

# *Specialized Group Guidebook*



A guide to understanding and preparing for Christopher's Specialized  
Group Healing Sessions

## Welcome to the Global Enlightenment Project Specialized Groups

This guide was created to help you understand Christopher's Specialized Groups and gently prepare you for this step of your healing journey. These healings offer a supportive space where participants can remain connected to the healing work while receiving ongoing energetic clearing and guidance.

As you move through this process, it is not necessary to understand every detail of what is happening. Healing often unfolds in ways that are subtle and deeply personal. The most important thing you can do is relax, remain open, and allow the work to take place.

Our hope is that you use this guide as a tool to help you feel more comfortable and supported as you continue forward.



## **What Are Specialized Groups?**

Specialized Groups are small group healing sessions conducted through Zoom where participants have the opportunity to connect with Christopher while receiving ongoing energetic healing and support.

These gatherings are designed to help you remain connected to your healing journey as the work continues to unfold over time. During each session, Christopher will check in with each participant, review any updates related to the healing process, and note areas that may require attention.

After the meeting concludes, Christopher performs the remote healing for the group offline. The healing work then continues for approximately seven days following the session with the exception of releases. Emotional and Regret Releases only occur for approximately 2-3 hours the day after the healing.

Many participants find that attending Specialized Groups regularly helps maintain momentum in their healing journey while allowing them to stay connected to the work that is taking place.

With each participant receiving a brief personal connection with Christopher, these groups are intentionally kept small so that everyone has the opportunity to be heard and supported during the session.

# How to Schedule a Session

## Booking and confirming your spot in a Specialized Group

1. Call 417-334-6200 or send an email to [info@christophermacklinministries.com](mailto:info@christophermacklinministries.com)
2. Confirmation will be sent after securing the session
  - It is encouraged to read through the confirmation as it will contain important details for the session
  - Sessions booked Tuesday - Friday | *donations must be received by 3pm the day before*
  - Sessions booked on Monday | *donations must be received by 3pm the Friday before*
3. Your Zoom link will be emailed according to the group time

## Group Schedule | *all times listed are in Central Time Zone*

<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>11:00am</b> - link sent at 9am, day of	<b>8:30am</b> - link sent at 5pm, evening before	<b>8:30am</b> - link sent at 5pm, evening before
<b>6:00pm</b> - link sent at noon, day of	<b>5:00pm</b> - link sent at noon, day of	<b>2:00pm</b> - link sent at noon, day of	

Add our email as a trusted contact to prevent issues.

If you do not see your confirmation in your inbox, please check your spam/junk folders.

If you are still not finding it, please reach out to the office.

## **Session Flow**

Specialized Groups follow a simple structure designed to create a calm and supportive healing environment.

### **Opening/Grounding**

Each session begins with a short grounding period led by the co-host. Participants start with their cameras off, and remain muted, as we take a few moments to relax, clear the collective energy, and settle into the healing space.

### **Protection/Clearing/Focus**

Christopher then joins to open the portal of protection, activate the merkaba fields, and perform ancestral clearing for the group. This portion of the session is presented as a recorded segment so that the energetic opening remains consistent for each group.

### **Individual Connections**

After Christopher completes the opening portion of the session, the co-host will announce the speaking order for the group. Participants will then be placed into the waiting room and invited back into the meeting one at a time for a brief personal connection with Christopher.

These connections allow Christopher to check in on your healing progress and note any areas that may need attention. Each participant is given approximately 5–8 minutes for this connection so that everyone in the group has the opportunity to speak with him within the 90-minute allotted time.

Once your connection is complete, you may simply click 'Leave Meeting' at the bottom of your screen.

## **Remote Healing**

After all participants have connected with Christopher, the meeting concludes and the remote healing is performed offline. If your time allows, we encourage everyone to rest after leaving the group, to allow the healing energy to integrate.

## **Monthly Focus**

Throughout your healing journey, we provide monthly areas of focus intended to support greater awareness, emotional processing, and integration. These guidance themes follow a quarterly rhythm based on Christopher's teachings, offering a structured yet gentle framework for reflection as healing unfolds.

At times, additional supportive tools such as meditations, educational resources, or energetic aids may be suggested to assist those who feel guided to deepen their healing. These are offered as optional extensions of the healing work.

This guidance exists to help bring clarity and reassurance during periods of change, allowing individuals to move through their healing with greater stability and understanding.

## **Areas Addressed During Healing**

During Specialized Groups, Christopher works with a wide range of energetic, emotional, and physical areas depending on each participant's needs. Some areas are addressed for everyone in the group, while others are worked on as needed.

