



# System Guide

by Marisa Russo

## Session 2-4

# Forensic Healing™ System

## Guide: START UP

The Forensic Healing System will activate the most powerful healer in YOU

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## 2. Profiling

### STAGE 1: Profiling

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#### 1.1 The Interview

Assess Client's Pain/Stress/Condition Out Of 10

#### 1.2 Opening The Case

These are statements you use to open up the treatment to higher energies. It includes divine protection and ensures the treatment is for the highest good of everyone, and that permissions are sought.

You ask for permission to begin the treatment from the client via biofeedback. You also gain permission from enlightened sources and beings for the treatment to take place. This ensures that the healing is done with integrity, that everything is done with divine timing and has no negative consequences.

An **ES** is needed for confirmation to proceed after each statement.

#### Practitioner repeats Open to Higher Sources Statements



#### Practical Exercise

Open To Higher Sources Statements: Practitioner Says:

"I .....(Your name) allow myself to be a pure and clear conduit and connection to all that exists, all source energy, all universal powers, all enlightened beings. That this healing is in ..... (Client's name) highest good. I now request access to;

Divine matrix **ES**

Divine protection **ES**

Divine blessings **ES**

Divine guidance **ES**

DNA coding **ES**

Permissions are granted **ES**

For healing to flow though..... (Client's Name) in this moment in time and forever after" **ES**

#### Higher Sources Explained

##### Divine Matrix

We could substitute other words like 'Divine Universe' here. The term 'Divine Matrix' is explained by Gregg Braden in his book of the same title. I resonate with Gregg's description of the Divine Matrix as a web of energy that connects everything in our lives, our world, and our universe. It includes the healing of our bodies, to the success of our careers, relationships, and the peace between nations. He gives light to this new

evidence and he reveals that we each hold the power to speak directly to the force that links all of creation.



## Suggested Reading

Gregg's Braden's 'The Divine Matrix' is well worth a read.

## Divine Protection

This requests protection from divine sources to protect you and your client from negative consequences or energies. It safeguards you against negativity coming through or accessing something you shouldn't. This request will ensure that all the information that is tested and confirmed is for the client's highest good.

## Divine Blessings

This request ensures that the client is able to receive divine blessings from enlightened beings, including angels and guides. When this request is blocked there will usually be negative energies or curses placed on the client.

## Divine Guidance

This request ensures that the 'guidance' or information that you receive for the client is from pure sources and is relevant for the healing. It also requests that you receive appropriate assistance and participation from enlightened beings including angels and guides.

## DNA Coding

Since DNA is the blue print of every cell, this is a request to gain access to the DNA blueprint. When you have access to the blueprint, the DNA strands and structure can be reconnected, realigned or advanced for the higher good of your client during the healing session.

## Permissions Granted

This request ensures that you have permission from all those involved in the healing. It includes your client, yourself and other light beings that assist with the healing. It also confirms there is permission to conduct the healing corrections that were confirmed with an **ES**.

# 1.3 Negative Life Patterns (NLP)

Everything reveals itself in patterns. Relationships, finances, health and spiritual conditions all exhibit patterns. Identifying the predominant negative patterns that hold you back in your life, allows new patterns to be created. These negative patterns are usually your most difficult patterns to overcome and may seem almost insurmountable to change. They are designed by the Universe that way so you will eventually realise that they cause you too much pain to hang onto them. The negative feelings act as a compass or guide so you can know to redirect or change your life so it will become much more fulfilling.

These continual negative life patterns cause the stresses that have the most impact on your health. There are cases of clients who do everything to be healthy yet they have so much emotional stress in their bodies, they barely function. There are also cases of clients who may not pay attention to being healthy yet they have decided to live a carefree life and their health is still very good. Understanding your Negative Life Patterns and the Emotions that run them can change your life to one of feeling free and peaceful.

### Donna's Case Study

Donna was in a lot of pain, suffering from fibromyalgia. She felt stressed to the point of not wanting to live. When she understood her negative life patterns that she was creating were 'guilt' and 'judgment' and the emotion that triggered them was 'feeling guilty', Donna then had a light bulb moment. She explained how her whole life had been dictated by her guilt as she had given one of her children up for adoption, she needed to report another child to the police, and her other child criticised her continually making her feel guilty.

