

**May 3, 2021**

**Linda Bult**

## **Sound Healing Experiment-Globe Degree**

### ***Unconditional Love & Remote Sound Healing Experience***

**For the science part of my research project, I took a class from** Julia Mossbridge, MA, PhD, fellow, Institute of Noetic Sciences; professor, California Institute of Integral Studies, and coauthor of *Transcendent Mind: Rethinking the Science of Consciousness*. **In the class, we learned how to do the following:**

- \* Connect with a future target, both superficially and in greater depth.
- \* Disconnect from targets to keep yourself focused on the present moment.
- \* Use controlled precognition to sense future life directions for yourself and others.
- \* Access unconditional love in an intention to support healing of yourself and others.
- \* Nurture the relationship between your conscious and superconscious minds.
- \* Ethically attempt precognitive remote viewing and remote healing.
- \* Practice precognitive remote viewing and remote healing in ways that bring joy, self-acceptance, and wisdom.

For my Globe research project, I combined information that I learned in Dr. Mossbridge's class with techniques learned at Globe and incorporated sound, using gem infused crystal bowls and my own tones to connect with source and to create a space of unconditional love for my clients. The following info is how I went about doing my project.

### **Premise, Purpose, and Audience**

**Suffering:** Pain is a signal with information to our bodies. If we ignore the signal, we do not heal.

**Healing:** Love is the signal that informs our bodies to heal, to relieve suffering. Healing means transitioning from wanting love to being love.

**Unconditional and infinite love:** The way to help someone is to feel/receive unconditional love for myself and then to provide an experience of unconditional and infinite love for that person.

**Toning:** I tone source love and create an experience within a vortex bubble of unconditional and infinite love.

**Results:** There are no strings or expectations attached to the result. Love is the input: I am love; I am removed from the outcome.

**Intent:** Intention is the bridge that transcends time.

**My intention:** My intention is to connect with myself, source, and the universe and in this vortex, to connect with the client in a bubble or container of unconditional and infinite love.

**Client Intention:** The client writes an intention before they go to sleep: **“I give Linda permission to create a space of unconditional love, and my intention is to connect to unconditional love and allow it to do its work.”**

**Physics of time and space:** We can go wherever we want to go outside of our physical self. Mental time-travel is to sense and trust the future from our inner selves; the future that already knows what the answer to healing is. Mental time-travel is to experience an interdimensional interconnectivity. We can call upon our future selves for help. Or call upon our past selves.

### **Practitioner Pre-session Prep**

**Practice:** To prepare, I practice trusting myself and my intuition. I practice a daily morning meditation, including a gratitude prayer. I say this prayer and go to gratitude. “I offer myself in service and gratitude to the light and ask that my angels, guides, and ancestors who are of 100 percent light be with me in any way and every way possible. I ask to be connected to the collective consciousness of lightworkers and offer light, love, and compassion to Gaia, sky father, fellow humans, those in service, those in suffering, plants, animals, and elementals.

**I practice having compassion for myself. This means loving my selves in time:** Practice loving my past, present, and future selves. I practice sending and receiving information in time to my past and future. I get ideas from my future self. I practice sensory streaming: describe what my senses intuit; give myself permission to describe an atmosphere, to be intuitive. The analytical self = head, thinking; the intuitive self = senses, feeling.

### **Optional Pre-session Prep**

Every day, it helps to spend 5 minutes describing the room I’m in using only eight elemental nouns; everything else is a preposition, adjective, or adverb. The purpose is to remove labels and get at the specific raw data that uniquely describes what I am experiencing through my senses.

**Prepare paperwork:** I prepare client session templates, intake forms, and pain-level questionnaires before I meet or contact the client. (See session precognition template at the end of this paper).

### **Protocol**

I tell the client that the work will be done while they sleep. I will do my work during 30 minutes that corresponds to that time. The correspondence is through intention, and it's important they hold the intention during that time.

**Permission:** The client gives me written permission: **“I give Linda permission to create a space of unconditional love, and my intention is to connect to unconditional love and allow it to do its work.”** (See the client permission letter at the end of this paper).

