

THE PROFESSIONAL

Intuitive Healing

PROGRAM



ALL CHEAT SHEETS

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EARTHBOUND SPIRIT RELEASE FOR CLIENTS—

CHEAT SHEET

In this cheat sheet, I give you the entire process for doing an earthbound spirit release, from start to finish, with none of the fluff or extra bits that you don't need to know about. You can use it whenever you are doing an earthbound spirit release with a client.

STEP ONE - Call in a Divine being of your client's choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Tell the client who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, let you know. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing:
- Go within and see how you feel. Try to put a word on it.
- Say **Archangel Michael** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

Archangel Michael (or the Divine being you personally called in for this), ***please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.***

Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE - Check for earthbound spirits

Use your pendulum to ask:

“Does this client have any earthbound spirits in their auric field?”

If the answer is ‘yes’, go ahead with the following steps:

STEP FOUR: Explain to the client that they have earthbound spirits with them and get their permission to continue with the session (if they booked a cord cutting)

For this step, you need to explain to your client the following:

- What earthbound spirits are

(Earthbound spirits are the mental and emotional bodies of deceased people who have not fully crossed over after death. They are also sometimes referred to as ghosts. The common feature all earthbound spirits have is that they do not want to cross over to the other side for some reason and because of this they resonate with negative energies such as ‘stuckness’ and unhappiness.)

- That they aren’t scary or evil – just like you and me, but dead and stuck
- Common reasons they often don’t cross over

(Addictions; fear of God’s judgment; no belief in the afterlife; a traumatic & sudden death; suicide; unfinished business.)

- Why we want to clear them (give the 3 main reasons)

(They drain our energy; affect our emotional stability & we can accidentally channel them.)

- Which types of people often attract these spirits

(Empaths; psychic developers who don’t know about spiritual protection; cannabis users.)

- (If the client booked a cord cutting)... why we need to clear these spirits before doing a cord cutting

(She won't fully feel the benefits of a cord cutting with earthbound spirits attached to her.)

- The benefits of clearing these spirits

(She will feel lighter & may have more energy, depending on the number of attachments; she won't accidentally channel these spirits.)

Refund and end the session if you don't get the client's agreement.

Once you have explained all about these spirits and got your client's permission to proceed, do the following:

STEP FIVE - Gather more information about these spirits & pass it on

Tell your client you are just going to gather a bit of info about these spirits, you are going to put her on mute while you do it and you'll be back in a few minutes. While you're off doing this, ask the client to take a few moments to notice how she is feeling in her emotions and her body.

- **Using your pendulum, ask the following questions:**

"How many of these spirits are with the client?"

Use your pendulum and go up or down in increments of 10 or 5 at first.

"Which chakra is most impacted by this/these earthbound spirit(s)?"

Use the chakra chart to find the most impacted chakra, or simply ask: 'Is it the first chakra/the second chakra/the third chakra...?' until you find the relevant one.

"Which chakra databank is most affected by this/these earthbound spirit(s)?"

Use the 'quick databanks' chart to find out.

"Which type of negative energy do/does this/these spirit(s) resonate with the most?"

Use the negative energy chart to find out.

STEP SIX - Once you have gathered your information, you will want to explain to your client:

- How many spirits are with her (and translate this into how much impact they will be having on her – if a client doesn't have many, don't hesitate to explain if you think she isn't going to feel much difference from letting these spirits go, but also tell her that it's still important to release these spirits whether a person has 3 of them or 300 because she can accidentally channel them or get "guidance" from them, which won't be helpful for her life.)
- Which chakra they are impacting & the type of negative energy they are bringing to her
- Then ask her how she felt in her emotions and her body (some people are not good at putting a word on their emotions, so no worries if she couldn't do it.)

STEP SEVEN - Explain what will happen next...

Ask the client whether she would like you to clear her home while you're clearing her aura (most people say yes.)

Now explain to the client what you are going to do next ("We're going to do a healing ceremony to help these spirits cross over into the light. I am going to repeat one line of it over and over until they have fully crossed over. If you're sensitive to energy, you might feel something happening while I am doing this. Or you may not.")

I tell people to sit back, relax and enjoy the ceremony (it's a lovely one...)

STEP EIGHT - Clear the spirits

Have a moment to reconnect with yourself, be still and take a few deep breaths. Then say the following prayer (for this prayer I am assuming you called on Archangel Michael for the ceremony.)

I call forth all earthbound spirits in (client's name's) aura & home, for healing now. This is a ceremony to bring you release from the earth plane, and relocation.

Know that your life on earth is over. It is completely finished. It was whatever it was and it is time to let it go.

Dear one(s), you are healed and forgiven (repeat the 'you are healed and forgiven' part until you are sleepy, sigh, yawn or until you feel that any spirits have crossed

over. It usually takes somewhere between 10 seconds and five minutes). I check with my pendulum when I think this has happened.

You are completely safe and the presence of the Divine is with you. You are filled with Divine light, to illuminate the way forward to your next right place of expression. You are filled with Divine Love, as you are beloved by the Creator and worthy of love. You are filled with Divine Truth, as you realise that the earth plane is no longer your home. There is a much better place for you to go to.

You are free from fear, pain, and any other heavy emotions which have kept you stuck in the earth's vibrations.

Dear souls, it is now time for you to move on to the other side, where your loved ones are waiting for you to join them in Spirit. Archangel Michael will guide you now to your own personal heaven. The energies of love, joy and peace await you there.

I ask Archangel Michael to bring down a stream of golden light to guide each of you back into the light of Spirit now.

Thank you Archangel Michael.

STEP NINE - Cut psychic ties between the spirits and yourself (& the client)

I call on Archangel Michael to hereby release any psychic ties which may have been formed between me and the earthbound spirits we've released today. And also between (client's name) and these earthbound spirits. I ask Archangel Michael to dissolve these ties of energy in every dimension with a golden light beam.

Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done

STEP TEN - Close off your aura

I call on Archangel Michael to fill and surround me and client, and client's home, with Divine Love, Divine Truth and Divine Light. And to close off our auras to all but my Higher selves and those beings of the highest vibration who are meant to be with us on our respective spiritual paths.

STEP ELEVEN - Thank the Divine being

“Thank you Archangel Michael for bringing the healing energy of the session”

Now I just say to the client: We’re done – those souls are crossed over.

STEP TWELVE: Ask the client to ‘tune in’

I also ask the client to tune back into herself and feel what it is that she’s feeling. See if it is a bit different from before.

STEP THIRTEEN: Pass on homework:

Next, say to the client: “I want to give you a piece of homework that you can do to reprogram your subconscious mind so that you do not engage with these earthbound spirits in the future.”

This piece of homework is in the form of a prayer, which goes as follows:

I close off my aura to all except my Higher Self, and those beings of the highest vibrations, who are meant to be with me on my spiritual path.

I get the client to repeat it back to me, to check they have written it down right, or you can send it to her by email.

STEP FOURTEEN: Check how long she needs to do it for:

You will want to check with Spirit how long the client needs to say this for – you can use your pendulum to find out. E.g. ask: is it 30 sec, 1 min, 2 mins, 3 mins, etc. Until you have the right number of mins. The maximum amount of time the client needs to say it for is 3 mins per day.

Next, tell the client: “This prayer needs to be recited, over and over, for _____ minutes a day for a total of 21 days.”

