

Telos Energy System Course Notes



Telos is an ancient Lemurian city that exists right beneath Mount Shasta. It's a real city in the physical realm, with over 1 million inhabitants that are living in peace and prosperity. The city of Telos has a very special frequency of love. This energy is very beneficial in healing sessions.

With the Telos Healing System, 5 programmed stones are used and placed in a special "grid" on and around a person. The stones will automatically connect to each other and start broadcasting the love frequency to the body. This is very relaxing and often results in healing on a deep level. A session normally takes 10-15 minutes

Making the stones

- 1. Place 5 small stones/glass pebbles in front of you.**
- 2. Look at the first stone and say "Telos". This will make the stone into a Telos healing stone. Continue with the 4 other stones.**
- 3. They are now ready for use.**

Healing

- 1. The receiver should lie down.**
- 2. Place 2 stones in each hand. Place 2 stones at the feet and 1 at the head. This will automatically start the healing session.**
- 3. Say mentally or loud: "(name) will now receive the healing he/she needs." You also might want to call archangel Raphael and Jesus to assist you in the healing session. Example: "I further call archangel Raphael and Jesus to give (name) the healing needed."**
- 4. Remove the stones and give thanks to Raphael and Jesus. Done.**

Distance Healing

- 1. Write the name of the receiver on a piece of paper or have a photo of the person.**
- 2. Place the stones on and/or around the name. Place the first stone and loud/mentally say “head”. The second stone and say “left hand”. The Third stone and say “right hand”. The fourth stone and say “left foot” and the fifth stone and say “right foot”.**
- 3. Say mentally or loud: “(name) will now receive the healing he/she needs.” You also might want to call archangel Raphael and Jesus to assist you in the healing session. Example: “I further call archangel Raphael and Jesus to give the healing needed to (name).”**
- 4. Remove the stones and give thanks to Raphael and Jesus. Done.**

Room Grids

- 1. Make 4 Telos stones.**
- 2. Hold them in your hands and say mentally or loud “These stones are connected. They form a grid of peace, love and harmony where they are placed.”**
- 3. Place them, one in each corner of the room.**

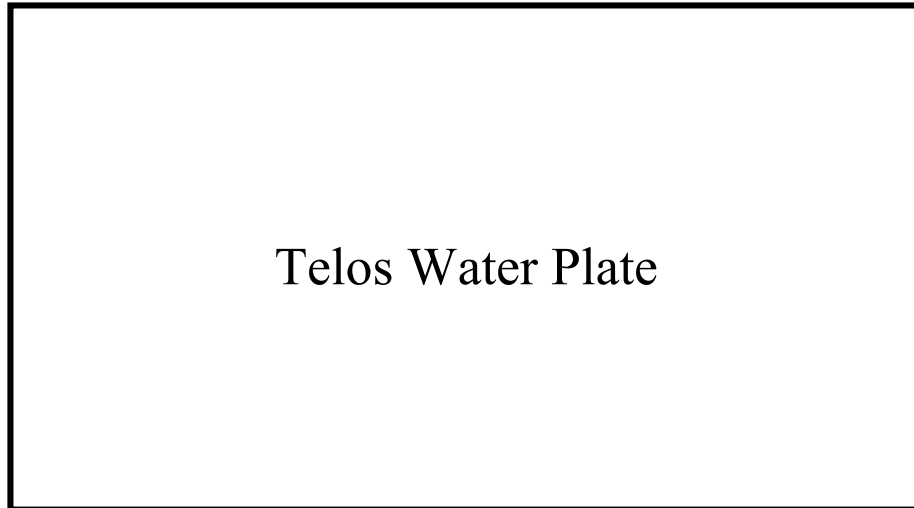
Tip: Try placing a single Telos stone on your shower faucet or in your bath tub.

The stones do not need cleansing.

Water

Water infused with the energy of Telos makes it more acceptable for the cells of the body. Most people can taste a difference in the treated water compared to non treated water...and many feel a difference on their skin already ½-1 day of drinking the treated water. It becomes softer.

Telos Water Plate



- 1. Use the plate design above. Cut it out and have it in front of you.**
- 2. Look at the plate and say “Telos”.**
- 3 After 2 seconds the plate is ready. You might want to laminate it for better durability.**

To treat water:

Just place a glass or jug of water on the plate for 5 seconds.

Hands on healing

After receiving the Telos empowerment, you can also choose to channel the energy thru your hands.

Example:

- 1. Lay your hands on the patient’s shoulders.**
- 2. Mentally say ”Telos” to start the energy flow.**
- 3. Let the energy flow for 5-10 minutes.**
- 4. Done.**

Distance healing

- 1. Visualize the patient, or the patient's name in the palm of your hand. Then place your palms together.**
- 2. Mentally say "Telos" to start the energy flow.**
- 3. Let the energy flow for 5-10 minutes.**
- 4. Done.**

This method can also be used for self-healing.

How to pass on the Telos Healing System

- 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: "Life force will be generated continuously and you will not fade until I am done with this attunement."**
- 3. Say mentally or loud: (to your higher self) "I ask that (name) may be attuned at (time) on (date) in his/her time zone for the Telos Healing System empowerment."**
- 4. The attunement will then start and after around 10 minutes, it will stop.**

Blessings

Ole Gabrielsen