

Timeline Repair



www.nicolegayle.com

Timeline repair is a form of quantum healing that allows for you to use your multidimensional avatar to delete and repair timelines.

In quantum consciousness, within every moment or event, another corresponding timeline is also present, however the victim consciousness is not aware of this.

Based on quantum physics, you are able to create a corresponding timeline during an event and we are using the multidimensional self that is the fixed and "whole" version of yourself in a timeline in order to bring the experience into another frequency and potential. We also use the "creator" principle - the energy of God itself as what you create from this principle, creates with you in your external reality.

Please review the bonus collapsing lower timelines audio teaching.

Timeline Repair

Go back into a memory of a painful experience in your life.

Step 1: Call up the memory

Step 2: Feel the memory (emotions) – example, anger, powerless, abandoned, rejection, anxiety

Step 3: Note on the emotional scale the degree of emotion that is connected to the experience - on a scale of 1 to 10

Feel the emotions in your body and observe the scene. Bring the multidimensional avatar online. See the new avatar – project the hologram IN that memory

Step 4: What is the multidimensional self doing? – Animate the avatar. Let her watch you and observe how you are feeling or what is going on in the scene.

Step 5: Who is the other person in the scene? Look around and observe

Step 6: What is he/she doing?

Step 7: Animate the multidimensional self so the other person is also aware it's there.

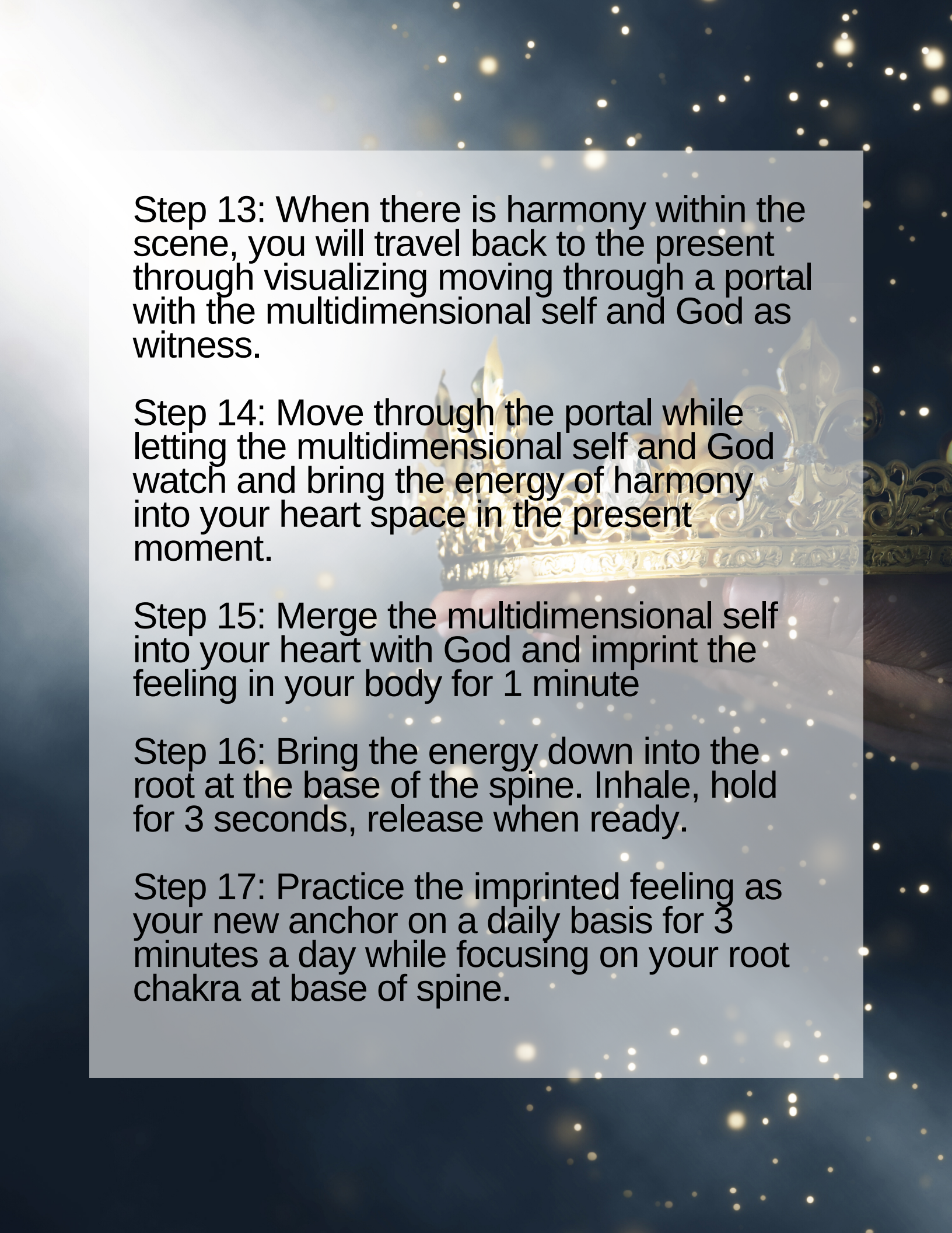
Step 8: How is this person responding to the multidimensional presence?

Step 9: What is this person saying/doing now that he/she is aware of the multidimensional presence?

Step 10: Bring the God principle online, let God watch over the multidimensional self and all that is happening in the scene

Step 11: What is the awareness of all involved when God comes online?

Step 12: Imprint the presence of God as witness when harmony fills the scene for 1 minute in your body.

A hand holding a golden crown against a starry night sky background. The crown is ornate with multiple points and intricate details. The background is dark blue with numerous small, bright white stars of varying sizes, creating a bokeh effect. The overall mood is mystical and celestial.

Step 13: When there is harmony within the scene, you will travel back to the present through visualizing moving through a portal with the multidimensional self and God as witness.

Step 14: Move through the portal while letting the multidimensional self and God watch and bring the energy of harmony into your heart space in the present moment.

Step 15: Merge the multidimensional self into your heart with God and imprint the feeling in your body for 1 minute

Step 16: Bring the energy down into the root at the base of the spine. Inhale, hold for 3 seconds, release when ready.

Step 17: Practice the imprinted feeling as your new anchor on a daily basis for 3 minutes a day while focusing on your root chakra at base of spine.

Feel free to check in daily with your updates.

Divine Blessings,
Nicole Gayle
www.nicolegayle.com
1-604-375-8045