And you will also want to explain to her what it does: e.g. “The prayer closes off your energy field to all beings except your Higher Self, Spirit Guides, Guardian Angels, evolved Ancestors, deceased loved ones, and any other beings that are meant to be with you on your soul’s path. This effectively bars ‘just any old spirit’ from communicating with you, so that you do not need to worry about attracting earthbound spirits in the future, and you don’t have to do this healing again.”

I also tell clients, “while you say this prayer, you are reprogramming your subconscious mind, so do it mindfully like a meditation. Don’t have anyone else in the room at the time. Also, do ensure that there are no other words that you can hear at the same time (i.e. no television/radio on in the background).”

STEP FIFTEEN: Check in with the client

Before you wrap up the session, ask your client if she has any questions about this process.

STEP SIXTEEN: Wrap up the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client’s name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client’s name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Say goodbye.

EARTHBOUND SPIRIT RELEASE FOR YOURSELF CHEAT SHEET

At the end of Lesson 3, I asked you to do an earthbound spirit release for yourself. This process of doing it for yourself differs slightly from the one you will use when you do an earthbound spirit release for a client. Therefore, I am providing you with this cheat sheet which gives you the entire process for doing an earthbound spirit release for yourself. So, please use this document for the homework step given at the end of Lesson 3.

Please note that not everyone who does this course will actually be carrying earthbound spirits with them. **But I am going to ask you to do this process for yourself anyway, and include your home in the clearing, too** (earthbound spirits are commonly found in our homes so even if you are not carrying any spirits with you in your auric field, it's likely there will be one or more in your home that you can clear.)

So, here's the slightly adapted process that you can use for yourself:

STEP ONE - Call in a Divine being:

- For the healing session to work, you need to bring in either an Ascended Master or an Archangel and create a sacred space for the healing, so please choose one Archangel or Ascended Master to bring in (I am going to assume for the sake of this document & the prayer wording, that you chose Archangel Michael.)

Then do the following:

- Go within and see how you feel. Try to put a word on it.
- Say **Archangel Michael, please be present and in charge of this healing session.**
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

Archangel Michael, please place violet flames, one in every corner of the room that I'm in. Also please place violet flames in the centre of this room. This is to clean up any stale or negative energy.

Please also place gold and silver light around the edges of the room that I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE - Clear any spirits that may be in your auric field or your home

Have a moment to reconnect with yourself, be still and take a few deep breaths. Then say the following prayer:

I call forth all earthbound spirits in my aura & home, for healing now. This is a ceremony to bring you release from the earth plane, and relocation.

Know that your life on earth is over. It is completely finished. It was whatever it was and it is time to let it go.

Dear one(s), you are healed and forgiven (repeat the 'you are healed and forgiven' part until you are sleepy, sigh, yawn or until you feel that any spirits have crossed over. It usually takes somewhere between 10 seconds and five minutes). I check with my pendulum when I think this has happened.

You are completely safe and the presence of the Divine is with you. You are filled with Divine light, to illuminate the way forward to your next right place of expression. You are filled with Divine Love, as you are beloved by the Creator and worthy of love. You are filled with Divine Truth, as you realise that the earth plane is no longer your home. There is a much better place for you to go to.

You are free from fear, pain, and any other heavy emotions which have kept you stuck in the earth's vibrations.

Dear souls, it is now time for you to move on to the other side, where your loved ones are waiting for you to join them in Spirit. Archangel Michael will guide you now to your own personal heaven. The energies of love, joy and peace await you there.

I ask Archangel Michael to bring down a stream of golden light to guide each of you back into the light of Spirit now.

Thank you Archangel Michael.

UP TO HERE

STEP FOUR - Cut psychic ties between the spirits and yourself

I call on Archangel Michael to hereby release any psychic ties which may have been formed between me and any earthbound spirits I've helped today, and also any psychic ties which exist between my space and these earthbound spirits. I ask Archangel Michael to dissolve these ties of energy in every dimension with a golden light beam.

Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done.

STEP FIVE - Close off your aura

I call on Archangel Michael to fill and surround me and my home, with Divine Love, Divine Truth and Divine Light. And to close off my aura to all but my Higher self and those beings of the highest vibration who are meant to be with me on my spiritual path.

STEP SIX - Thank the Divine being

"Thank you Archangel Michael for bringing the healing energy of this session"

STEP SEVEN: Do the homework:

This piece of homework is in the form of a prayer, which goes as follows:

I close off my aura to all except my Higher Self, and those beings of the highest vibrations, who are meant to be with me on my spiritual path.

This prayer needs to be recited, over and over, for 3 minutes a day for a total of 21 days.

Some info about the prayer:

This prayer closes off your energy field to all beings except your Higher Self, Spirit Guides, Guardian Angels, evolved Ancestors, deceased loved ones, and any other beings that are meant to be with you on your soul's path. This effectively bars 'just any old spirit' from communicating with you, so that you do not need to worry about attracting earthbound spirits in the future, and you never have to do this healing again.

While you say this prayer, you are reprogramming your subconscious mind, so do it mindfully like a meditation. Don't have anyone else in the room at the time. Also, do ensure that there are no other words that you can hear at the same time (i.e. no television/radio on in the background).

A few notes on this process and how it differs from the process of doing an Earthbound Spirit Release for a client:

If you're observant, you may have noticed some differences between this process I have given you for clearing earthbound spirits for yourself, and the process you will use for clearing them on behalf of clients.

I just wanted to address and explain those differences, in case any of you are curious:

The main difference is that when you are doing this process for yourself, you won't actually be checking with your pendulum to see whether you need the clearing, nor will you be gathering information about these spirits. You're going to do the clearing regardless of whether you need it or not.

There's a few reasons I am having you do it this way:

1. I want you to have a go at using the prayer, regardless of whether you need it or not, just so you can get used to the wording. *(Note that you do not need to memorise any of these prayers...instead you will just read them out from the cheat sheet.)*
2. Almost everyone (unless they have done a space clearing and a protective blessing for their home) will have earthbound spirits in their space, so this prayer addresses that.
3. When you're an inexperienced healer/channeller, sometimes you're not so good at reading for yourself and your own aura. Objectivity about oneself and one's energy is something that characterises the advanced channeller – not the beginner. So it's always better to work with other people first, when you're new to the technique, before you use it on yourself. That's why I'm not going to

have you ask whether you have spirits with you or not. You may not have the objectivity to get an accurate response yet, depending on your level and experience as a channeller and healer.

I hope this explanation makes sense.

CHEAT SHEET — CUTTING A CORD FOR A CLIENT

In this cheat sheet, I give you the entire process for doing a cord cutting, from start to finish, with none of the fluff or extra bits that you don't need to know about. You can use it whenever you are doing a cord cutting with a client.

I would recommend having a piece of paper in front of you so you can write down your findings and make notes for each step. It is helpful to do this so you can get perspective on the cord towards the end of the session, and you can see all the details of it in one place.

STEP ONE - Call in a Divine being of your client's choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Tell the client who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, let you know. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing:
- Go within and see how you feel. Try to put a word on it.
- Say **Archangel Michael** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

Note: only allow clients to request to bring in an obscure Ascended Master if you know for sure that the being they want to use is in fact an Ascended Master. For this session we must use a Divine-level being.

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

Archangel Michael (or the Divine being you personally called in for this), **please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.**

Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE - Check for earthbound spirits

Use your pendulum to ask:

“Does this client have any earthbound spirits in their auric field?”

If the answer is ‘yes’, revert to step four of the earthbound spirit release protocol, and ask the client if they would be willing to proceed with an alternative session.

If the answer is ‘no’, continue with the cord cutting protocol.

