

FAQ for Frequencies

1. What are the Light Key Frequencies?

The Light Key Frequencies are elements of the Universe that you can tune into to contribute to you.

Think of a Radio transistor. By changing a channel, you can tune into a different frequency that plays a different song. Similarly, you can tune into these contributive frequencies that can help in specific areas, though there are no clear demarcations.

2. What are the benefits?

The Benefits of these frequencies are ONLY limited by your receiving. Once you start using them regularly, you will start seeing various areas that you can use them to create your desired energy there.

- a. Golden Earth Frequency – This frequency creates ease and abundance for the physical aspect of your reality. It is contributive for body and for creating prosperity.
- b. Universal Kindness Frequency – It brings energies of ease in whatever situation you might be faced with. It helps you move beyond separation and encourages communion with the Universe. It can set you up to receive more of whatever you choose.
- c. Rainbow Ray Frequency – This is an intense frequency that can completely dismantle any stubborn patterns and issues. It is recommended to be used with care as it can cause sudden changes and release stuck patterns.

3. Does it have any adverse effects?

As long as you follow your awareness and guidelines in the manual, there are no 'adverse' effects per se. Any discomfort or overwhelm can simply be a reflection of release of deep seated issues. You are the creator of your universe and everything, including overwhelm is created by you. Use the tools responsibly.

You can always use waves of kindness to create ease for you.

4. Is there any limit to using these frequencies? E.g.: Time, situation etc

Follow your awareness and guidelines in the manual. More is not always better. Train yourself to follow the energy of a situation and allow it to guide you. The required amount is the right amount.

5. Who should choose this?

If you are reading this/asking this question, it is likely that you sense that you have more possibilities available for you. Maybe you wish to move beyond limitations. The frequencies can be used by any one. The rainbow ray frequency has some guidelines. Other than that, these are very gentle but robust frequencies.

6. How can I learn more about these frequencies?

You have two options to learn Basic Light Key Frequencies course

- a. You can do a live course from a facilitator. The list is available on the Basic Light Key Frequencies Page.

Check here:

[Healer,Medium - Money Reiki healing \(infinitehealing.co.uk\)](http://infinitehealing.co.uk)

- b. You can also choose to purchase a recorded training by Nila from the website.

Go here for more details

[Light Key Frequencies – Transformational processes for body, life and beyond \(infinitehealing.co.uk\)](http://infinitehealing.co.uk)

7. As a practitioner, am I allowed to do tasters sessions?

To work with clients, you must be a certified practitioner. Certification is included in the class fee and your facilitator will do a simple assessment and provide you the certificate.

As a certified practitioner of the Light Key Frequencies, you can do tasters for possibly interested clients individually. You could either use the free 'Waves of Kindness' frequency, Light Matrix command or a part of your full frequency session. That is your choice. (Group sessions are not permitted, even if you are a certified practitioner.)

Example, Lead your client to

1. Pick a problem.
2. Rate the intensity of the problem on a scale of 10.
3. Tune in to the part of the body where they feel the intensity
4. Call in Waves of Kindness/ Do the Light Matrix Command
5. Wait till the intensity changes
6. Rate the intensity again

You can use the following videos by Nila as a reference

1. Harmony With Waves of Kindness

<https://www.youtube.com/watch?v=0rsjBEHuDrU>

2. Dissolving Intensity through Kindness

<https://www.youtube.com/watch?v=a0WMUOaGBDs>

3. Dissolve Judgements with Kindness

<https://www.youtube.com/watch?v=o4JhgKUJSkE>

4. Clear Powerlessness using Light Matrix

<https://www.youtube.com/watch?v=XL3NDcAXGdQ>

8. Do I get support post the course?

If you have any questions, you can mail them on **team@infinitehealing.com**

You can also post questions to WhatsApp group. Using them regularly will attune you to them and your uses will gradually be more creative and intuitive.

9. Do I have to pay for the certification?

For this course, certification is included. You need not purchase it separately.

10. How do I price my sessions?

Choose what is light for you. If you price too much or too less, you will generally not be comfortable with your practice. If you are clueless, you can ask fellow practitioners for guidance and see what energy exchange suits you well. With practice and experience, you will be able to increase your prices appropriately.

Offering too many free sessions may not contribute to your practice

11. Can the frequencies be used with other energy healing practices?

These are high vibrational energies and have consciousness of their own. Follow your awareness. recommendation is to get comfortable and familiar with them and see if you would like to club them with other modalities.

12. Can I teach them to my clients?

You can teach the free tools 'Waves of Kindness' and 'Ascension Vortex of Kindness' to your clients. You cannot teach them to use the other frequencies. Please understand that a class with a facilitator prepares you to receive them. Facilitators undergo a training in order to be able to teach you. Otherwise, it might not be kindness to your bodies. If you would love spreading this work, then it is recommended to get certified as a facilitator and conduct classes. You will become aware of the preparation required for one to be able to teach the high vibrational frequencies. Please register your interest to become a facilitator by writing to team@infinitehealing.co.uk