The following list is a description of each Negative Life Pattern (NLP) listed in the forensic healing protocol template:



### Practical Exercise

Test for One Negative Life pattern (1-18)

Negative Life Pattern	Description
1. Distrust	You have struggled to trust others as you have felt so betrayed that trusting is very challenging to do.
2. Grief	You have experienced a lot of grief and this feeling has constantly weighed you down with a heavy heart.
3. Guilt	You have felt guilty about situations. You have agreed to do things only because you feel obligated and you think it is the 'right' thing to do.
4. Hopeless	You have been in very grim circumstances. You have felt like you have been in a black hole of despair with no way out.
5. Hurt	You have experienced deep hurt from other people who have betrayed you. This feels ingrained on your heart and has manifested as a feeling of heaviness and emotional pain.

Negative Life Pattern	Description
6. Insecure	Your life has felt insecure. You seek to control your life so you can feel safe and secure. You avoid taking risks or making big changes in your life.
7. Judgment	Your self- talk has been very negative and others judge you. You have judged yourself and others harshly.
8. Letting Go	You have hung on to negative experiences or people. You have thought about them so often, it affects your life.
9. Life Purpose	You have searched and struggled to know what your life purpose is without ever finding it.
10. Overwhelm	Your life experiences have felt so overwhelming that you have felt like giving up on life.
11. Potential	Life has been difficult for you to reach your full potential. It has been a continuous struggle for you to live your passions.
12. Power	You have given your power away and others upset you easily. You have made decisions based on what others think. You have felt you have had no control of your life.
13. Relationships	You have struggled in your relationships and your close relationships seem difficult. This stretches your relationship skills, and improves them for you to respond in a calm and assertive manner.
14. Sacrifice	You have put yourself last in everything. Your self-worth has come from serving others. You have felt worn out due to the daily grind of giving and never receiving.
15. Trapped	You have felt stuck in your life. Others have trapped you into circumstances you do not want.
16. Vulnerability	You have been hurt in the past and you fear being hurt again. You have put up emotional barriers that disconnect you from people.
17. Victim	Unfair things have been done to you or you have been a victim of other people or situations. You have felt you had no choice in life.
18. Worthless	You have felt that you have never been validated as a person. People have put you down and made you feel inferior or not good enough

## STAGE 2: COLLECT

The pathway to expose the cause.

### 2.1 Identify Profile Age (ID Age)

Emotions such as fear, shock, anger, grief and loss etc. can negatively impact you long after the event that caused them. When your body fails to 'release' these emotions you may create unsolved aversions, including self-sabotaging and self-destructive behaviours.

'Identify profile age (ID Age)' allows you to find the age of the incident or trauma that caused these stuck emotions to reside.

The ID Age also establishes when a certain incident or a certain time in a person's life had a significant negative impact and has contributed to their negative life patterns being programmed.

"Your body and mind is an accumulation of all your past experiences". When the ID Age is found, clients often report feeling that a heavy weight has been lifted from their body or their pain released. This is a very powerful part of the protocol. It shows that the healing begins before you reach the Stage 6. It occurs all the way through a Forensic Healing System Protocol.

*"We can't solve problems by using the same kind of thinking we used when we created them." (Albert Einstein)*



#### Practical Exercise

Test for one ID Age. Start with the client's current age and regress back to birth and DNA. Stop at the first **ES**. This is the age that has held trauma, stress or when an incident occurred that had a negative impact on the person's life.

### 2.2 Pathway

The data identified will trigger key ideas and information for finding root causes. This stage identifies the main pieces to the jigsaw.

After you have built the framework for the picture using the outside jigsaw pieces, you then find the main pieces of the puzzle to build the picture inside the frame.

In stage 2.2, you will be able to identify which direction the cause/s of the conditions are located. The four main pathways are:

1. Energy – Meridian systems
2. Physics – Physical impact
3. Emotions – Emotional impact
4. Spirit – Spiritual Impact



## Practical Exercise

Test one of the above pathways (1-4) then test one of the 14 categories listed under its pathway. For example, Emotions (Pathway); Loss (Category).

This will confirm the main cause of the client's condition is to do with an emotional impact related to loss. This will most likely be the loss of someone or something in their life. When you complete the Emotions module it will expand into a full healing correction to return soul fragments to the grieving/traumatised client.