STEP FOUR - Help the client choose which cord to cut

Ask the client one of the following questions:

- Do you know who you would like to cut a cord with? Or would you like some help deciding?
- Would you like to tell me a little bit about why you booked this session and what you had in mind?

If the client knows which cord they want to cut, ask the following questions:

- ***“Do I have permission to go ahead and cut this cord?”***
- ***“How significant is this cord on a scale of 1-10?”***

If the cord is a 5 or less (i.e. a minor cord, alert the client so that you can potentially find a more significant cord to work with.)

If the client isn't sure who they want to cut with and gives you several possibilities, use your pendulum to ask:

- **“Which cord would be most in alignment with my client’s highest path and purpose to cut today?”**
- **“How significant are these cords on a scale of 1-10?”**

Note: Encourage clients to follow guidance where possible, even when they don’t understand it (Spirit can usually see what is coming up for us, and which cord would be best for us to cut at this time.)

STEP FIVE - Helping your client set an intention

Next, say something along the following lines:

“At this point I’d like us to set an intention for this session, to drive the healing in a certain direction. I am wondering what comes to mind for you, when I ask, what would be a good outcome of this cord cutting for you?”

If the client wants the cord cutting to help her to achieve a goal in the external world, like getting out of debt, pinpoint what kind of support she wants from Spirit (e.g. maybe she wants to have access to greater focus, self-discipline or persistence) to help her achieve that goal and work that into the intention.

Also check that the intention is not:

- Multifaceted (we want it to have one focus, ideally) or otherwise unrealistic
- Dependent on the cooperation of someone else
- Or worded in the negative

(These intentions need re-working.)

STEP SIX - Reading the chakras to assess the impact of the cord

If you’re using your pendulum for this step, ask the following questions:

- **“Which three chakras are most impacted by this cord of attachment?”** (I usually narrow this down to 3 for a major cord)
- For each chakra, ask: **“Which chakra databank in this chakra is most affected?”**
- Then for each chakra that comes up, ask: **“Which type of negative energy does this cord bring to this chakra databank?”**

Once you have gathered your information, you will want to spend a minute or two looking over the findings of your pendulum dowsing to work out how it all ‘hangs together’.

If you’re using channelling for this step, do the following:

- First of all, do part of the breath-work exercise – inhale to the count of 4, hold to the count of 4, exhale to the count of 8. Repeat for a total of 3 times.
- Next, close your eyes and ask to be shown the first chakra that is being affected by the cord and use your clair senses to perceive which one is being impacted. You may see the chakra highlighted in your mind’s eye, if you’re clairvoyant. You may hear which chakra it is, if you’re clairaudient. If you’re claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head. Here’s a quick exercise that can help you, if you’re a new intuitive: “If you were ‘making it up’, which chakra would you choose?” Usually the one that pops into your mind for this question is the right chakra.
- Take the first chakra that came up and ask: **“What is the negative energy that is stored in this chakra related to this cord?”**

See what comes to you via your clairs. Do this for all the chakras that came up.

Next, tell the client how this cord is affecting her on the level of her chakra system.

Ask if she is familiar with the chakra system. If not, explain it:

(“We’re plugged into source energy through the 7 major chakras at various points on the body, and each chakra is connected with an area of our human lives. For example, the heart chakra governs love and relationships.

We integrate and express those energies from Source through the chakras, but not all of us express these energies effectively. Sometimes cords impede this process. I’m going to tell you how this cord is affecting you now”).)

Remember to explain briefly what each chakra is about (to put it all into context) when you describe the energies at the various chakras.

STEP SEVEN - Locating the cord on the energy body

Use the 'cord location' chart & pendulum dowsing to locate the cord on the body. Take a moment to consider the potential significance of the location, if there is any (sometimes there is none.)

Alternatively, use the steps below.

- Raise your vibration with part of the breath-work exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Say: "Show me where this cord is located." See if an area of the body pops into your mind. You might get this as a word, or just an impression or a gut feeling that the cord is located in a particular place. If you're clairsentient, you may physically feel a sensation on your body which indicates the cord location. If this occurs, check with your pendulum if it is the place the cord is located.
- If you're clairvoyant, an alternative technique would be to see in your mind's eye the outline of the human body and scan slowly from top to bottom. See if you are drawn to one area in particular as you're scanning. Check with your pendulum if it is the place the cord is located.

Some notes on cord locations and what they often mean for me (note that this is just a guideline; see what resonates with you):

- Cord wrapped around one or more wrists = feeling restricted/trapped
- Cord wrapped around neck = same as the above but I tend to feel this can have a more sinister quality to it
- Cords at the pelvis, belly button or hips = women tend to form cords in this area to their children, partner or mother. Not a lot of significance however our creative & sexual energy is centred in this area of the body so it makes sense women would form energetic attachments to children/partners here.
- At the spine = backbone and courage
- At the knees/elbows = flexibility
- At the ear(s) = Person whose verbal input influenced us a great deal

- At the eye (I sometimes see cords attached at the back of the eye) = affects your perceptions and way of seeing yourself or the world
- At the feet = grounding
- At the shoulder = often about burdens
- At the arms/hands/heart = affects connection; trust; give & take in relationships

STEP EIGHT: Giving permission & cutting the cord

Send one of the permission statements below to your client, to read out (alternatively read parts of it and get her to repeat back to you until the whole thing is done.)

Version 1:

Archangel Michael, please cut this cord of attachment so that what belongs to (cordee's name) is returned to (cordee's name) and so that there is no more back and forth of emotion & energy between us, but only love.

If the relationship did not involve any kind of affection or love, use the following:

Version 2:

Archangel Michael, please cut this cord of attachment so that what belongs to (cordee's name) is returned to (cordee's name) and so that there is no more back and forth of emotion & energy between us, but only peace.

Then say to the client: "OK, Archangel Michael is going to cut this cord now." & put her on mute for a moment.

Then ask Archangel Michael to go ahead and cut the cord by saying the following out loud:

"Archangel Michael, please cut this cord of attachment now".

You may like to take a moment to 'see' or 'feel' the cord cutting process happening. Don't worry however if you do not notice anything.

Note – an optional step here:

If it was a sexual assault or rape, you can also say the following:

"Archangel Michael, I ask for (the cordee's name's) DNA/cells to be flushed out of (client name's) bodily system, so that it is as if she has never come into contact with this person."

STEP NINE — Bringing in positive energies

1. Tell the client that when a negative cord comes out, it can be helpful to replace it with some positive energies of her choice. So, ask her if she'd like some positive energies to go into the place in her energy body where the cord has come out. For example: love, peace, strength, self-compassion, power, or self-love.
2. Use your pendulum to find out how many days these energies need to be with her (it's usually 21 days, but can sometimes be a shorter period.)
3. And then say out loud, *"Archangel Michael, please have the energies of X, Y and Z be with (client's name) for X number of days until the healing and the rebalancing is complete. Thank you."*

STEP TEN — Researching the dynamics of the cord

Now you're going to find out the energies contained within the cord.

Start by using your pendulum to ask: *"Is the first negative energy from the client?"* (If it's not, then you know it's from the cordee.)

Then ask using the chart, *"Which is the first negative energy?"* Then write that down.

Once you have done your dowsing, you should have a list of energies that might look a bit like a conversation.

See if there are any further yes/no questions that you can ask around these energies. You can also ask more open-ended questions like 'what is this anxiety about?' or 'what was the cordee withholding?'

- Do your best to put the 'jigsaw puzzle' together, using your channelling ability and/or pendulum dowsing.
- Do the breath-work exercise multiple times throughout the reading, whenever you feel you are losing your connection or not getting the answers you need.

