

## **Here is how to get a healing:**

First, complete the healing request form completely. It will give Kahu Fred a reference point on where you are on your four bodies. Give as much details as you can for greater clarity on what you want to heal.

Next, email your request and you will be contacted by one of Kahu's assistants to set a healing time and payment instructions. Your date of birth and address are also required.

Healing time is best scheduled at night when you are fast asleep. Kahu Fred usually works with your spiritual, mental and emotional bodies to relieve the blocks, or note the reasons for it. He will go into your past lives that have relevance in your current life that may have led to ill health and other life challenges. The higher self usually is present to assist.

Kahu Fred will report his findings in a healing message (usually 2 to 3 pages). It will be emailed to you at the 5<sup>th</sup> day after the healing. Until then, Kahu Fred will include you in his nightly healing prayers and surround you in an orb of gold photon light particles to continue your healing.

Some have reported feeling Kahu's presence during their healing or have a dream of what took place in the healing.

No matter what your life challenges maybe, you can be assured that he will use his faith and grace in your long distance healing at the high frequency level of love that will give you a new conscious awareness of your purpose on earth and what you are capable of in love and light. With that, your healing journey continues with more blessings to come.