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## Pathway Scan List

	Energy	Physics	Emotions	Spiritual
1.	Central Vessel	Dehydration	Shock	Karma
2.	Governing Vessel	Toxins	Emotional Trauma	Negative Energies
3.	Lung	Physical Trauma	Fear & Phobia	Past Life
4.	Circulation Sex	Structural	Pay Off	Contracts
5.	Heart	TMJ (Jaw)	Letting Go	Lost Souls
6.	Liver	Nutritional	Loss	Disconnection
7.	Gall Bladder	Disease	Self Love	Curses
8.	Stomach	Allergy	Sacrifice	Environment
9.	Large Intestine	Genetics	Sabotage	Grace
10.	Adrenals	Hormones	Belief Systems	Possession
11.	Small Intestine	Environment	Childhood	Attachments
12.	Spleen	DNA	Relationship	Protection
13.	Kidney	Neurological	Surrogate	Blessings
14.	Bladder	Body Systems	Forgiveness	Awakening

### Jenny - Case Study

Jenny has chronic headaches and low energy. Jenny was tested for the pathways table and **ES** confirmed 'Physics', then under physics it confirmed 'physical trauma'. Jenny then mentioned that at the age of 7 (her ID age was 7) she had fallen off a horse and fractured her head. This is the main piece to the jigsaw. This is the direction to continue on.



## 3. Healing Protocol

### STAGE 6: HEAL

Completing the puzzle: filling in the missing gaps.

#### 6.1 Healing Corrections

Healing Pathways List			
1.	Chakra Healing	2	Hands On Healing
3.	Age Release Healing	4.	Other Healing Methods

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#### 6.1a Chakra Healing

Chakra Healing is a healing correction where energy is sent with your hand to the specific chakra that tested with an **ES**. This correction assists with balance and flow of energy to a blocked or weak chakra.

Test by scanning the client's body with your hand (just above the body) starting at the head and work your way down to locate which chakra needs balancing.

There will be an **ES** over the area that needs the energy directed to the chakra. When the area of the chakra is identified, place one hand above the area, approx 30cm and direct healing energy into the chakra centre for approx 1 minute. This is done by holding your hand above the chakra. Keep the other hand connected to the client. You only need to send energy to one chakra for this correction.



#### Practical Exercise

1. Scan body from head to toe to identify relevant chakra **ES**
2. Place hand over chakra approx 20cm above and send energy
3. Test for an **ES** to confirm the correction is complete.

#### 6.1b Hands On Healing



#### Practical Exercise

Scan the client's body and test for the area needing healing. Place your hands flat on the area indicated for about 1 minute (above the body for sexual areas). If possible you can create an energy sandwich which means hands on either side of the body. Test for **ES** to confirm the healing is complete.

1. Scan body from head to toe to identify relevant area on body for healing **ES**
2. Place both hands on area identified (off body for intimate areas)
3. Test for an **ES** to confirm the correction is complete.

## 6.1c Age Release Healing

### Practical Exercise



Begin with current age and count back to birth and DNA. ID Age with **ES**. When the age is identified, request release of the stress or trauma in the body. The client and practitioner takes deep breaths. Confirm the release with **ES**.

1. ID Age by counting back from current age to DNA **ES**
2. Client and Practitioner take deep breaths until **ES** is obtained
3. **ES** confirms the stress/trauma is released.

## 6.2 More Assistance

Sometimes you need more assistance and energy to get you through the protocol. This is a safety net for your client so that you are not forcing anything to happen that the body is not ready for.

More Assistance (1-3)			
1.	Breathing	2.	Water
3	Healing Pathways Corrections		

When you are finding deep seated emotions and traumas in a client's body, the client's body may start to shut down or not let you move to the next stage in the protocol. This is evident when you don't get an **ES** to move on. Your client needs more energy or support in the treatment to keep going.

It's similar to sitting in front of a practitioner who is asking probing questions about a client's past. It can be threatening for the client and their body can go into an automatic protection mode and shut down. The practitioner may give the client some extra support by giving them a glass of water, asking a friend to sit with them, and getting the client in a more relaxed state by asking the client to take slow deep breaths. This gives the client more energy to continue with the session.

Testing will let you know what type of support or help is needed for the client to keep going if you fail to get an **ES** at any stage of the protocol.

### Breathing

Deep breathing will remove carbon dioxide and get more oxygen into your lungs and blood stream. It also assists in releasing tension and emotions stored in the body. The following is a recommended breathing exercise that the client can do

while you return to the protocol to move through to the next part of the stage.

- Breathe in for 8 counts
- Hold for 4 counts
- Breathe out for 8 counts
- Hold for 4 counts



Test for **ES** for completion.

### Practical Exercise

Repeat the above breathing cycle steps up to 5 times.

### Water

The human body is made-up of between 55 and 75 percent water. Your lungs expel between two and four cups of water each day through normal breathing. You can perspire up to 2 cups of water a day, much more if you exercise. If you make half a dozen trips to the bathroom during the day, that's six cups of water.

Every system in your body depends on water. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry on normal functions. Even mild dehydration - as little as a 1 percent to 2 percent loss of your body weight - can sap your energy and make you tired.