- Pay attention to all input that may come into your awareness through your clairs when you ask questions.
- Ask as many questions as possible. One detail is like a breadcrumb that if you follow it, it can lead you to the next, as long as you ask a follow up question about it. This is how you fill in gaps in the 'puzzle'.

STEP ELEVEN — Pass on & explore the dynamics of the cord

Explain to the client (or remind her) of the following, before you read out the dynamics & energies:

- That cords contain negative energies
- Some of those energies are from her, and some are from the cordee
- These energies were affecting her subconsciously

Next, read out the energies that came up one by one and say who they came from.

Then say something along these lines:

“Next what I want to do is have a chat about the energies contained within this cord and how they’ve been affecting you.”

Then ask the client the following questions:

- Did you recognise the energies that came up/Did they make sense to you/Are there any that are surprising to you?
- How do you think the energies from this cord have been affecting you/your life/your relationships?
- Have you seen these dynamics at work in other relationships/life areas? Or would you consider this a one-off?
- What do you think you learned (if anything) from this experience/relationship?
- If you could have this experience or relationship again, is there anything you would have done differently?

Remember: Bring validation & understanding e.g. ‘that must have been really tough’. Hold a space for any pain that comes up. Don’t try to fix it. Don’t bring any judgment or solutions to problems.

If you get to the point where you’ve discussed the cord dynamics but you’re not sure if the meaning or lessons of the dynamics has been extracted during this section, tell the client that you just want to check that we’re done with the step and that there isn’t anything else to discuss. Then ‘tune in’, using the breath-work exercise, and ask Spirit ‘what is the lesson inherent in this cord?’

Take your time and let this step of the process unfold by itself.

STEP TWELVE — Homework & checking in

Say something like: *“What I’m going to do now, to wrap up the session, is tune into Spirit and find out if there is a message or a recommended next step for you to take around this cord/relationship/situation. Sometimes there is and sometimes there isn’t.”*

You can either use one of the processes in the ‘Channelling Exercises’ document, or you can use the short process below.

- Raise your vibration with the breath-work exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Say: “Spirit, is there any homework to do around the cord?/Do you have any messages for the client around it?”

You might get the response as a word, an idea, or a thought. Note that the final message often encapsulates the life lesson inherent in the cord.

Alternatively, pull an oracle card from your favourite deck to get a message from Spirit around this cord.

STEP THIRTEEN: End the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Thank you.

(Note: if you prefer, you can also cut psychic ties, cleanse emotional residues and close off your aura after you have hung up the call with the client.)

Say goodbye.

If you made a recording of the call, send the recording off.

Write down some details about the cord cutting session in a spreadsheet, so that you can remember the client for next time if they book again.

Write down:

- The client's name
- Who they cut with
- Their life lesson(s) (if you know it/them)
- The theme/story/pattern of the cord cutting if there was one
- The chakras that were affected
- Any other details you think are relevant.

CHEAT SHEET — CUTTING A CORD FOR YOURSELF

At the end of Lesson 5, I asked you to cut a minor cord for yourself. This process of doing it for yourself differs slightly from the one you will use when you do a cord cutting for a client. Therefore, I am providing you with this cheat sheet which gives you the entire process for cutting a cord for yourself. So, please use this document for the homework step given at the end of Lesson 5.

I would recommend having a piece of paper in front of you so you can write down your findings and make notes for each step. It is helpful to do this so you can get perspective on the cord at the end of the session, and you can see all the details of it in one place.

STEP ONE - Call in a Divine being:

- For the healing session to work, you need to bring in either an Ascended Master or an Archangel and create a sacred space for the healing, so please choose one Archangel or Ascended Master to bring in (I am going to assume for the sake of this document & the prayer wording, that you chose Archangel Michael.)

Then do the following:

- Go within and see how you feel. Try to put a word on it.
- Say **Archangel Michael, please be present and in charge of this healing session.**
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

Archangel Michael, please place violet flames, one in every corner of the room that I'm in. Also please place violet flames in the centre of this room. This is to clean up any stale or negative energy.

Please also place gold and silver light around the edges of the room that I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE - Choose which cord to cut

If you know exactly who you want to cut a cord with, use your pendulum to ask:

"Do I have permission to go ahead and cut this cord?"

Out of interest, you can also ask: *"How significant is this cord on a scale of 1-10?"*

If you're not sure who to cut with, but you have a list of possible people, you can ask: "Which cord would be most in alignment with my highest path and purpose to cut today?" (is it X/Y/Z etc.?)

Out of interest, you can also ask: *"How significant is this cord on a scale of 1-10?"*

That should help you decide who to cut with.

STEP FOUR - Setting the Intention

Decide what would be a good outcome of this cord cutting for you. It could be something related to the relationship that you're cutting the cord with, or it could be something personal growth-related for you.

If you want the cord cutting to help you to achieve a goal in the external world, like getting out of debt, pinpoint what kind of support you want from Spirit (i.e. you want to have access to greater focus or persistence) to help you achieve that goal and work that into your intention.

Also check that your intention is not:

- Multifaceted (we want it to have one focus, ideally) or otherwise unrealistic
- Dependent on the cooperation of someone else
- Or worded in the negative

(These intentions may need re-working.)

STEP FIVE - Reading your chakras to assess the impact of the cord

If you're using your pendulum for this step, ask the following questions:

- ***“Which three chakras are most impacted by this cord of attachment?”*** (I usually narrow this down to 3 for a major cord, but you may find that for a minor cord, there are fewer than 3 chakras affected.)
- For each chakra, ask: ***“Which chakra databank in this chakra is most affected?”***
- Then for each chakra that comes up, ask: ***“Which type of negative energy does this cord bring to this chakra databank?”***

Once you have gathered your information, you will want to spend a minute or two looking over the findings of your pendulum dowsing to see how it all hangs together.

If you're using channelling for this step, do the following:

- First of all the breath-work exercise — inhale to the count of 4, hold to the count of 4, exhale to the count of 8. Repeat for a total of 3 times.
- Next, close your eyes and ask to be shown the first chakra that is being affected by the cord and use your clair senses to perceive which one is being impacted. You may see the chakra highlighted in your mind's eye, if you're clairvoyant. You may hear which chakra it is, if you're clairaudient. If you're claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head. Here's a quick exercise that can help you, if you're a new intuitive: “If you were ‘making it up’, which chakra would you choose?” Usually the one that pops into your mind for this question is the right chakra.
- Take the first chakra that came up and ask: ***“What is the negative energy that is stored in this chakra related to this cord?”***

See what comes to you via your clairs. Do this for all the chakras that came up.

STEP SIX - Locating the cord on the energy body

Use the ‘cord location’ chart & pendulum dowsing to locate the cord on the body. Take a moment to consider the significance of the location for you, if there is any (sometimes there is none.)

Alternatively, use the steps below.

- Raise your vibration with the breath-work exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Say: “Show me where this cord is located.” See if an area of the body pops into your mind. You might get this as a word, or just an impression or a gut feeling that the cord is located in a particular place. If you’re clairsentient, you may physically feel a sensation on your body which indicates the cord location. If this occurs, check with your pendulum if it is the place the cord is located.
- If you’re clairvoyant, an alternative technique would be to see in your mind’s eye the outline of the human body and scan slowly from top to bottom. See if you are drawn to one area in particular as you’re scanning. Check with your pendulum if it is the place the cord is located.

