

71. When To Use The Toning CD From Beloved Moses

The Most Important Thing for You to Understand is that We Came to Earth for Our Soul Growth and to **Experience Everything**, The Good, The Bad and The Ugly. If You can Accept and Remember Everything Has Been, **“Just an Experience.”** It will be Easier for You to Let Go of It!

You Do Not Have to Re-Experience Any Traumas! So, **Just Before** You Feel You Might Go Into an Emotional, Downhill Spiral..... Listen to The Toning CD!

How The CD Toning Process Works

- Listen to The Toning Sounds for a Few Minutes.
You Should Feel an Emotional Release.
This Should Cause Good Feelings to Go Through Your Body.
 - This Breaks and Shatters The Negative Memory.
- Then Take a Deep Breath and Grunt a Deep Sound
Way Down in Your Gut and Blow it All Out with a
Loud Moan.
 - This Expels The Vibrations of The Negative Traumas From Your Body.
- Then Laugh a Deep, Loud, Belly Laugh for About a Minute.
 - This Brings a Higher Vibration to Replace What has been Removed.
**Use as Often as Needed While Removing Your Replica
and Breaking and Rescinding Negative Vows
and Agreements from Your Akashic Record.**