### **Energetic and Emotional Clearing:** *(Everyone receives these)*

- Checking for entities or attachments
- Heart chakra emotional releases
- Regret releases
- Breaking soul ties not serving your highest good
- Clearing ancestral programming
- Energetic protection from collective or environmental influences

### **Organs and Body Systems:** *(Everyone receives these, except \*)*

- Kidneys, adrenals, and liver function
- Thyroid and parathyroid balance
- Pituitary gland
- GI tract, Digestive system, Pancreas
  - *Pancreatic Blood sugar receptors\* (discuss with Christopher if you need additional support with this)*
- Lungs, thymus, and spleen
- Lymphatic system clearing

### **Brain and Nervous System**

- Neurological conditions and brain balance
- Brain trauma or injury
- Stroke recovery, scar tissue repair, vagus nerve support
- Autism and brain detox support

### **Detox and Immune Support**

- Full body detox *(everyone)*
- Mold, parasites, candida, and fungal clearing

- Infusion of minerals, vitamins, and nutrients

## **Musculoskeletal System**

- Spine, back, and neck alignment
- Muscles and strains
- Joints, arthritis, calcification, bunions, and bone spurs
- Scar tissue and nerve pain

## **Additional Healing Areas**

- Heart conditions
- Eyes and ears
- Sinuses and throat
- Teeth and gum health (*everyone*)
- Skin and hair support
- Osteoporosis or bone density concerns
- Bladder and urinary health
- Reproductive organs (womb or prostate)
- Circulatory concerns such as varicose veins or arterial blockages
- Tumors or abnormal growths

Specialized Groups are designed to provide a brief check-in for each participant, there is not enough time during these sessions to discuss every area of healing in depth.

If you would like to explore specific concerns or intentions more thoroughly, you are welcome to schedule a 30-minute Personal Session with Christopher. These sessions provide a private setting with more time to discuss your healing journey and any areas you would like to focus on more deeply.

## **After the Healing**

In the days following your session and throughout the week, you may experience emotional or physical shifts as part of the healing process. Heart chakra releases can sometimes bring emotions to the surface, and some people may feel tired, achy, or notice mild detox responses such as headaches, drainage, digestive changes, or fatigue.

The healing work typically continues for approximately seven days after the session as the Melchizedek team works with your body and energy system. This process is supported when you remain in a calm, open state and maintain a higher vibration through gratitude, rest, and positive intention.

Be gentle with yourself during this time. Allow the process to unfold naturally, practice gratitude, and continue your daily maps of intent as part of supporting your healing.

## **Your Role in the Healing**

Healing is a partnership between you, Christopher, the Melchizedek beings, and the Divine Source. While Christopher and the angelic team assist with the energetic work, your openness and willingness to participate in the process play an important role in supporting your healing.

During this time, try to remain relaxed and allow the healing to unfold naturally. Avoid focusing on a checklist of issues or analyzing every detail, as this can create anxiety and block the flow of healing. Trust the process.

There will be days when you feel strong and others when things feel more difficult. This is a normal part of the journey. Be gentle with yourself, practice gratitude, and remember that healing is a process that continues to unfold.

# Terms to Know

## ***Releases***

Deep emotional trauma can create energetic blockages that affect the body and mind. During sessions, Christopher may refer to heart chakra or regret releases, which represent layers of stored emotion being cleared with the assistance of the Melchizedek beings.

Releases may appear as emotional shifts, fatigue, detox responses, or vivid dreams. Each person experiences them differently. Trust the process and allow the release to move through you.

## ***Manifest***

Manifesting begins with belief. In this healing work, there is a powerful difference between saying “*I will heal*” and “*I am healing.*”

Allow your thoughts, actions, and intentions to reflect trust in the healing that is already unfolding.

## ***Surrender***

Surrender does not mean giving up. It means relinquishing control and allowing the Divine to support the process.

When fear or worry arises, gently release those thoughts and return your focus to trust, gratitude, and faith. Healing is a partnership between you and the Divine.

Many people on this path are empathic and sensitive to others' emotions. When outside energy creates anxiety, release what does not belong to you and keep only what is yours.

## ***Attachments or Entities***

We live in a multidimensional world, and not all energies support our highest good. When our vibration lowers through fear or negativity, we can become more vulnerable to outside influences.

Christopher clears these attachments during healing sessions. To help maintain protection, clients are encouraged to say the 27 Esoteric Merkaba Field Prayer of Protection three times daily. The prayer can be found at the end of this guide.

## ***Collective Consciousness***

Whether we are with others or alone, we are connected to the collective energy around us. During times of change, waves of fear or anxiety may be felt within this collective field.

Part of the healing journey is learning to remain centered and choosing thoughts that raise your vibration and bring balance to both yourself and the collective.

## ***Tachyon Energy***

Tachyon energy is considered the source of all frequencies and a powerful form of space-time continuum energy. It represents a merging of science and spirituality and is used within this healing work to support the body's natural ability to rebalance and restore harmony.

## ***Celestial Goo***

This term refers to a thick layer of supportive healing energy invoked by the Melchizedek beings and applied to areas of the body that may need repair, rebuilding, or soothing during the healing process.

# Prayer of Protection

## The 27 Esoteric Merkaba Field Prayer of Protection

I am of God, I ground myself to the Earth.  
I command you, God, to create 27 Esoteric Merkaba Fields around me  
to protect me from any negative entities, fractals thereof,  
manipulations and transmissional frequencies that are not for my  
highest good. Optimize the vibration of these Merkaba Fields.  
Program these Merkaba fields with the blueprint of my DNA and the  
Keys of Enoch, so as not to allow anything to enter except for my  
highest good, through all space time continuum in every dimension.  
I thank you, God, and send you my Unconditional Love.  
So Be It / Amen



*“Be Willing to feel God, embrace God and surrender to the divine plan...outside of Dogma, religious programming or conditioning you may have experienced.”*

*Christopher Macklin*