### **Clients and Client Information**

1. I found six people who were willing to do the healing experiment with me. I prepared them by letting them know it's experimental; it's a joint effort; the healing will happen while they're asleep; and they need to set an intention before the chosen night/nap and write it down. I have a letter that I send to the client telling them how to do this and asking for their written permission to do the work.
2. I conduct a client intake questionnaire. (See sample intake questions at the end of this paper).
3. I do the healing at some point after or during their sleeping time.
4. The most important first step is to "step into" my bubble of unconditional love.
5. To do the remote healing, I follow steps: I envision the client's physical profile, then a love profile, then I enter a vortex of unconditional love that I share with the client and follow a process there. When the session is over, I leave the vortex the same way I arrived and disconnect with the client.
6. I debrief with the client only if they want to debrief. I try to err on the side of no pressure for them to discuss anything with me as some things can be very personal.

### **The Remote Sound Healing Protocol**

**I Tag: Write down the client's Name.**

**Physical Space:** To create or get in my comfortable physical space, I create ceremony. I play crystal bowls and tone. I cleanse, clear, and bless the space, asking for help from source and light guides.

**Meditate:** I meditate on the client for about 15 minutes about the issues derived from the intake questions and the client's need or thing they want to heal. I ground, breathe, drop from my head to my stomach to my feet. I **state my intention** and **create a bubble boundary** for myself and the client.

### **II Precognitive Cover Sheet**

1. **Do a scan of my body;** feel with my hands: what is my emotional, physical, etheric, hormonal, state?
2. **Invocation: Offer myself in service and gratitude** to the light. **Ask** for guides to be present who are of 100% light to assist me in **my job is to reduce suffering** and **to create a signal to reduce pain.**
3. **State my intention:** My intention is to access a bubble of unconditional and infinite source love, and with the utmost integrity and for the greatest good of all, to create an experience of love for\_\_\_\_\_.
4. **Step** into my bubble of unconditional love.

5. **Write the clients name. Connect** with client in their boundary. **See/sense their looks/where they are/sense into them.** How are they **dressed**, clothes, jewelry, in bed, the room, furnishings, **anyone ese there**, etc., **Draw transit line.**

### III First Scan: Auric and Physical Field

1. **Write down the client's name.**
2. **Sense the client** and draw the shape of the person's inner and outset layer.
3. **Sense their physical body.** Probe into it, sense things about their health: bones, veins, nervous system, blood, skin. Draw/write these on the body shape.
4. **Sense their auric field** and any senses regarding their energy field, colors, energy, etc. and draw/write impressions on the body shape.

### IV Second Scan: Future Body

1. Write down the client's name and the shape of the person.
2. See the client as their **most magnificent** self. In the space of love, look into the **future** of this person as completely **healed, whole, and complete.**
3. Note how they feel when healed, what their energy is, their physical feelings, mental/emotional feeling/auric feelings.

### V Vortex Process

1. I **travel to my sanctuary** place in the center of my head, toning as intuiting.
2. As I travel, I **place any fears** or concerns about what I'm doing or about to do in a **treasure box** located to my left.
3. When I get to my sanctuary, I jump physically and mentally into vortex of unconditional love, toning as intuited, and connecting with the client.
4. I bring the client to unconditional /source love through toning source.
5. I note where I am, what's around me. The client is here with me. I note what they say and what they are doing. What is he/she doing, wanting? We share the experience of love embed here in the unconditional love vortex. I reassure, them to let go of anything in love.
6. If the client wants to go back in time, we turn and walk counterclockwise. Note where/who and how old the is the client now? Sometimes, we go to a pre-birt existence, sometimes to a past life.
7. To come back to the present or to go further to the future, we walk or spin clockwise. I see them in their magnificence, completely healed.
8. I sense when it is time to jump back out.

**VI Write Down My Impressions.** Write down my impressions, messages, experiences intuited that the client is experiencing, any past life revelations that may be contributing to their current

life or that may lend insight into their current issues, any lessons they may have opted in for. Write down any resolutions or profound messages and insight to their magnificent self and power.

**VII Complete Ego/Higher Self Interpretations.**

1. Unmerge. Unmorph. Unblend.
2. End session. Write the client’s name and time.
3. Draw exit transit line.

**VIII Contact Client.**

**Contact Client:** Contact the client only after I have completed the session. I don’t talk to them about their impressions until after I have completed the session.

1. Get the client’s post-session pain score.

**Optional:** If the client is interested, or if I think the information is helpful, share with the client.

**Write Summary.** After I did my sessions, I documented the six clients’ pre- and post-session pain or discomfort score.