Some notes on cord locations and what they often mean for me (note that this is just a guideline; see what resonates with you):

- Cord wrapped around one or more wrists = feeling restricted/trapped
- Cord wrapped around neck = same as the above but I tend to feel this can have a more sinister quality to it
- Cords at the pelvis, belly button or hips = women tend to form cords in this area to their children, partner or mother. Not a lot of significance however our creative & sexual energy is centred in this area of the body so it makes sense women would form energetic attachments to children/partners here.
- At the spine = backbone and courage
- At the knees/elbows = flexibility
- At the ear(s) = Person whose verbal input influenced us a great deal
- At the eye (I sometimes see cords attached at the back of the eye) = affects your perceptions and way of seeing yourself or the world
- At the feet = grounding
- At the shoulder = often about burdens
- At the arms/hands/heart = affects connection; trust; give & take in relationships

STEP SEVEN: Giving permission & cutting the cord:

Read out one of the following statements (Choose the one that resonates most with you; my favourite for using in my own cord cutting sessions is #3.)

Version 1:

Archangel Michael, please cut this cord of attachment so that what belongs to (cordee's name) is returned to (cordee's name) and so that there is no more back and forth of emotion & energy between us, but only love.

If the relationship did not involve any kind of affection or love, use the following (note that 'love' is substituted for 'peace')

Version 2:

2. Archangel Michael, please cut this cord of attachment so that what belongs to (cordee's name) is returned to (cordee's name) and so that there is no more back and forth of emotion & energy between us, but only peace.

Version 3: (personally I like this one best)

3. "Archangel Michael, please cut this energetic cord so that what belongs to _____ is returned to _____. Free me from this person and this experience, so I can be free, so that we can all be free from the ties and energy attachments of the past. I'm grateful for what I have learned, and I ask that this cord be cut, removed and dissolved now (pause). May this experience always be a reminder of the gifts/lessons given."

Next, ask Archangel Michael to go ahead and cut the cord by saying the following out loud:

"Archangel Michael, please cut this cord of attachment now".

You may like to take a moment to 'see' or 'feel' the cord cutting process happening. Don't worry however if you do not notice anything.

Note – an optional step here:

If there was any sexual contact that you now feel uncomfortable about for whatever reason or if it was a sexual assault or rape, you can also say the following:

Archangel Michael, I ask for the cordee's DNA/cells to be flushed out of my bodily system, so that it is as if I have never come into contact with this person.

STEP EIGHT – Bringing in positive energies

1. When a negative cord comes out, it can be helpful to replace it with some positive energies of your choice. So, decide which positive energies you'd like to go into the place in your energy body where the cord has come out. For example: love, peace, strength, self-compassion, power, or self-love.

2. Use your pendulum to find out how many days these energies need to be with you (it's usually 21 days, but can sometimes be a shorter period.)
3. And then say out loud, *"Archangel Michael, please have the energies of X, Y and Z be with me for X number of days until the healing and the rebalancing is complete. Thank you."*

STEP NINE — Researching the dynamics of the cord

Now you're going to find out the energies contained within the cord.

Start by using your pendulum to ask: *"Is the first negative energy from me?"* (If it's not, then you know it's from the cordee.)

Then ask using the chart, *"Which is the first negative energy?"* Then write that down.

Once you have done your dowsing, you should have a list of energies that might look a bit like a conversation.

See if there are any further yes/no questions that you can ask around these energies. You can also ask more open-ended questions like 'what is this anxiety about?' or 'what was the cordee withholding?'

- Do your best to put the 'jigsaw puzzle' together, ideally using your channelling ability and your pendulum dowsing
- Do the breath-work exercise multiple times throughout the reading, whenever you feel you are losing your connection or not getting the answers you need
- Pay attention to all input that may come into your awareness through your clairs when you ask questions
- Ask as many questions as possible. One detail is like a breadcrumb that if you follow it, it can lead you to the next, as long as you ask a follow up question about it. This is how you fill in gaps in the 'puzzle'.

STEP TEN — Exploring the dynamics of the cord

Consider the following questions:

- Did you recognise the energies that came up/did they make sense to you?

- How do you think the energies from this cord have been affecting you/your life/your relationships?
- Have you seen these dynamics at work in other relationships/life areas?" Or would you consider this a one-off?
- What do you think you learned (if anything) from this experience/relationship?
- If you could have this experience or relationship again, is there anything you would have done differently?
- If you have had an Akashic Record reading & know your life lesson, how do you think this relates to your life lesson(s)?
- What are the roots of this cord/what are the underlying issues that precipitated this cord forming?

(Note that for minor cords, the answers to the above questions may not be substantial or the questions may not apply at all.)

You can explore the questions above by either journaling about them, or record a video of yourself exploring and answering them.

Then make sure you either read over and take a moment to ponder what you have written, or watch the video back. Both of these allow you to 'witness' the experience or relationship for yourself, but I personally find the video recording to be most effective.

STEP ELEVEN — Homework & checking in

Get a message from Spirit or see if there are any further steps to take around this cord, to help you to 'put it to bed' once and for all (so to speak):

You can either use one of the processes in the 'Channelling Exercises' document, or you can use the short process below.

- Raise your vibration with the breath-work exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Say: "Spirit, is there any homework to do around the cord?/Do you have any messages for me around it?"

You might get the response as a word, an idea, or a thought.

Alternatively, pull an oracle card from your favourite deck to give you a message from Spirit around this cord.

STEP TWELVE: End the session

Close off your aura:

I call on Archangel Michael to fill and surround me with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Thank you.

Make sure to keep the notes of your cord cutting session — you may see the same patterns cropping up over time when you look back on previous session notes.

CHEAT SHEET — RELEASING AN ENMESHED

EARTHBOUND SPIRIT

In this cheat sheet, I give you the entire process for releasing an enmeshed earthbound spirit, from start to finish, with none of the fluff or extra bits that you don't need to know about. You can use it whenever you are doing this type of session with a client.

I would recommend having a piece of paper in front of you so you can write down your findings and make notes for each step.

STEP ONE - Call in a Divine being of your client's choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Tell the client who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, let you know. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing:
- Go within and see how you feel. Try to put a word on it.
- Say **Archangel Michael** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

Note: only allow clients to request to bring in an obscure Ascended Master if you know for sure that the being they want to use is in fact an Ascended Master. For this session, we must use a Divine-level being.

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

Archangel Michael (or the Divine being you personally called in for this), **please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.**

Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE — Identifying the energy sharing situation

Address the Divine being that you brought into the session at the beginning and ask (out loud or in your head)

'Does (client's name) have an energy sharing situation currently occurring for him/her?'

If the answer is 'no', revert to a cord cutting or a different session.

If yes, explain the following to the client:

- **That an energy sharing situation is going on and define it:** i.e. this is when an earthbound spirit becomes part of your aura in order to help you in some way, and this is by mutual agreement. But it becomes a limiting situation after a while and the client is ready for it to be over (*avoid using the words 'possession' and 'exorcism'.*) Explain also that the spirit is not an evil spirit — just a stuck spirit.
- **Explain how you normally proceed in this situation:** "We'll do a healing ceremony to help this spirit cross over into the light, then I'll be able to give you more information on how this situation came about. There is also a cord of attachment between you and this spirit, so we'll cut that too."
- **Talk briefly about the benefits of the session:** it can help you to express yourself authentically and just be yourself more fully. It can also make it easier to reach your goals in life. And it sometimes gives you some interesting information that may help you to put past events further into perspective.
- **Tell the client that you realise this is a bit unexpected and if they don't want to go ahead, that's fine** (you can offer a refund or do a different kind of

session), but Spirit thinks this is something worth clearing/healing at this time.

