



INSTRUCTIONS & GUIDANCE



THE FREQUENCIES

by Xenia Vocal Healer

USER GUIDE

The Activation Protocol

THE FREQUENCIES BY XENIA VOCAL HEALER



Welcome to your sound-based transformational experience.

This frequency has been created to support your energetic process on a profound level.

To receive the maximum benefit, follow the steps below:

THE FIVE STEPS

- 01 Enter a State of Presence
- 02 Energetic Protection
- 03 Frequency Activation
- 04 Integration
- 05 Gratitude

01 **Enter a State of Presence** *(Meditative State)*

Find a quiet space where you will not be disturbed.

Close your eyes and begin regulating your breath:

4

INHALE · SECONDS

2

HOLD · SECONDS

6

EXHALE SLOWLY

Repeat this breathing cycle several times until your body and mind enter a state of relaxation.



02 **Energetic Protection**

Set the intention for energetic protection.

Visualize (or sense) a sphere of pure white light completely surrounding you.

This light originates from Source/God and protects you on all levels of your being.

Allow yourself to feel safe, supported, and at peace within this sphere of light.

03 Frequency Activation

While listening to the frequency, silently or softly affirm:

“I now receive, extract, and integrate the sound and light codes contained within this frequency, precisely those that are for my highest good and needed at this moment.”

Allow the process to unfold naturally.

You may visualize light codes being transmitted to you, or simply hold the intention and trust the process.

The frequency will work precisely where it is most needed.

04 **Integration**

Observe how the energy:

- clears energetic blockages
- restores harmony within the body
- illuminates and uplifts every aspect of your being

There is no need to 'see' anything. It is enough to feel, sense, or simply know that the process is taking place.



05 **Gratitude** *(Highly Important)*

At the end of the session, remain for a few moments in a state of gratitude.

If this feels challenging, bring to mind a beautiful moment from your life and reconnect with the emotion associated with it.

This state of gratitude profoundly amplifies the effects of the frequency.

✦ Usage Recommendations

- Listen to the frequency whenever you feel called to do so.
- Recommended: morning and evening.
- Establish a daily practice or ritual for deeper and more consistent results.

It is recommended to practice daily energetic protection and energetic cleansing using white light visualization.



✦ Important

Every experience is unique.

Allow yourself to receive without attempting to control the process, and trust the unfolding of your journey.



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