



Introduction to the TOLPAKAN™ Healing Method

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What are TOLPAKAN™ frequencies?

- The powerful healing energies of all the Archangels combined upgraded with other powerful energies (available with ascension) as is permitted and guided by Source.

What is the TOLPAKAN™ Healing (TKH) Method?

- A simple three-part process to manifest positive healing intentions using TOLPAKAN™ frequencies
- It involves:
 - a) Assessment – connecting to Source and using dowsing or muscle testing as a pre-test
 - b) Healing – with intention and creativity, focusing TKH to manifest the desired outcome
 - c) Re-assessment – using dowsing or muscle testing as a post-test

Where did it originally come from?

- Archangel Raphael personally attuned 8 individuals with the creative healing power of all the Archangels combined. Jesus was one of those individuals. A Lemurian Elven/Angel was another. Other beings personally attuned are what we would call extraterrestrials. Since then many beings have been attuned to these energies. One of the crop circles is the “name” of this frequency given to us as a message of hope and healing.
- Dr. Karen’s past life, as a Lemurian Master healer, had a mission to attune the entire world with this frequency using a specially designed crystal, but was not able to complete his mission before Lemuria was destroyed.
- Recently Dr. Karen discovered that she is the human re-incarnation of this Lemurian healer, who is now considered an Ascended Master.

- Dr. Karen is assigned by Source to complete this mission in this lifetime. This time, however, because of the Ascension process, special crystals are no longer needed to attune everyone.
The attunement of the world is almost complete!

What is the Purpose of bringing the TOLPAKAN™ Healing Method to the world?

- To allow humans to creatively solve their own problems using positive intention
- To assist in Ascension and to help us integrate the new energies in our physical, mental, energetic, emotional and spiritual bodies
- To empower Indigos, Earth Angels, Starseeds and those “waking up” to change themselves and the world to a more evolved place of peace and love.
- To aid the spiritual realm and other beings who need help

Is it safe?

- Yes! You cannot do any harm with the TOLPAKAN™ healing.

What do I need to know in order me to do healings?

1. You need to be attuned to the TOLPAKAN™ frequencies (you probably already are)
2. You need to learn how to connect to Source reliably
3. You need to learn a form or muscle testing or dowsing so you can check your results
4. You need to intend for the healing to happen
5. You need to allow Source and the “God Team” do the heavy lifting (all the work)
6. You want to use the human gift of creativity (the coolest part!) in your healings
7. You want to be open to miracles happening

How is this different from other healing modalities such as Reiki, Reconnective healing, acupuncture etc.?

- It is different in that it utilizes TOLPAKAN™ healing Archangel frequencies for manifesting positive intentions
- We use muscle testing before and after the healing to assess whether there is a change
- You can choose to do hand-on or remote healings – both work equally well
- You don’t have to do any specific meditation or visualization
- There are no specific symbols for you to use (although you can always make your own)
- The type of healings you can do are limited only by your imagination
- We allow the full breadth of creativity in the healing so you’re not just focused on healing a person. You can heal entities, the weather, a relationship, a house, an animal, your food or other planets, for example.

Is this better than other healing modalities?

- There is no healing method that is “the best” as Source supports all healing that is for the Highest Good.

- Every individual is unique and must use whatever resonates at the level of his/her consciousness. What works best for one person isn't necessarily what works best for another
- This method is efficient and simple. **You become more powerful as you practice the healings.** The more you do, the better and consistently the "results" comes

Does it always work?