Get her permission to proceed. If permission is not given, end the session & refund the session fee OR move on to a different type of session, depending on what the client would like to do.

STEP FOUR - Finding out how the spirit has been affecting the client

If you're quite slow or new to channelling, you may want to ask the client if you can ring her back in 10-15 minutes because you have quite a bit of research to do first.

If you're fairly quick, you can keep the client waiting on the line.

If you're using your pendulum for this step, ask the following questions:

- ***"Which chakra is most impacted by this energy sharing situation?"***
- Then ask: ***"Which type of negative energy does the spirit bring to this chakra?"***
- Also ask: ***"How many chakra databanks in this chakra are affected?"***
- And: ***'Which chakra databanks are being affected?'***

Gather this information and put it to one side.

If you're using channelling for this step instead, do the following:

- First of all, do part of the breath-work exercise – inhale to the count of 4, hold to the count of 4, exhale to the count of 8. Repeat for a total of 3 times.
- Next, close your eyes and ask to be shown the chakra that is being most affected by the enmeshed spirit and use your clair senses to perceive which one is being impacted. You may see the chakra highlighted in your mind's eye, if you're clairvoyant. You may hear which chakra it is, if you're clairsaudient. If you're claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head. Here's a quick exercise that can help you, if you're a new intuitive: "If you were 'making it up', which chakra would you choose?" Usually the one that pops into your mind for this question is the right chakra.

- Take the first chakra that came up and ask: ***“Which type of negative energy does the spirit bring to this chakra?”***

See what comes to you via your clairs.

- Also ask: ***“How many chakra databanks in this chakra are affected?”***

Then look at the chakra databanks chart and ask which databanks are being most affected by the energy sharing situation. Usually your eyes will be drawn to one or more databanks in particular.

STEP FIVE — Gain more information about the spirit

Here are the questions to ask for this step:

- How much of (client’s name’s) life force energy was this spirit sharing? (in a percentage.) Use the percentages chart.
- Is this spirit male or female?
- How long has this spirit been dead?

Start by asking, *was it more than 10 years/20 years/30 years. If the answer is no, narrow it down to increments of 5, and then 1 i.e. was it more than 25 years? If not, less than 24? Less than 23? etc. Until you get the right number of years.*

- When did the spirit make the agreement with the client and become enmeshed? (i.e. how many years & months ago?)

For this, ask: *‘Was it more than 1 year ago/more than 2/3/4/5 etc. until you reach the right number of years. Then ask for the month — is it more than 5 years and 1 month ago? 5 years and 2 months ago? Keep going up until you find the right number of months.*

- Where on the client’s energy body is the cord of attachment to this spirit? (use the ‘cord locations’ chart.)
- How was it trying to help?/what was the agreement/deal? (looking at the affected chakra and the affected chakra databank(s) may give you more info on that.)

Don't worry if you can't work this one out yet, because later on in this session you're going to dowse on the cord dynamics and that will also give you some extra information.

- How & where did the attachment happen – was it in a dream state? During intoxication? During play? (if the client was a child at the time)

Gather this information and put it on to one side.

STEP SIX — Researching the dynamics of the cord

Using your pendulum, ask the following questions:

- *“Is the first negative energy from the client?”* If it's not, then you know it's from the spirit.
- *“Which is the first negative energy?”* (use the negative energies chart)

Write it down.

Once you have these energies, look them over and see how they all hang together. Do they give you clues as to what the original agreement was between the client and the spirit? Looking at them together with the chakra databanks can help you crack this puzzle.

Then put this information to one side, for later.

If you have told the client you'll ring her back, this is the time to call her back.

STEP SEVEN — Prepare the earthbound spirit for what is about to happen & get their agreement for the clearing

First of all, explain to the client that you've gathered some information about the spirit and how it became attached to her, but you're going to give that to her at the end of the session. Now, you're going to help this spirit cross over.

Tell the client that you are about to start talking to the spirit to convince him/her to cross over and let go of their attachment to the client.

Address the enmeshed spirit by speaking the following out loud:

I ask the soul who has been with (client's name), to step forward now.

Dear one, I would like to do a healing for you, so that you no longer feel so trapped and stuck. This healing will set you free so that when you are ready, you can move on to a better place – your soul's next right place of expression.

Archangel Michael is going to show you the way and help you move into the light. This is going to feel so much better than what you have been experiencing in recent times, while you've been stuck.

But there are a few things we need to do in order for you to get ready.

First of all, I want you to know that this healing that we're going to do for you has been done many times before for people and it works really well. And it's going to set you free and make you feel so much better. You won't be blocked from moving forwards on your soul's journey anymore.

In order for us to complete this healing, I need some help from you.

The first thing I need you to do is that because you've been experiencing life with (client's name) and you've been a part of his/her consciousness for a while, you've gathered memories in connection with (client's name's) life. You aren't going to need to access those memories anymore going forward. Could you please let go of all of those memories and information connected to (client's name) beginning from the first time you met (client's name) to this moment now. You don't need to hold onto any memories connected to this experience. They're not yours. You can let them go now and place them into (client's name's) memory banks.

Please go ahead and do that now.

(At this point, I usually wait for ten seconds or so, then proceed.)

Thank you.

And next, after this healing is complete, I am going to request that you do not return to (client's name), to me or any places you encountered during your time with (client's name).

I just wanted to get your agreement on that before we proceed.

(Check for agreement using your pendulum.)

If there's any issue with agreement, tell the spirit that in order for him/her to feel better and go free, you are going to need him/her to agree with your request. And ask Archangel Michael (or the Divine being you are working with) to send love, light and truth to the earthbound spirit and tell the spirit that this is about to happen. Watch that happen until any resistance disappears and he/she is ready to move on. (Enmeshed earthbound spirits always agree to this step, but it can sometimes take a little time.)

STEP EIGHT — Do the healing ceremony

Next, say the following out loud:

Dear one, thank you for agreeing to that and for releasing the memories you formed while you were with (client's name.)

Next, we're going to do the healing that will help you to go free and go to your next right place of expression. This healing consists of four energies that Archangel Michael is going to give you: Divine Love, Divine Truth, Divine Power and Divine Light. He's going to give you as much as you need of each of these four Divine energies that will set you free from the heaviness of the earth plane.

Dear one, The first energy that Archangel Michael is going to give to you is Divine Love. This is reminding you of the fact that you are deeply loved by the Creator and Divine Intelligence. You are a special and unique soul who is both deserving of love and deserving of being free and out of this stuck situation you find yourself in.

You are forgiven of anything that you feel you have done wrong in your previous lifetime or any failings, during your time with (client's name.) You are the only one who judges you, in this situation and you can let that judgement go now.

(Ask Archangel Michael to impart Divine Love to the earthbound spirit now.)

Dear one, the second energy that you're going to receive from Archangel Michael is Divine Truth.

This is the energy of clarity. With the help of Divine Truth, you can see what a stuck situation you're in. This helps you to see how you managed to get into this situation in the first place, and that the cause of this situation was your own fear and pain. It also helps you to realise that you do not have to be in this situation any longer. You can let it all go now. You don't have to share energy with anyone — you actually have your own energy that belongs only to you, and

your own path that belongs only to you. And now it is time for you to be on that path that belongs only to you.

