



SELF-LOVE FREQUENCY INITIATION

Thu-Hien Poma of Adonai

PACKAGE I & II

**Please note this information is openly shared on this website. By just reading this information you may feel some beautiful energies but you will not be energetically initiated into it. You will need to schedule a formal appointment to receive the call-in details and benefits.*

OVERVIEW

This healing modality from the divine realms gives you a very powerful emotional tool to use in order to center yourself in self-love daily and even by the minute if needed. It is a tool to be used after you have had private healing sessions with Master Thu-Hien to help you maintain a high vibration after your healing work. If you are interested in purchasing this modality you will need to schedule an appointment to receive it. The entire modality is offered here for you to decide if it is something you need.

SELF-LOVE

For many people it is difficult to authentically love oneself because it is difficult to deeply conceive what it truly means. This concept of self love has not been modeled very well in society – for eons. So how does this generation know?! What does it look like to have positive loving emotional energy freely running in your body and life?

The lack of an appropriate quality and high level of self-love usually comes from low selfworth that has been fostered through generational dysfunctional family environments, repeated psychological traumas, negative societal programming, extreme past life circumstances that

have followed you into this lifetime because they were left unfinished, and a lack of proper modeling in your environment.

If you strongly seek to change the only way you know how to love yourself this healing modality is for you. The Divine realms and Thu-Hien Poma of Adonai are here to assist.

The amount of Self-Love you give yourself is mirrored in every facet of your daily life. This love equals the goodness you allow yourself to have. If you only feel you deserve a “little” out of life then you will only allow yourself to have a little out of life. If you only “know” there is only a little to ask for out of life the same outcome will also be true. Most of what we know is “available” for us has been sublimally taught to us. In order to know more we must be exposed to more. The easiest way to do this is through new experiences that offer new frequencies. This healing modality is a unique way to go about self love. It is potent because it offers you a new frequency for self love so that you CAN have the new experiences you need. It is an entirely different and simple approach to self-love.

Are you ready to welcome yourself into a new LOVING life?

If you know how to love yourself a huge amount you will allow the GRAND ABUNDANCE of the CREATOR’S LOVE to keep opening you more and flowing through you more. This divine force of love sustains and uplifts your life with more than you could ever imagine. It is a never ending stream of love. It is the Divine.

If you only wish to live a small life with little love then there is no need to keep opening more. However, when we have a desire to open more this means we are growing and want more. Yes, growth and desire go hand-in-hand. It is important at different cycles of your life to want more. But this means you will need to find a way to get more of God flowing into your life.

Without high quality self-love life will only be lacking in many different areas. For most people this lacking feeling feels bad, painful, boring and normal. Self-love is the spiritual faucet that allows the GOD river of *LOVE* to flow into your life.

If you want to live a much bigger life you will need to continue to stretch your sense of selflove. It can be stretched to be as infinite as the blessings of God. This is your full inheritance. With God there are no limits. When you are anchored in God, in love, it means that in ALL areas you will only want and accept the best for yourself -- naturally. This is the true state.

When we know how to love ourselves we will only accept the best from ourselves and other people. When we know how to love ourselves we will not accept abuse from other’s who are lacking in their own self-love. And we radiate to the world that we can still have compassion for those people who have little love for themselves – even if we need to do this from a distance.

When we love ourselves we radiate to the world that we have a high sense of self-respect. We radiate to the world that we are emotionally healthy. We radiate to the world that we are in our authentic selves. We radiate to the world LOVE!

When we love ourselves our thoughts, actions, and voice express to the world, “I AM ON FULL WITH GOD.” Self-love does not depend on another’s love to satisfy us or make us happy. We do not need to seek love from incomplete and unloving people who will naturally

abuse our love. Sometimes unfortunately, this can be parents, friends, lovers, business partners, teachers, bosses, spouses etc...

When we love ourselves we do not need to seek love from incomplete and unloving sources for this love that can lead us into extremes of disaster. These sources may include addictive drugs, alcohol, junk food, violence, casinos, unhealthy sexual partners, shopping sprees etc. These sources lead many people into an oblivion that causes them to abuse their inner sense of self-love.

