

# *Healing Frequencies*

*Translation form Magazin „Spuren“, No. 112, Summer 2014*

*Often, it is scaring to engage oneself with life again, after having suffered from hurts. With the aid of Light Grids, Damien Wynne helps to dissolve traumas and blockades.*

The morning sun is shining through the large windows of „GZ Hottingen“ („Community Centres Hottingen“) in Zurich. We are lying on the floor, mat besides mat, in three rows. Damien Wynne is sitting in the yoga position on a chair, his I-Pad in his hand, next to him Esther Norman, his interpreter and organizer. The two of them shortly talk something over, before starting. In the corner, tea, fruit and cookies are waiting for the break. The Irish healer with the clear glance, the soft voice and the freckles is working with channeled meditations: „Light Grids“, in German „Lichtgitter“, is the name Damien Wynne gave to his energy work which he has been developing over the past 12 years.

## **Releasing patterns**

You are not a victim, you are free!

We start working with the „inner child“. It is about the topic of abuse and the detachment thereof. If a trauma comes up, Damien Wynne recommends to change the story in our mind up to the point until the inner child feels safe. He specifically goes into some individual cases, and when he feels that someone needs help, the topic is promptly being cleared within the group. This work brings up many feelings – tears are falling. Wynne notices that many of us in the group do not want to engage themselves, due to the fear of being hurt again. However, according to Damien, now is the time to release this pattern. If pain comes up, the same should be breathed into the heart in order to be transformed there, he clarifies. „You are not a victim, you are free“, he adds. He goes into our old resistances with us, in order to „bring in“, as he calls it, the lessons of all our past lives and to integrate them into our souls. For him, it is important that we claim back our power, as for many lifetimes, we had been given it away. The more we release our inner resistance, the merrier higher frequencies may flow into our cells, and we are capable to open

ourselves for the divine source again.

## Temple of Delphi

Damien Wynne brings down these high frequencies into our energy field so that we may remember how it feels to be connected with God. According to him, being in the deep state of meditation is a sign of the body releasing; some of the participants are getting very tired and fall asleep. However, this is not a problem for the healing process, as Damien Wynne is working with Light Grids on a deeper level.

In fact, after such a „healing sleep“, one awakens freshly, like in the Temple of Delphi of the old Greek.

Every single meditation arises out of the group´s energy field. Mostly, Damien Wynne works with us on an unconscious level. Once, the energy lines of Mother Earth are being linked with the meridian points of our body, another time, the aspects of the Divine Father are being integrated with the Divine Mother into our being. At the end, we are dissolving co-dependencies, in the way that we imagine to be in the inner of a Merkaba-crystal. Damien is showing us a picture of such a crystal on his I-Pad, so that everyone knows how it looks. We are requested to close the points of the crystal with a diamond: in order to „cut“ - like a sword - all unhealthy relationships. Those, from now on, shall only be able to connect with us through the heart energy – cleared and healed.

Finally, through our higher self, we connect with all future children, with our brothers and sisters, mother and father and our ancestors, so that all their knowledge and all their wisdom may permanently flow through us. Looking back, the experienced seems to me like a dream: is it really true? In my world of feelings, so much power is contained, which my mind wants to censor. To explore this power is an adventure – which is worth going deeper into, always...!!