If you don't leave this situation with (client's name) you're going to continue to be stuck, and it won't get any better. And even if you leave him/her and stay on the Earth plane, you're not going to feel any better and things are going to continue to be difficult. You aren't helping (client's name) to evolve anymore and you aren't evolving yourself. You're stuck, but thankfully there's a way out of this situation and that's what Archangel Michael is going to give you with this healing.

(Ask Archangel Michael to impart Divine Truth to the earthbound spirit now.)

Dear one, the third energy that Archangel Michael is going to give you is Divine Power.

Divine Power makes you realise that you don't need to draw energy from anyone – you can get it directly from Source. You have your own connection back to Source that lights the way forward and gives you free will as a soul. You have the beauty of free choice and free will, and what a wonderful gift it is! So many exciting possibilities and opportunities lie ahead of you, compared to the path you've been on with (client's name).

(Ask Archangel Michael to impart Divine Power to the earthbound spirit now.)

Dear one, the fourth energy that you are going to receive is Divine Light. Divine Light is here to help you to feel lighter, so that you can start moving on now to your soul's next place of expression. Divine Light is helping you to let go of any energies of fear, pain, and the heaviness of the Earth's vibrations. It is also helping you to release your investment in this situation that you've been in with (client's name.) You are beginning to feel so much lighter and awake. Divine Light is waking you up, and now you're ready to move on, with the help of Archangel Michael, to your soul's next place of expression.

(Ask Archangel Michael to impart Divine Light to the earthbound spirit now.)

STEP NINE - Get permission from the client

Next, say:

“(Client's name) please repeat after me:

Spirit, I now request that you leave me permanently and never return to me or anyone you encountered during our time together. I also ask that you do not return to any place you went to while you were with me. Go in peace."

(You can also send this statement to the client before or during the session, so she can read it out.)

STEP TEN - Cut the cord of attachment between the spirit and the client

Address the client and the spirit in the following way:

Now I'm asking Archangel Michael to cut the energetic cord between (client's name) and you, dear one. This is the attachment between you and (name of client) and when this is cut, you will go free. Archangel Michael, please cut that cord now and please remove from (client's name) any parts of this cord which belong to the spirit we've just helped. Please move all of that forward vibrationally until it dissolves into light, and remove every trace of it, in every dimension.

Dear one, go in peace.

STEP ELEVEN — Bringing in positive energies

1. Ask the client if they would like to ask for certain positive energies to go into the place in their energy body where the cord has come out. Explain that when a negative cord comes out, it can be helpful to replace it with some positive energies of the client's choice. Then give her some examples or ideas. For example: "Sometimes people like to put in the energies of: love, peace, strength, power, or self-love, etc."
2. Use your pendulum to find out how many days these energies need to be with the client (it's usually 21 days, but can sometimes be a shorter period.)
3. And then say out loud, "Archangel Michael, please have the energies of X, Y and Z be with _____ for X number of days until the healing and the rebalancing is complete. Thank you."

STEP TWELVE — Pass on the information you have gathered about the spirit and the energy sharing situation

Tell her everything you found in steps 4,5 and 6, i.e.:

- Who the spirit is (male or female?)
- When it became enmeshed
- Where on her energy body it became attached
- How it was affecting her on the level of her chakras (try to translate this into how it would likely have manifested in her life)
- How long the spirit has been dead
- How much of her life force it was occupying
- What the agreement was (if you understand it – if you don't, just miss this part out)
- How the agreement was made (i.e. in a dream state/during intoxication/during play (if the spirit attached when the client was a child)

Ask the client if this information makes any sense to her at all.

STEP THIRTEEN — Homework & checking in

Next tune into Spirit and ask for a final step or piece of advice for the client or a piece of homework (this does not apply in every case.)

What I'm going to do now, to wrap up the session, is tune into Spirit and find out if there is a message or a recommended next step for you to take around this situation. Sometimes there is and sometimes there isn't."

Pass the message/homework on or pick an oracle card for the client.

STEP FOURTEEN — Ending the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client's name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Say goodbye.

If you made a recording of the call, send the recording off so you can let go of the session energetically.

Write down some details about the session in a spreadsheet, so that you can remember the client for next time if they book again.

Write down:

- The client's name
- The type of session
- The chakras that were affected
- Any other details you think are relevant.

CHEAT SHEET — DOING AN AURA CLEANSE SESSION

In this cheat sheet, I give you the entire process for doing an aura cleanse session with a client from start to finish, with none of the fluff or extra bits that you don't need to know about.

I would recommend having a piece of paper in front of you so you can write down your findings and make notes for each step.

STEP ONE - Call in a Divine being of your client's choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Tell the client who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, let you know. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing:
- Go within and see how you feel. Try to put a word on it.
- Say **Archangel Michael** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

Note: only allow clients to request to bring in an obscure Ascended Master if you know for sure that the being they want to use is in fact an Ascended Master. (For this session we must use a Divine-level being.)

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

Archangel Michael (or the Divine being you called in for this), **please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.**

Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE — Check for astral debris in the client's aura

Tell the client you're going to go away for several minutes while you do a read of her aura to find out what needs clearing. Put her on mute.

Then ask the following questions (using your pendulum) about the various types of astral debris:

Unwanted influencing energy

- How much UIE does this client have on a scale of 1-10?

(10 being the maximum amount the client can be burdened by; 1 being the minimum.)

For this, you can ask: 'Is it 1/2/3/4/5?' until you get the right number.)

Psychic ties

- How many psychic ties does she have, on a scale of 1-10?

(If the client gets 8-10 on this scale, you know that she has amassed hundreds or possibly thousands of ties to people over the course of her lifetime.)

Emotional residues

- How many different types of emotional residue is she carrying with her?

(i.e. is it more than 5? more than 10? etc. Go up in increments of 5 until you find the right number. Or go down in increments of 1, if you get a 'no' to the first question until you narrow it down to the right number.)

If there are fewer than 5-7 emotional residues, you can research them for the client (use the negative energies chart to pinpoint each one.). If there's more than 7-10, I probably wouldn't bother as it can get quite time consuming.

Negative thought forms

- How many different types of negative thought form is she carrying with her?

(I.e. is it more than 5? more than 10? etc. Go up in increments of 5 until you find the right number. Or go down in increments of 1, if you get a 'no' to the first question until you narrow it down to the right number.)

If there are fewer than 5-7 negative thought forms, research them for the client (use the negative energies chart to pinpoint each one.) If there's more than 7-10, I probably wouldn't bother as it can get quite time consuming.

You can also ask the following for each thought form that comes up:

- Was this negative thought form created by the client, or created by someone else about the client?
- How long ago was this thought form created?

STEP FOUR - Read the chakras to assess the impact of the astral debris

Next, tune into the client's chakra system and ask how her chakras are being affected by this astral debris...

If you're using your pendulum for this step, ask the following questions:

- **"Which three chakras are most impacted by the astral debris in the client's aura?"**
(I usually ask for 3, but you may find there's only 1 or 2.)
- For each chakra, ask: **"Which chakra databank in this chakra is most affected?"**

If you're using channelling for this step, do the following:

- First of all, do part of the breath-work exercise — inhale to the count of 4, hold to the count of 4, exhale to the count of 8. Repeat for a total of 3 times.

- Next, close your eyes and ask to be shown the first chakra that is being affected by the astral debris and use your clair senses to perceive which one is being impacted. You may see the chakra highlighted in your mind's eye, if you're clairvoyant. You may hear which chakra it is, if you're clairaudient. If you're claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head. Here's a quick exercise that can help you, if you're a new intuitive: "If you were 'making it up', which chakra would you choose?" Usually the one that pops into your mind for this question is the right chakra.