To be a self-contained vessel of love we need to be connected to the true source of love -- GOD. And if you should ever feel low you know that can go to the generator of love. That is the point of this soul healing tool.

As you begin to work with this anointed energy from the divine realm, your life will begin to automatically shift. You will have a sense of renewed peace from within. You will feel a sense of sitting in the arms of the divine and knowing that YOU are enough.

You will have a sense that it is finally ok to let the old past hurts go that you maybe have been punishing yourself with by continuing to hold on to them. With self-love you will be much more receptive to receiving the deeper healing that you may need.

And you will start to indulge yourself much more! Now that part sounds like fun! You will be more open to receiving the blessings all around you. And that part sounds like even more fun!

In as little as the first few minutes of using the holy energies you will feel LOVED and RENEWED as if you had drank from a source of LIVING WATER. This is what God's love does – it fills you and then there is no need to seek. This spiritual tool helps you to practice your self- mastery in the area of self-love.

If you were the daughter or son of royalty you would walk in the world with a sense of entitlement to the finer things in life. As a holy child of GOD some of these finer things in life include HOW OTHERS TREAT YOU AND HOW WELL YOU TREAT YOURSELF. When we are treated well we feel like QUEENS & KINGS.

You are a child of GOD. Come back often to the knowingness of this holy status that you hold. Stand up with your back straight. Breath in the TRUTH of who you really are. Hold your head high and remember – God wants the VERY best for you.

The days of living as a peasant for another person's crumbs of love can be over. *It is also time to stop giving yourself only breadcrumbs of love and life.* It is time to have a high level and high quality of self-love. It is time to really know Self-Love. When you are running on premium self-love you will also attract people who know how to love themselves in a healthy and glorious way.

It will become more and more clear to you what this looks and feels like in your own life as you begin to take on a more healthy LOVE vibration! This self-love initiation will teach you on a vibrational level what it means to really love yourself. Fill your SELF-LOVE cup up daily with this anointed energy.

Few people in life will have done enough self-development work to truly access the self-love frequency contained within this spiritual tool you have found. You have. You are ready. Be willing to let go of the past with grace and ease. Be willing to beautifully love yourself fully and UNCONDITIONALLY. Be willing to be your own BIGGEST FAN and BEST LOVER.

This self-love energy will work in endless areas of your emotional life such as:

- Self-forgiveness - Forgiving others
- After an argument
- Before a sensitive discussion
- Before an exam or meeting
- During PMS, perimenopause, menopause
- Feeling unworthy of something you want
- Feeling there is not enough money for you
- Thinking you have to settle for anything but the very best treatment or things -
- Feeling uncertain about yourself
- Feelings of shame
- Feelings of hurt
- Feeling used
- Feeling sad or low
- Feeling unsacred
- Feeling trapped
- Feeling alone
- Feeling lost
- Feeling afraid
- Feeling angry
- Feeling traumatized
- Feeling unattractive
- Feeling unloved

*Please note: This self-love healing modality allows you to take care of yourself in areas that you may be lacking in. However, it does not replace the necessary personal in-depth therapy that full private healing sessions would give you.

This modality should only be undertaken as an adjunct to the work you have already done with Master Thu-Hien. If you have big wounds this healing modality will support you in receiving continuous formal healing work on them and not going back to the past pain. **The Call In**

Once you have made your appointment get ready for real, simple, and beautiful change. On the night of your appointment make sure to prepare by lovingly cleaning your space and having flowers by your bedside.

It is best to do the self-love initiation right before you go to sleep at night because the power of this work will make you want to rest deeply. Falling asleep during the energy transfer is ideal. The healing energies vibrate very high and will most likely make you instantly sleep.

The divine energy transfer will take up to 1-hour or more. You may or may not feel the energy as it descends into the layers of your aura and cells of your body.

To begin receiving the healing and energy transfer please lay down. Start by saying a purposeful prayer over your life.