- The results show up the way you envision them if it is for the Highest Good at that time.
- Often there is a "lag" time between energetic realities and physical realities but sometimes it is just minutes
- Sometimes Source wants you to "learn" something and must do further investigation as to the "why" before the healing is done.
- You can't force a healing on someone if it is part of his/her soul mission to experience something that you consider "bad", and that goes for personal healings as well

What you will notice as you practice TKH:

- You'll become more creative on what you wish to heal
- Images, feelings, sounds or sensations may "pop" up spontaneously to assist you in asking the right muscle testing questions or during the healing
- Your faith will increase as you do these healings even if some do not "seem" successful – there is always a good reason
- Your intuition will sharpen very quickly as you do assessments and healings and at the same time, your power levels will rise
- You'll be able to feel if your muscle testing is being interfered with and if you need to do a clearing of negative energies
- Much of the discomfort you will feel is not yours! Your empathic abilities have already been amplified in the last few years. One of the best questions to ask in self-assessment is "What percentage of these symptoms are *my* stuff?"

Suggestions for practicing TKH

- Do a daily self-assessment (see cheat sheet) morning and night. Choose which parameters you wish to test and heal. As you get faster at muscle testing, you'll notice "new" things you want to check in yourself.
- Always keep an open mind. Instead of seeing symptoms as something "bad" or assuming you did something wrong, see if you can view them with curiosity. What are you to learn from them? What has changed? You or your environment?

The Basic TOLPAKAN™ Healing Directives:

1. The TOLPAKAN™ Healing Directive:

- a) *"It is now commanded that this _____ be healed/restored/optimized in the Highest and Best Way with ease and grace (without detox symptoms) in all dimensions and directions in time. Thank you!"*
- b) *"It is now commanded that the underlying imbalances and hidden imbalances preventing _____ from being healed be now healed immediately with ease and grace in the Highest and Best way. Thank you"*

2. The TOLPAKAN™ Directive to remove imbalances:

"It is now commanded that this _____ be dissolved and uncreated, and the holes filled with the highest vibration of Love and Light. Thank you."

****Please refer to the TKH Level 1 Training for more information on removing imbalances.**

3. The TOLPAKAN™ Directive to add positive beneficial frequencies and Morphic fields:

"It is now commanded that this positive frequency/Morphic field be downloaded and activated in me with ease and grace in the highest and best way. Thank you."

****Please refer to TKH Level 1 training for additional information on downloading and activating positive energy.**

4. The TOLPAKAN™ Directive to remove and heal negative entities:

"It is now commanded that these non-beneficial energies/entities/Dark Angel/spirit/monkey demon/Dark Watcher be removed and healed in the Highest and Best way and the holes filled with the Highest vibration of Love and Light. Thank you."

Suggested Self-Healing Sequence:

Step 1: Make the intention to use TOLPAKAN™ and connect to Source. Say: *"I now command to be 100% connected and aligned with the One and Only True Source"* as you hold the Source point in your hand (either hand is fine). With time and practice and a reliable connection to Source, holding the Source point is not necessary, but it is a good practice to start with to center and ground yourself.



Step 2: Assess whatever it is that you wish to check on or heal using Divine Muscle Testing

Step 3: Use the TOLPAKAN™ healing directive and (optional) visualize (or use hands-on healing to send energy to) the outcome you desire.

Step 4: Reassess.

Step 5: Repeat the directive if necessary in order to heal underlying imbalances CAUSING the issue or PREVENTING it from healing (remember to include “hidden” imbalances).

Step 6: Reassess.

Step 7: If the result isn't as good as you wish, ask “Is there something else I need to know? If YES then use your best intuitive guess and keep muscle testing until you figure it out. Or wait a day or two and repeat. You can also refer to the TKH Level 1 Training for additional information.

Tips:

If you're not you or your polarity is not correct (meaning that when you first muscle testing and say your name, you get a “weak” response), do a TKH directive that it be corrected and retest. If you're still not you or still backwards, command that anything causing this imbalance or preventing it from being healed (hidden or apparent) be healed now.

During times of ascension, you may suddenly proxy for someone else, meaning that you're taking on another person's “stuff” inadvertently. With muscle testing you would get a “strong” or “locked” response when you say this person's name and a weak response when you say your own. Command that you stop Proxying for this person (it can even be Mother Earth in some cases).