Repeat this for each chakra.

- Also ask: ***"How many chakra databanks in this chakra are affected?"***

Then look at the chakra databanks chart and ask which databanks are being most affected by the astral debris. Usually your eyes will be drawn to one or more databanks in particular.

STEP FIVE — Pass on this information to the client

Next, spend a bit of time explaining the following points about the various types of astral debris (this usually takes about 10-15 minutes to do):

UIE:

- What unwanted influencing energy is and where it comes from
- How severe the UIE is (on a scale of 1-10)
- You may also wish to do the UIE quiz with the client (which is found on page 2 of this document)

Psychic ties:

- What psychic ties are and how we form them
- How many psychic ties she has (on a scale of 1-10)

Emotional residues:

- What emotional residues are and how we take them on

- How many different types of emotional residue she is carrying
- If there's under 5-7, explain what they are (this step is optional)

Negative thought forms:

- What negative thought forms are, and how we end up with them in our auric fields
- How many different types of negative thought form she is carrying with her
- If there's under 5-7, explain what the different types are (this step is optional)
- Pass on info about whether they were created by someone else or the client, and when (this step is also optional)

Then explain how the astral debris, as a whole, has been affecting her on the level of her chakras.

STEP SIX - Do the clearing process

Explain to the client that as part of these clearings, you are going to have her tune into her emotional body and physical body at several points during the clearings. It does get a bit repetitive but it is an important part of the process.

If you are doing these clearings back to back (so, say for example you have a client who has an UIE clearing followed by a negative thought form clearing) you do not need to ask her to tune into how she feels both at the beginning and the end of the clearing. **You only need to ask her to do it at the beginning of the whole process, and then at the end of each clearing.**

The UIE clearing:

If this is the first clearing you're doing for the aura cleanse session, first of all ask the client to tune into/notice how she currently feels in her body and her emotions. Then say the following:

I call upon Archangel Michael (or whichever Divine being you chose for the healing) ***to give full assistance to this process of healing and release of unwanted influencing energy.***

Archangel Michael, please bring forward any and all influencing energies in (client's name's) auric field, from unwanted sources; energies that do not support or align with her authenticity, personal power, peace of mind or prosperity in this world.

Please dissolve them into pure light, so that she feels free to give herself permission to live her life in the way that she chooses; according to her own values, desires and opinions.

Please locate any underlying beliefs or thought forms in (client's name) which contribute to any susceptibility she may have to unwanted influencing energy. Please remove those now and cleanse everything.

I call upon Archangel Michael to dissolve all psychic ties which exist between (client's name) and any sources of unwanted influencing energy that are not in her highest good. Please dissolve these with a beam of gold light, in every dimension, through time and space. Please fill (client's name) with new love, truth, light and power.

Thank you Archangel Michael.

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

The negative thought form clearing

If this is the first clearing you're doing for the aura cleanse session, ask the client to tune into/notice how she currently feels in her body and her emotions. Then say the following:

Archangel Michael (or whichever Divine Being you have chosen), ***please bring forward all negative thought forms (including: name the thought forms here) that have taken up residence in (client's name's) energy body, and transmute those thought forms, so that they dissolve into pure light.***

Also please shine your light of truth into any underlying conceptual patterns which are related to these negative thought forms, and dissolve those too.

Please replace these thought forms and conceptual patterns with new ones, which resonate with love, courage, strength, peace, self-love and personal power.

Thank you.

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

The emotional residue clearing

If this is the first clearing you're doing for the aura cleanse session, ask the client to tune into/notice how she currently feels, in her body and her emotions. Then say the following:

Archangel Michael (or whichever Divine Being you have chosen), **remove from (client's name's) aura any emotional energies that do not belong to her, namely the energies of** (list out the negative emotional residues you found here.)

Remove from her aura anything that is not her emotional burden to carry.

Remove from her aura anything that is not her burden to carry.

Remove from her aura anything that is not her burden to carry.

Remove from her aura any and all negative emotional energy that does not belong to her.

Cleanse her aura of this energy now.

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

The psychic tie clearing

If this is the first clearing you're doing for the aura cleanse session, ask the client to tune into/notice how she currently feels in her body and her emotions. Then say the following:

Archangel Michael (or whichever Divine Being you called in), **I ask you to clear all psychic ties that may have formed between (client's name) and anyone she has engaged with in any way, shape or form since birth. I call upon Archangel Michael to dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill (client's name) with the energies of love, truth, light and power. Thank you.**

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

STEP SEVEN: Next, answer any other questions/check in with Spirit

Before you wrap up the session, check in with the client and ask if she has any questions about this process.

You may also wish to pull an oracle card or check in with Spirit to see if there is any homework (there often is none for an aura cleanse session.)

STEP EIGHT: Wrap up the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client's name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Say goodbye.

CHEAT SHEET — CLEARING CURSE ENERGY FOR CLIENTS

You can use this process to check for and clear curse energy for clients.

STEP ONE - Call in a Divine being of your client's choice:

- Tell your client that for this clearing, you need to bring in either an Ascended Master or an Archangel. Tell the client who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, let you know. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing:
- Go within and see how you feel. Try to put a word on it.
- Say **Archangel Michael** (or whichever Divine Being the client has chosen), **please be present and in charge of this healing session.**
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

Archangel Michael (or the Divine being you called in for this), **please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.**

Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE - Check for curse energy

Use your pendulum to ask:

“Does this client have any curse energy (which originated with someone else) in their auric field?”

If the answer is ‘yes’, use the prayer below to clear it.

Also ask:

“When was this curse energy sent to the client?”

For this, ask: ‘Was it more than 1 year ago/more than 2/3/4/5 etc. until you reach the right number of years. Then ask for the month – is it more than 5 years and 1 month ago? 5 years and 2 months ago? Keep going up until you find the right number of months.

Explain to the client what curse energy is (i.e. wishing another person ill with a lot of energy behind it) but that most curse energy bounces off the aura. We can sometimes receive curse energy if we feel we deserve it. Also explain that curses do not have the power to ruin our lives; it’s just some negative energy that we can carry with us that doesn’t belong with us.

STEP FOUR - Clearing the curse

Say the following out loud:

Archangel Michael, please remove from (client’s name’s) auric field any and all curses or anger spears that have been made against (client’s name) and that interfere with his/her well-being, health, happiness and prosperity in this world. Please release (client’s name) from all negative emotions and psychological patterns associated with receiving this curse energy.

Please replace this negative energy with the energies of love, light, truth and power.

Please locate any underlying negative thought forms in (client’s name’s) aura which support the receiving of curse & anger energy and contribute to any susceptibility he/she may have to this type of negative energy. Please remove those now and cleanse everything.

Please replace these with a new set of positive thought forms that have elements of love, personal power, truth, balance and trust.

I call upon Archangel Michael to dissolve all psychic ties which exist between (client's name) and any sources of curse energy. Please dissolve these with a beam of gold light, in every dimension, through time and space. Please fill (client's name) with new love, truth, light and power. Thank you.

STEP FIVE — Ending the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client's name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

*Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.*

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Note: Please do not charge clients a lot of money for this protocol. It is such a simple process, it should never cost hundreds or thousands for a client to get this done. (My preference is to do it at the end of a session if a client brings this up and I find curse energy.)

If you charge a lot for this protocol, you will be tarred with the same brush as the psychic scammers and it will damage your reputation. If you have someone contact you who is very distressed about a curse and who isn't in a position to book a session, you can send my 'Clearing Curse Energy - DIY PDF' that is in the members area under lesson 7.