Next say the call in information that you will be emailed once you have registered for this work.

USING THE ENERGIES

The next morning you can start to use the SELF –LOVE healing energies. Just place your hands over your heart and say, “I AM Self-LOVE.” If you are sensitive to energies you will feel the energies begin.

3 WAYS TO USE THE ENERGY DAILY

Welcome to your new life!

1. The primary way: Start your day by turning on the self-love energies. Set a clock and sit or lay down for 15-minutes to 1-hour daily. This activates the energies at the start of your day. Enjoy using the energies like a meditation.
2. Throughout the day: Start the energy and allow it to run while doing a mindless task such as washing the dishes. Do not use it while driving or operating heavy machinery.
3. Use the energy on an emergency basis if you have a self-love melt down 😊

Over time, once the energy feels very good and stable you can reduce the time to 5-10 minutes in the mornings and anytime throughout the day that you feel you may need support. Continued use over time will help you develop a more stable LOVE frequency from the inside out.

IF YOU HAVE RESISTANCE

The more resistance you may have to self-love the subtler the effects that the energies may have on you in the beginning. Be willing to trust the process. Be patient with yourself. Some of the people with the toughest situations felt a dramatic difference in their lives the very first time they used the anointed energies. The energies will make a difference for everyone who has been initiated into using them.

It will all depend on the amount you are WILLING and OPEN to receiving this blessing of help and love. Allow. Allow. Allow. If you need help allowing please calmly repeat to yourself as you are receiving the energies, *“I surrender to the will of God for me. I know I am worthy and capable of receiving. I want to receive. I can receive goodness.”*

PRECEIVED SET BACKS

Also know that it is ok to cry, feel sad, or have issues while using this modality. Life cannot be cured. It must be lived. This modality will make life easier but not completely without any more obstacles or low emotions. Come back and read this document whenever you need a mental reminder of what self-love is.

Remember to do the work daily. If you are not committed to doing the work constantly it will not be able to assist you. Also recognize when it is working and you may have not realized it yet. Sometimes you will not have the deep love you were expecting but you will RECEIVE a deep calm that you did not have before. **Notice what does change.**

It is important to realize that you will not be in control of what your mind may logically “think” you may need from this energy. The energy is divine. It has its own intelligence. It will give you what is right and needed for you in the moment. Sometimes self-love in the moment means – only calming down.

And at other times your self-love battery will get empty quickly and it will need to be totally refilled within only a few hours. Only you will be able to be the judge of when you need to recharge your battery.

Be extra sensitive to your daily love needs. Very giving women will especially need to take care of their big loving hearts that work over-time for the care of their families and communities. Very nurturing men will also need to take extra special care as well to feed themselves self-love daily.

HOW TO MAGNIFY THE ENERGIES

Whenever you activate the energy focus on your heart space. If you add a smile and good feelings to this self-love time you will assist yourself in magnifying this positively anointed self-love frequency.

Good feelings can be activated with thoughts of good things or moments. Good feelings can be increased with singing; dancing; saying mantras like: I am whole. I am happy, I am so beautiful, I am so prosperous, I am so blessed, I am so smart, I am so full of vitality, I am so wonderful! ---- Feel the joy as you add these things.”

When you activate the self-love energies with added smiling, singing, focusing on your heart space, the saying of mantras etc... you are being in an ACTION state rather than a passive state for “experiencing” the self-love energies. The passive state is just laying down and

receiving. Try both ways. Both ways will work. Do whatever you feel inwardly called to do in each moment.

Remember, you can also call upon the self-love energy during the day whenever you feel you want a boost of self-love. Remember, if you have any type of altercation with someone or even get upset with yourself you can call it in for a few minutes to calm yourself down. Call it in – whenever, wherever and for whatever. Take care of yourself.

Commit to doing this loving practice daily for yourself and watch how your life unfolds and expands in marvelous and beautiful ways. Read the testimonials at the end and read the common experiences of others. Everyone who has uses this energy LOVES it and themselves.

