

BELLY BALLS

Before we get into making **BELLY BALLS** all of you need a bit of rehearsal as to the WHAT and WHY of such True Spiritual FirePower to begin with. To the well-rehearsed Akurians this will be a much-needed refresher; to the Newbies, a near-total Revelation.

In an effort to **NOT** leave anybody behind; here are a few points every True and Righteous Akurian needs to understand. Those who join our BLASTS and Training Sessions are already aware of the general procedures, and a time or two will bring any newbie up to speed because what we do really isn't that hard. EXACTING, yes – hard, NO!

Even so, here are some points of understanding we all abide with:

The Most High will always protect the Righteous, collateral damage need not be considered.

"**BELLY BALL**" correct name is "Invocation Energy Ectoplasm" (IEE) although we refer to them as such about once every twenty years, preferring the short title, **BELLY BALL**. It's easier to comprehend, especially when teaching children.

Making a proper **BELLY BALL** is extremely simple, and is almost the foundation of all the True Spiritual Endeavors we Akurians are about. *On my command, and not before*, you will put down your phones – again – and perform this very simple but very powerful process.

Both arms bent forward at the elbows, extending hands, palms facing toward each other, a few inches apart, no more than one foot, in front of the Solar Plexus. Belt buckles are excellent indicators of where the Solar Plexus is: about an inch below; or at the navel whichever you prefer.

Both hands open with palms facing toward each other, hold the position.

In less than one minute you will feel a slight warmth in both palms. That HEAT is your own life energy. That energy is YOU and always has been. So when anyone tries to tell you it's 'evil' you'll know they are both a damned fool and a damned liar, as THIS is the Life Force Energy you – and every other living creature – was born with and that has sustained you ever since!

You will form that life energy into a **BELLY BALL**, the general rule is about the size of a basketball, being careful NOT to disconnect it from yourself. When you move your hands away to pick up the phone, leave your **BELLY BALL** attached to your Solar Plexus. We're going to run a test or two and it will still be there when you get back. For the practiced Akurians it will be a bit more solid and perhaps a lot HOTTER ... but THERE nevertheless.

Let's walk through the drill one more time:

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This is only the very beginning of the True Spiritual Practices the Akurians do all the time; and there literally isn't any end to the processes nor FirePower capabilities. It's up to YOU, to study and practice on your own, and apply during our BLASTs and Training Sessions; but there really isn't any imaginable limit except that imposed by insufficient experience of which I, too, am vulnerable.