered.

## Center Alignment Options

The single sticker has energies emerging from the open side which falls off over distance. I find these useful on bottles or in front of a plant – pointing to something you want to raise its energies.

The other option I have discovered putting them across from each other as in { } with centered alignment. This way you can create a field for one's home and spaces. I have not testing how far the work well for different distances, just experiment and observe the changes.

Now I have used 4 in a grid pattern. I have done a cross formation – with a bias to the top instead of a perfect + sign. A + sign works as well for a layout but do play with these – just laying down without adhering to gain some insights on how the alignment works. I used these in cross on most of cabinet doors.

I have also tested and am testing up to 4 pairs in a grid setup. I have done one pair north to south and 3 rows of pairs – one aligned at heart, next at stomach and then last set moves sometimes – from feet to hips depending on the day or night.

## Offset Alignment

I also use these as a chain so instead of aligning dead center (left side)– offset the alignment so the inside of the legs of each align to the inside of its opposite (right side) – inside so it creates a chain of energy. *See example at end of doc.*

I put a chain on my water bottle and love the feel of the water.

Keep notes on your experience and please share with me good or bad.

THANKS

Left side – Aligned

Right side – Chain test.