Enjoy this invaluable gift from the divine realms that will last you a whole lifetime. You can never do it wrong or too much. Just remember to do it daily.

If you feel old pain coming up for healing this is not a bad sign. It means you have old heart wounds that are ready to be addressed. You can simultaneously work on heart healing sessions with Master Thu-Hien and allow this self-love healing modality to support you daily.

After your heart has received its deeper healing you can then be FREE of the suffering and enjoy the self-love daily tool.

Package II

– ADDITIONAL ACTIONS LISTS –

YOUR NEW SELF LOVE HABITS

For most people they will need to add action steps in order to practically ground the new level and quality of self-love into their daily lives. This is what the Package II will do. Not everyone will be drawn to this package. Package II is only for the person who likes to combine **action and accountability**. Both of which strongly ground intentions into the material plane of existence.

Materially, successful people know this and do this. Spiritual people who want to be materially and spiritually successful must start to know this and do this as well –

LET’S BEGIN

Exactly 2 weeks after you have been attuned to the Self-Love energies and have been using them consistently for 15 minutes a day please set aside 2 hours to write several lists. You will keep these lists for yourself and in 1 month you will email a copy of your final lists to Master Thu-Hien. Please review your lists daily. If you would like, buy a special journal for this task and keep it by your bedside.

*Record the date you will start your list on your calendar.

List 1

Write a minimum of 30 ways that you will demonstrate your newly empowered self-love in your life daily, weekly, monthly, and annually. Write your list in the present tense and with positive statements.

Examples – I am meditating daily, I take walks in the park on Saturday mornings, I get monthly facials, I take a beach vacation annually, I always compliment myself, I encourage myself with only positive comments daily, I make it a priority to make love daily or weekly with my significant other or alone etc....

List 2

Write the things you will need to buy this month in order to further give yourself self-love care.

Examples - Sea salt bath salts, essential oils, nice soft Pj's, a juicer, better pillows, a better desk chair, a new brush, a modern TV, softer toilet paper, a new car, flowers that include roses, high quality vitamins, sexier panties, a massager, better supportive shoes, a pet, new

jewelry that fits your style better, matching bedroom furniture, vaginal steam herbs, organic personal lubricant, new music etc...

*If you need to save some money for your shopping plan write out a list of what you will buy in 2 or 3 months too.

List 3

Write the things you will need to change in your life in order to be more self-loving to yourself.

Examples - End the relationship with Peter and Jill, start looking for a new job, nicer self-talk, stop eating and driving, stop going to sleep with the TV on, stop wearing uncomfortable shoes and panties, speak your truth to Sue, go back to school, quit school, move to another place, start thinking about having children, stop having sex with people you do not love, stop having sex with people who are unworthy of your body, pay your friend back the money you borrowed, ask for the money your family borrowed, be a better wife or boyfriend etc...

List 4

Write down the list of old dreams you have for your life. And read them daily or weekly. Recommit to yourself in making them become a reality. For these dreams to happen you may need more healing sessions, you may need to hire a life coach, you may need to radically change your life – but the point is to first start by remembering the dreams that you once wanted.

One of the deepest ways to offer Self-Love to yourself is to create ways to manifest your small and big dreams (desirers) that become a life that you want.

List 5 – Write a list, a sentence or a paragraph of self-love mantras that you will repeat to yourself daily.

AFTER ONE MONTH

After using the self-love energies for 1-month you will see new things that you want. Please go back and update your list with any changes you now see for yourself.

List 6

Next and last, add a final list that entails dreaming BIGGER for yourself... What are your WILDEST AND BIGGEST DREAMS??

What type of car do you want to drive, home do you want to live in, relationship do you want to have, job do you want, how much money do you want to make annually, Where do you want to vacation etc, etc, etc??..... What other big dreams do you have? Do not limit your wildest & Biggest dreams list. Give yourself permission to know what you really want.

