

The Quantum Vortex Experience: Connect With Higher Consciousness

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Lynnwood. I was able to speak with several local people who participated in the vortex experience.

Debbie Z. Almstedt, angel communicator, said when she was in the vortex room she felt huge energetic shifts and it seemed like time was suspended and effortless. She says the

experience may have been more profound and dramatic for her because she is already connected with the Zibu angelic symbols and pictures of them are hanging on the walls in the vortex room.

Says Debbie "The energy in the symbols was the energy that came through me."

Valerie teaches that there are four steps to manifesting in the vortex and Debbie stated

that there are four specific Zibu symbols that correlate with the four steps: release, unconditional love, ask and receive, and gratitude. Debbie says she had an amazing experience and many things happened after her vortex time.

Dakara Kies, spiritual coach and energy healer, says being in the vortex really helped her connect at source level and gave clarity on specific issues. Dakara believes her experience has been long-lasting and says she found the vortex to be a very subtle, peaceful, radiant energy.

Says Dakara, "Since my experience in the vortex, whatever happens, it seems easier to be in that peace. Even in the midst of apparent outer chaos I feel more at peace inside."

Kathie Brodie, certified hypnotherapist, says her time in the vortex was an interesting experience. She felt a sense of serenity and quietness and said it was a peaceful time.

Says Kathie "What I did was beneficial. I can't pinpoint what happened. The room was subtle and it still happened whatever it is. Spirit knows much better than I do what's appropriate for me. I think it was effective and I'm glad I did it."

Dr. Kathleen Halloran says she found the vortex to be a great way and effective tool to amplify and speed up healing, and to create a lasting effect. She says she healed some

issues in the vortex that are gone and felt that she experienced a profound shift in getting to the next level.

Kathleen stated, "It is the highest and best vibration and healing tool there is. It is pure unconditional love. My life is different because of the work I did in the vortex. It created a catalyst for healing past life issues and also gave me clarity and direction. I would do it again. It will be a way for me to work with my next lesson."

Dr. Valerie Olmstead will be back at the Academy of Spirit in Lynnwood August 17-22. Further information can be found at www.academyofspirit.com.

Judith Campanaro, LMHC, is a visionary artist, author and art therapist. Learn more about her work and activities at www.judithcampanaro.com. She can be reached at 425-208-9574 or judithcampanaro@gmail.com



The photo above is an example of the "strange" reflections from Dr. Valerie Olmstead's holographic projectors. Valerie says that the concentric lines in the photo are the scalar waves mentioned often in quantum physics.

Contacting Your Spirit Guides

Ancestor veneration is a common practice among many cultures. The Chinese reverently honor their beloved ancestors, Catholics their benevolent saints. Mexicans celebrate the Day of the Dead, and Native Americans honor their ancestors through the practice of shamanism. Even in Tibet, Ireland, Korea, and Africa, there are customs to help people reach out to their ancestors for help, inspiration and support. It is comforting to know that whether we are surrounded by angels, guides, or loved ones who have crossed over we are never alone. They provide unconditional love, healing and vision. All you have to do is ask their advice or guidance. But just how do you contact those guides?

- Create a space that is inspiring and peaceful. Add things that help create a positive mood such as candles, incense, music, flowers
- Quietly send out a thought requesting their assistance. Think positive thoughts. Let go of negative thoughts or fears so you are more approachable. Remember light does not dwell in darkness
- Create an aura of gratitude. Think good thoughts and reach a space of relaxation and centeredness.
- Ask your guide to step into your aura. You may feel an overwhelming sense of love or experience a fragrance or feeling of a light touch. Even if you don't feel anything trust that your guide is there with you.
- Ask for any help or message you need.
- Give thanks.



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