

THE PROFESSIONAL

Intuitive Healing

PROGRAM



LESSON 1 COURSE BOOK

Introduction

Welcome to the Professional Intuitive Healing Program!

I am delighted that you have chosen this course and me as your mentor to teach you how to perform spiritual healing sessions for yourself and for your clients!

This course consists of both written and video material. The written material forms the basis of the course and contains all the information you need. Video lectures have been recorded for the material, too. The purpose of the lectures is not to present new information, but simply to reinforce the written material and offer you a different way of taking in the information. I recommend that you read through the written material first and when you are finished with the written module, watch the relevant video lecture.

Please make sure that you complete all homework exercises (including the worksheets) before moving on to the next lesson. If you miss out any of the homework exercises, you may struggle with the later lessons.

Feel free to work through the course at your own pace. The beauty of a home-study course is that you can spend as much or as little time as you like on it each week.

Please do not skip ahead in this course – it has been designed and ordered in a strategic way so that when you reach the end, you will be able to do the healing sessions without any problems. So please do follow the order in which the material is presented.

THE AIM OF THIS COURSE

This course has three functions:

1. It teaches you how to cut negative cords for your clients and for yourself.
2. It will also show you how to release earthbound spirits from people's auras (both ordinary earthbound spirit attachments, and enmeshed earthbound spirit attachments).
3. Finally, it will teach you how to clear 'astral clutter' from a client's energy field.

All of this material is taught over 7 lessons. Let's dive into the first one!

Lesson 1 - Laying the Groundwork

In this lesson, we're going to lay some very necessary groundwork which will prepare you for delivering healing sessions for clients. This groundwork mostly involves developing your intuition, learning to use a pendulum for dowsing, and learning to work with the Divine beings who will be bringing the healing energy during a session. Once you've covered these bases, you'll be ready to move on to lesson 2.

Note that this lesson is all about getting you prepared for working with clients in this way. You won't actually be putting the information to use until lesson 3. So please be patient in the meantime.

OK, with that said, let's get into it...

DEVELOPING YOUR INTUITION FOR READING THE ENERGY BODY

Obviously my methods for intuitive healing involve using your intuition – the clue is in the words 'intuitive healing'! And as part of your intuitive healing sessions, you are going to diagnose (using your intuition) which type of healing a client needs. You are also going to read the energy body to assess how the client is being impacted by whatever it is you will be clearing for them. And in the case of a cord cutting session, you are also going to channel information about the relationship dynamics which are in the client's cord of attachment.

If you like pendulum dowsing, your pendulum can actually help you with some of this, and do a lot of the work for you.

But you are also going to need to use one of your clair gifts (clairvoyance, clairaudience, clairsentience or claircognizance, or perhaps emotional empathy) to help you to channel further information.

I do recommend that those students who are complete beginners to the intuitive arts do my Intuitive Awakening Course, before working with their intuitive healing

practice clients. But what if you are not a total beginner, yet you feel your intuitive skills might need some brushing up?

This section is for you.

In order to hone your abilities, so that you can intuit accurately for your intuitive healing clients, you should follow my six-step formula for intuitive development, and make sure you have all of the bases below covered.

So let's have a look at those six steps – here they are:

1. Find your strongest intuitive gifts
2. Sensitize & develop those gifts only to start with
3. Learn how to read energy using only those gifts. Find the process for connecting & tuning in that suits your gifts.
4. Learn to raise your vibration at the moment of tuning in
5. Learn to enter the alpha state at will
6. Put all of that together & practise!

Now let's have a look at the formula for developing your intuitive abilities. It consists of several pieces, but if you understand and include each piece, and put them together, you can get there.

1. Find your most natural clair gift or strongest psychic gift

The biggest mistake that people make when developing their psychic abilities, is choosing a gift they don't have and focusing on that in an attempt to develop it.

There are several psychic gifts that you can choose to develop – clairvoyance, clairaudience, clairsentience, claircognizance, and various empath gifts.

A common dead-end road students go down (before they find me and my courses) is they decide: psychic = clairvoyant

...and regardless of whether they naturally have clairvoyance as one of their gifts, they go ahead and try to develop it anyway. When it doesn't go so well, they give up.

Don't be tripped up by the same idea. There are several different gifts that you can use in an intuitive healing session.

On my home page (www.annasayce.com) there is a quiz at the top for finding your strongest intuitive gift. I highly recommend you identify your strongest intuitive gift(s) before you get started with this course, because these are the gifts you are likely to be using when you are doing an intuitive healing session for someone.

So that's step one in this whole process, and probably one of the easiest steps.

Let's have a look at the second step:

2. Sensitize & develop only your strongest gifts

Once you have located your strongest gift(s), you will need to sensitize it.

What does it mean to sensitize a clair gift? It means finding or coming up with an exercise that develops only that gift. So, for example, if you're clairvoyant, you're probably going to focus on guided visualisation, because you strengthen your clairvoyance when you're doing guided meditations or visualisations. This is just one example.

Below you will find my exercises for developing the various gifts. Pick the one that matches your strongest gift(s) and do it regularly.