**See Pre- and Post-Session Pain Scores Below**

<b>Linda Bult</b>	<b>Research Project</b>	<b>Remote Sound Healing Pre- &amp; Post-Session Pain Score</b>
<b>Before Session</b>	<b>After Session</b>	<b>Client Impressions Day After Sessions</b>
<b>PK</b> Anxiety: 4-5 Anger: 3-4 Depression: 8 Fatigue: 8 joint pain: 5	<b>PK</b> Anxiety: 3 Anger: 1 Depression: 2 Fatigue: 4 joint pain: 5	I rather expected a rough night, as I did not take any sleep meds and I had gotten good sleep the night before. I went to sleep around 11 p.m. and slept for approximately 2 hours, awakening with pain in my right knee (unusual). I got out of bed and read for 45 minutes. I returned to bed and stayed awake for about an hour, trying to fall back to sleep (I did try your "energy" method again) and eventually went back around 3:15 and woke for the day at 5:30 a.m. I don't recall any dreams (I usually don't). And I had no other unusual sensations. (Someday, I will solve my insomnia - for many good reasons.)
<b>EC</b> Sleeping:4 Digestion: 4 Swimming fear: 4 Driving: 9	<b>EC</b> Sleeping: 2 Digestion: 3 Swimming fear: 2 Driving: 5-6	I woke up and the picture I received was me before I started my last relationship. Full in my own power. Self-sufficient. Socially very engaged.

		Feeling powerful in my body.
<b>LS</b> Loneliness: 7 Arthritis Pain: 9 Overall breathing: 9	<b>LS</b> Loneliness: 7 Arthritis Pain: 7 Overall breathing: 7	I woke up feeling rested, calm, and happy. I was in a great mood and was ready for the day to begin. I was able to tolerate my nephew, and niece, babies staying at the house even though they woke me up several times during the evening, morning. My breathing and asthma symptoms have been good all day. When measured it was 95 which is much higher than recently. It's been around 90-92. I was able to walk up the stairs without having to take my inhaler. I was happy to see the babies and wanted to visit with them. And I was able to help my sister a bit. I also had loving thoughts about my daughter and thought of sending her flowers for getting my groceries for me. I did not feel fatigued when I woke up and did not want to go back to sleep. And I felt loved unconditionally and did not feel angry.
<b>KL</b> Arthritis pain: 8 Pain Ebb and flow: 4-5 Sleep issues: 8 Driving anxiety: 7 Overwhelmed: 4	<b>KL</b> Arthritis pain: 5 Pain Ebb and flow: 3-4 Sleep issues: 6 Driving anxiety: 5 Overwhelmed: 3	My impression while falling asleep was a warm cocoon over the upper half of my body. I woke up around 11:30 to go to the bathroom, but when I went back to sleep and thought of the intention again, it was vague. I went back to sleep and slept well all night long. I had very little rumination last night.
<b>SS</b> Intolerance for spouse: 7	<b>SS</b> Intolerance for spouse: 2	Slept well, maybe a little better than usual. Mood good today, which is pretty normal for me. My intolerance for my husband was much better today than normal today. Perhaps the intention I wrote before bed last night helped. Wow...the power of suggestion/written intention! More tolerance for husband and who he is created much better energy in our environment.
<b>SE</b> Emotional pain: 7	<b>SE</b> Emotional pain: 2	I do not recall having any dreams last night. Today, I feel positive and hopeful.

## Remote Sound Healing Client Permission Letter

May 3, 2021

Dear Remote Sound Healing Client,

Thank you so much for being interested in participating in my sound healing research project. This brief letter acts as an outline of our understanding—designed to protect both of us from disappointment and miscommunication.

