

# Orb of Life Instructions

To receive your Orb of Life, just say: "I now accept my Orb of Life from Ole." The Orb will then, as a default, place itself above your head and begin to saturate your body with life force.

You do not need to give any instructions to your Orb, as it will, as a default, will provide you with a steady stream of Life Force 24 hours a day, 7 days a week. It will further automatically protect you from negative energies. But you can choose to give it further instructions, if you like.

Basically it's pretty simple to give instructions to your Orb; just tell it, in your own words, what you want it to do and it will follow your intentions.

Examples:

"Orb of Life, please clear my seven chakras, one by one."

"Orb of Life, please charge this water/pendant/other item with life force." (Then wait about ½ a minute before your charged item is ready)

"Orb of Life, please fill this room with Life Force."

"Orb of Life, please clear this room of negative energy."

When giving healing sessions to others, you can use the Orb of Life to help you. Just tell it what you would like it to do.

Examples:

"Orb of Life, please give (name of recipient) the life force he/she needs right now."

"Orb of Life, please clear (name of recipient's) seven chakras, one by one."

When the job is done, it will return to its position above your head, unless you have told it otherwise.

You might want to acquire additional Orbs, with the sole purpose of taking care of your workspace, clinic and/or home etc.

You can temporary lend out your Orb or give it away permanently.

If you for some reason do not wish to receive the energy flow from your orb, just tell it to stop. You can always start it again, just by asking it to start.

After using the orb for some time, you might not notice the energy of the Orb as much as in the beginning. This is not because the Orb has lost its power, but simply because you have gotten used to its energy. As a test of this, you could stop receiving energy from the Orb for 3-5 days and then turn it on again...

## Creating your own Orb of Life

1. Imagine/visualize that you are surrounded by life force, that is slowly becoming stronger and stronger...the force field is becoming brighter and brighter. Do this for 2-5 minutes.
2. Say directly to the accumulated life force: "You will be generated continuously and you will not fade until I am done with this creation."
3. Imagine a 25" ball (approx 65 centimetres) hovering in front of you.
4. Start filling the ball with life force by intending so. Visualize the ball getting brighter and brighter in a bluish colour. Do this for 5-10 minutes or until you feel, sense, or see that the ball is full.
5. Say directly to the ball: "Life force will now be generated continuously and you will never fade or weaken."
6. You are done and the ball is now ready to use.

Enjoy!

Blessings

Ole Gabrielsen