Please keep the updated changes and also email a photocopy of these final 6 lists to Master Thu-Hien. She will serve as your soul witness who will also provide valuable feedback for you from your soul. Additionally, Master Thu-Hien will help you energize your list with healing and loving energies from your spiritual support teams.

The benefit of Package II is because having a soul witness helps you to commit to yourself on a deeper level. Additionally, Master Thu-Hien's valuable feedback will give you personalized tips from your soul's perspective that will strengthen your list and make it become more alive and powerful for you in your daily life.

You and Master Thu-Hien will spend 45 minutes via phone on your list with you and your spiritual support guides. Please schedule this meeting 1-month after your self-love attunement.

On the day of your meeting with Master Thu-Hien. Before your meeting, please reread this self-love guide over and take the time to appreciate just how much you have grown and are naturally integrating what you have read at a higher level now.

This should be a time for celebration!

PRICES

Package I – Self-Love \$350

This holy energy exchange for this powerful sacred customized work is \$350. This will be a very powerful and pure lifetime gift you give yourself. There is no price to put on this holy work that has been created and offered to you. Only a fair exchange of your energy can be offered back to spirit as a thank you.

Package II – Self-Love Plus Action Lists \$500

Your action lists will be witnessed, reviewed, critiqued and energized during a 45-minute feedback discussion with your spiritual support guides and Master Thu-Hien.

This holy energy exchange for this powerful sacred customized work is \$500. This will be a very powerful and pure lifetime gift you give yourself. There is no price to put on this holy work that has been created and offered to you. Only a fair exchange of your energy can be offered back to spirit as a thank you.

TESTIMONIALS

“Before the initiation I had been heartbroken over a break up for over 2 months. I knew this relationship was about helping me get to more self-love. So I decided I needed to focus on that. The next morning after the initiation I called in the Self-Love healing energies for myself, and it felt WARM and TRUE. It was a big welcomed change that helped to replaced the deep misery that I was feeling.”

D. N

“The days before the initiation I was feeling very emotionally vulnerable and raw over deepseated childhood wounds that were intensely surfacing. I was feeling a bit anxious the morning after wondering if it had worked and if I would feel any different. Slowly over the week, I have been feeling like it is working and I am committed to meditating on a daily basis to focus on it. Now after a few days I am feeling really calm, peaceful and happy. Feelings I do not normally feel. “

J. A.

"The “I am self-love” energy makes me smile and giggle and fill up with joy EVERY TIME I start it. It feels REALLY GOOD! I can feel the difference in my body and my spirit. AMAZING initiation!! . . . Who knew something like this could work so well???”

S.M.

The first time I called in the energies it was very soft. The second time I felt my heart pop open for 1 second then I did not feel too much more. The 3rd & 4th time the energies were subtle. Then the 5th time holy smoke – they were super strong and lovely. I was floating with love! Obviously, it took time for my heart to adjust. Now I am looking forward to doing it daily.

What a beautiful sacred gift! I feel so good! I feel pleasant, lighter and I am smiling more.”

T.T.

“I have committed to doing the Self-Love healing for 15 minutes a day. Now things are going much better for me with my family. Their actions are not negatively rocking me to my core any longer. I know this is due to the Self-Love Initiation. Frankly, I am feeling incredibly peaceful regarding each of my family situations that were unbearable to me in the past.”

B.M.

“I noticed that I need to use the self love energies in bed for 30 minutes before starting my day. 15 minutes is not enough for me. One of the first times I used it, it felt very light ... I did not feel any strong energies.... But after a couple of hours I noticed my actions toward myself had totally change. I put my make up on differently and I dressed much more appealing that

day. I also did not cover myself up with a jacket like I normally would have done. I allowed my figure to show in public. I asked my husband to bring home flowers for me. I was much more favorable toward myself.

It took a while for it to click for me that it was because of the self-love energy I had used a couple of hours earlier. Overall, I am feeling better about myself and my appearance shows it. Wow! It was a big shift that happened that day. I was being so hard on myself in the past. I will keep feeding the higher energy to myself daily. It makes a difference!”

A.M.