If this doesn't work, refer to the Divine Muscle Testing class for further help or use the Divine Muscle Testing Elixir to heal underlying issues related to reliable muscle testing/dowsing.

Dr. Karen's TKH Cheat Sheet

Morning	Before Bed	Anytime
<input type="checkbox"/> How grounded am I? <input type="checkbox"/> How clean is my aura? <input type="checkbox"/> How intact is my shield? <input type="checkbox"/> How intact is my spiritual helmet? <input type="checkbox"/> How happy are my boundaries?	<input type="checkbox"/> How many (hidden) cords do I have still attached to me? <input type="checkbox"/> How clean is my aura? <input type="checkbox"/> How intact is my shield? <input type="checkbox"/> Are there any energies I can release right now that no longer serve me?	<input type="checkbox"/> How well can I hydrate my cells? <input type="checkbox"/> How happy is my immune system? <input type="checkbox"/> How happy is my spiritual immune system? <input type="checkbox"/> How well can I produce Qi/energy? <input type="checkbox"/> How well can I store Qi/energy? <input type="checkbox"/> How well can I process minerals? <input type="checkbox"/> How severe is my autoimmunity out of 10? <input type="checkbox"/> How severe is my inflammation out of 10? <input type="checkbox"/> How severe is my hormone resistance out of ten? <input type="checkbox"/> How happy are my overall boundaries: Spiritual? Mental? Physical? Energetic? Emotional? Relationship?(check specific ones)
Do TOLPAKAN healing on any areas that are needed	Do TOLPAKAN healing on any areas that are needed	
Reassess	Reassess	
If necessary: Do TKH on underlying imbalances hidden or apparent preventing healing	If necessary: Do TKH on underlying imbalances hidden or apparent preventing healing	
If necessary ask Source: <i>Is there anything else you want me to know?</i>	If necessary ask Source: <i>Is there anything else you want me to know?</i>	<input type="checkbox"/> How well am I integrating/grounding the Ascension: physically? Mentally? Emotionally? Spiritually? Energetically? Dimensionally? <input type="checkbox"/> How much of the entity and entity-related interferences (hidden or apparent) have been healed so far in my life in all directions of time? ET interferences? <input type="checkbox"/> Do I have any hidden or apparent implants from this/any lifetime? <input type="checkbox"/> Do I have hidden or apparent spiritual infections or toxins? <input type="checkbox"/>
Do TKH on any areas that are needed	Do TKH on any areas that are needed	
Reassess	Reassess	
Additional check-ups you can choose from: <input type="checkbox"/> Is my Universal shield at 100% (awake/asleep) <input type="checkbox"/> Is my Consciousness 100% sovereign (awake/asleep) <input type="checkbox"/> Do I have a heart wall/hidden heart wall? How many? How thick? <input type="checkbox"/> How intact is my shield? <input type="checkbox"/> How intact is my spiritual helmet? <input type="checkbox"/> How grounded am I? <input type="checkbox"/> How clean is my aura? <input type="checkbox"/> How balanced is my astral connection? <input type="checkbox"/> Do I have any hidden or apparent low vibrational energies attached to any molecules, submolecular parts of me, my microbiome or my aura?	<input type="checkbox"/> How well can I digest my food? <input type="checkbox"/> How well can I assimilate and utilize nutrients? <input type="checkbox"/> Am I eating enough protein? Saturated fat? Non-starchy carbohydrates? Omega-3? <input type="checkbox"/> How well can my body neutralize free radicals? <input type="checkbox"/> Am I drinking enough water? <input type="checkbox"/> Am I drinking the right kind of water for my body? <input type="checkbox"/> How well can I process minerals? <input type="checkbox"/> Do I need to take additional minerals? <input type="checkbox"/> Are there any foods I'm currently eating that I should avoid? For how long? <input type="checkbox"/> Is my body empathizing with anyone right now? <input type="checkbox"/> What are my empathy symptoms/signals?	