- I am not a medical doctor, nor am I doing any medical activity as part of this work.
- Because there seems to be something about being unconscious during this work, please schedule the 30 minutes of this work during a time when you are asleep.
- During the 30 minutes of this work, we will both hold the intention for your healing.
- “Healing” is difficult to define, but during these 30 minutes, let’s define it as connecting with unconditional love and allowing unconditional love to do its work. It happens very quickly, and, in my experience, very powerfully.
- As the client, it may seem strange to choose to hold an intention while you are asleep, but all that is needed is for you to write down this intention on a piece of paper prior to going to sleep: **“I give Linda permission to create a space of unconditional love, and my intention is to connect to unconditional love and allow it to do its work.”**
- The day after the session, please write down your feelings, thoughts, pain level from 1-10; 10 being the most painful, and any other impressions you are having that may be related to the session. I will contact you sometime after the session to get your feedback. It would be great if you can write your impressions in a WORD doc and send it to me. Or you could talk your impressions into a text message and send it to me.
- As I do the work, I usually create a written/drawn document containing what seems to me to be insights about the client, sometimes including information about what I did during the session. Sometimes these feel appropriate to share, other times they do not. If I feel it’s appropriate to share my notes, I will mention that in our follow-up conversation. If not, please know that I am choosing not to share my notes because I feel they might be incorrect or not useful.

Please let me know if you have any questions, and if you agree to participate, please print and sign your name below. Or, you can send me a text giving your permission to participate.

Client’s name or your name if client is minor or incapacitated adult relative:

Print  
Name \_\_\_\_\_

Signature: \_\_\_\_\_

## Controlled Precognition Cover Sheet

Time:  
Time Zone:  
Name of Client:

Physical State (PS):

Mental State (MS):

Hormonal State (HS):

Intention:

Name of Client (*Draw transit line*)

Client's Name (*Draw physical and auric impressions of client*)

Write Summary of Vortex Experience

Complete Ego/Higher Self Interpretations

Unmerge. Unmorph. Unblend

Write Client's Name and Time. (*End Session, draw transit line*)



# Treatment Intake Forms & Data Collection

Name \*

First

Last

Email [everymanusa@gmail.com](mailto:everymanusa@gmail.com)

Health Concern \*

- ADD
- Anger
- Anxiety
- Cancer
- Chronic Fatigue/Lyme Disease
- Circulatory Issues/takes cholesterol meds.
- Depression
- Digestion
- Eating Disorder/eat junk food when depressed
- Endocrine Glands/hypothyroid
- Fear
- Grief
- Loneliness
- Overwhelmed
- Panic Attacks
- Pain/feet, knees, shoulders; bad headaches
- Powerlessness
- PTSD
- Respiratory Issues/asthma; lung damage
- Sleep Issues/stays up late, until 5:00 am; sleep until 3:00 pm
- Substance Abuse
- Other Issues

**If Other Issue, please explain:  
Severity before treatment Scale 1-10.  
(10 is the most severe.)**

**Has communication issues** with grown kids. Expresses herself to them and makes them feel guilty.

**Has abandonment issues and loneliness** issues. Scale: 7

**Lyme Disease:** Pain Scale 9, pain in muscles and bones, pain comes and goes once or twice per week.

**Medications:** levothyroxine, atorvastatin, wellbutrine: depression; duloxetine: depression; montelukast, singular: asthma; omeprazole: stomach acid; vitamin D and B. allergy medication; famotidine: stomach; metformin: blood sugar is a 7 out of 1-10 high.

**Lifestyle:**

**Very overweight.**

**Physical activity:** can walk upstairs, walk to car, drive to store. No exercise; difficulty breathing.

**Spiritual practice:** meditate about 3-4 times a week.

**Sound/music: love** music, listens to meditation and biorhythms on YouTube.

**Mental health counseling:** not for a while.



Instrument or Technology used \*

- Alchemy Crystal Bowls
- Voice (Singing, Toning, Chant/Mantra, Overtone Singing, Guided Meditation)
- Other Instrument

Comments from client after treatment. 0 to 3000 characters.

<b>LS Pre Session</b> Loneliness: 7 Arthritis Pain: 9	<b>LS Post Session</b> Loneliness: 7 Arthritis Pain: 7	I woke up feeling rested, calm, and happy. I was in a great mood and was ready for the day to begin. I was able to tolerate my nephew, and niece, babies staying at the house
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Overall breathing: 9	Overall breathing: 7	even though they woke me up several times during the evening, morning. My breathing and asthma symptoms have been good all day. When measured it was 95 which is much higher than recently. It's been around 90-92. I was able to walk up the stairs without having to take my inhaler. I was happy to see the babies and wanted to visit with them. And I was able to help my sister a bit. I also had loving thoughts about my daughter and thought of sending her flowers for getting my groceries for me. I did not feel fatigued when I woke up and did not want to go back to sleep. And I felt loved unconditionally and did not feel angry.
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