### Practical Exercise

For this correction you and your client drinks water (1/3 to 1 cup of pure filtered water).

### Healing Corrections List

If this correction is confirmed. Scan the Healing Corrections List in Stage 6.1. Test for the appropriate healing correction and apply the healing.

## 6.3 Closing The Case

Requesting blessings and ensuring the healing is complete.

The following closing down statements completes the healing treatment and ensures that the 'energies' are cleaned up and blessings are requested for the client. We are making sure it is safe to close the protocol and there has been sufficient information and energy for the healing. It also protects you as the healer as sometimes 'energies' can transfer to you without you knowing.

The other powerful aspect to this stage is requesting blessings for the client for the things they stand in need of. It is often a part of healing that is missed. Just as people may send negative energies or curses, this part proactively asks for uplifting and rewarding experiences for your client. Requesting blessings for your client, in turn blesses you. Whatever you wish for another, you also wish for yourself!

This stage ensures the healing or treatment is complete and checks if your client has any residual pain or stress in their body. This will ensure maximum healing results.

I could write a book about the things that have happened to me over the years when negative energies have 'attached' to me or they remain in my physical space. I feel like I have stepped into a dark hole where I am like a magnet for negativity or bad luck. Electrical appliances also breakdown including things like our computers.

Negative energies can cause great expense! You don't have to experience what I have over the years. I am very pleased to have developed this 'Closing the Case' stage. It is very reassuring to know that there is no negative residue remaining from a treatment you have given. It also ensures that the room is cleared and cleansed for the next client.

In essence, the message is that the more spiritually and physically aligned you become and the less negative emotions you attract, the less the negative energies can attach to you. The negativity needs to connect to something, so keeping your energies light and empowered gives them nothing to 'stick' to!



## Practical Exercise

Practitioner repeats the following statements. An **ES** is necessary where indicated.

"I now request that purifying and cleansing take place through allowing white and gold cleansing light to clean and dissolve all negative energies and negative attachments from; .....(Clients' name) **ES**  
Myself **ES**

This room **ES**

This building **ES**

This surrounding area **ES**

Anything or anyone affected by this healing **ES**

I now close down all harmful pathways, portals, gateways, channels, and access to all other dimensions and realities. **ES**

I ask that angels pour blessings upon .....(Client's name) for all the things that **he/she** stands in need of, that angels guide and protect **him/her** and lead him/her on a path of empowerment and full potential. That healing may continue throughout this time and that..... (Client's name) may always know that **he/she** is of divine worth.

I now confirm these requests have taken place and this healing is complete." **ES**

## Finishing A Healing Session

When you have completed the Forensic Healing System Protocol, you should ask your client for a rating out of 10 for the pain and stresses your client first noted.

As your body retains a memory of all that has happened to it, the healing process is like peeling away the layers of an onion. The outside layers

need to be peeled off first, before you can reach the inner layers. Healing is a journey. This is why it is important to keep track of all the clients' conditions and ratings, so you can remind them of the progress they have made over a period of treatments. People pay attention to what is wrong with them and often not what is going right for them. Remind them of their progress.

Your client may want to know when they should return for a follow-up consultation. You can use biofeedback to test when their next appointment should be. That is, test for days, weeks or months. Remind your client to drink water throughout the day and to be mindful of the possible detoxing side-effects after a treatment.

## 4. Where to from here

### Join us for LIVE or Online Training

How did you enjoy your experience? There is much more detail and many more healing pathways to learn plus a whole lot of fun.

You can upgrade at any time to study the advanced courses - **Principles**, **Energy**, **Physics**, **Emotions** and **Spirit**.

### ONLINE Study Program

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**Contact us so we can talk** you through the simple process to study ONLINE or attend one of our LIVE training programs. We have easy **affordable payment plans** or pay up front options.

The most proficient practitioners I know strive to learn different healing modalities and consistently apply and integrate the methods that work best. Naturally over time, these practitioners start to develop their own methods and style.

I have found as a practitioner, your own emotions and health reflects the type of clients you attract. The message is to take note of what you are attracting. If clients are coming to you consistently stuck in their life – it might be time get some healing for yourself.

Are you stuck? It is important that a practitioner works on themselves. Healing is a continual journey and a very rewarding one. Being a healer is very much about experiencing evolution within and without.

I hope you have enjoyed the course. Keep practicing consistently to gain the experience necessary to become a great healer. Please let us know your progress. We will meet up online or at one of our workshops, hopefully in your part of the world.

I look forward to hearing about your stories of healing success.

See you soon.

Blessings. Marisa xx

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## Contact us

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