Two Notes about the Intuitive Gifts:

1. The only gift that we will not be developing in this section is empathy. The reason for this is that natural empaths usually have their gift fully activated already, and require no conscious development). However, empaths excel in reading other people, and so if your strongest gift came up as empathy then you're in luck, because this will really help you in your intuitive healing sessions. If your strongest gift came up as empathy, pick your next strongest gift to develop.
2. Make sure that you choose either **clairaudience** or **claircognizance** as one of your gifts to develop. This is because you will need one of these clairs well honed in order to receive information in an intuitive healing session. Often if you receive info through your clairvoyance or your clairsentience, it is incomplete. For example, you might feel a sensation or 'see' a visual in your mind's eye, but you won't necessarily know what it means unless you have claircognizance or clairaudience – these two clairs can help you to interpret and bring more details.

AWAKENING CLAIRAUDIENCE

Awaken your clairsaudience and be more open to hearing spiritual guidance by practising the following exercises:

Exercise One: Unpicking the Orchestra

1. Get a pen and paper
2. Put aside a few minutes and listen carefully to all the sounds you hear around you. Write down every single sound that you can hear – such as the sounds of cars passing, the sounds of birds or animals, a plane, people talking, or the sound of music. There will be many sounds which are ‘layered’ on top of one another, and many of these sounds you will never pay attention to. We normally tune out these noises so that we can concentrate or sleep. But when you tune out noise, you dull your perception, and you become less sensitive to your clairsaudience.

When you make an effort to listen consciously to the noise that you might normally tune out, you will hear a multitude of sounds. Your objective with this exercise is to notice each and every one of the sounds that make up this ‘orchestra’. Some may be subtle and barely noticeable. The goal here is to heighten your auditory perception. Do this once a day for the next three days. By the third day, ask a question using your inner voice, and see if you get a response. Don’t worry if you do not –this is just an experiment for now!

Exercise Two: Reading to Yourself

Read a few pages of a book to yourself – hear yourself reading the words out loud (but only in your head)!

As you are doing this, try to focus on the sound of your voice inside your mind that is reading the words. Focus less on the actual content (for this reason it is best to do this exercise with reading material that is not interesting or thought-provoking).

This ‘voice’ that you are training yourself to ‘hear’ is the same inner voice that your Higher Self and Spirit Guides will use to communicate with you. Getting into the habit of hearing this inner voice enables you to receive clairsaudient messages more easily.

Exercise Three: Conjuring up Sounds

For this exercise, I'm going to ask you to 'hear' in your 'inner ear' (aka the voice inside your own head), the following sounds:

- The sound of a plane flying overhead
- The sound of a cello being played
- The sound of a harp being played
- The sound of a cat meowing
- The voice of someone who you haven't heard from in a long time
- The sound of a large waterfall
- What your phone sounds like when you receive a text (if you ever have the sound on)
- A close friend's voice
- The voice of a child you hear often
- A loved one saying 'hello' to you when they answer the phone
- A woman laughing
- A waiter serving you a meal
- The siren of an ambulance
- The voice of a favourite actor/actress/celebrity

I want you to actually hear in your mind, as well as you can, what all of these sound like. Feel free to imagine any dialogue and just improvise.

AWAKENING CLAIRENTIENCE

The exercises below are very simple yet very effective – all have been recommended by Spirit Guides in the past to open up clairsentience.

Exercise One: Heighten your Emotional Awareness

Take a few minutes to go inside yourself, focus on your heart (the centre of emotions) and ask yourself 'How do I feel today – what is the underlying emotion present here at my heart chakra?' If you're feeling strong negative emotion and you're not sure why, ask yourself what it's in connection with and see what pops into your head in response. Do this once a day for the next three days.

Exercise Two: Heighten Awareness of Needs

1. In the morning, ask yourself "What is really important to me and my Higher Self today?" It may take you a few minutes to get the answer to this. You may 'know'

the answer, or you may have a word or an image popping into your head. If you get an emotional reaction when asking this question, make sure you ask what it is in relation to.

2. Write down the response and make sure you honour it for the day. Do this for three mornings in a row.

Exercise Three: Heighten Awareness of Desires

1. Find a partner with whom you can do this exercise.
2. Set a timer for three minutes.
3. Your partner needs to ask you repeatedly and rhythmically, “What do you want?”
4. Every time you hear the question, listen to what comes out of your mouth. Put your conscious mind to one side and allow your subconscious or Higher self to respond authentically. Keep searching for your desires until the three minutes are over.

The rhythm for this exercise should be:

Question, answer. Question, answer.

There should be as few pauses as possible. As you get into it, you should find that your answers come more and more from the subconscious mind or Higher self.

Exercise Four: Calling on an Ascended Master or Archangel

This exercise is designed to fill your awareness – physical, emotional or mental – with the presence of a Divine-level being. Here’s the process:

1. Be still for a moment and notice one thing about your physical body (this could be the way your weight is shifted, or any tension or aches, anything at all)
2. Now focus on your mind – go within and see if you can put a word on your current mental state (for example: scattered, focused, calm; anxious)

3. Now focus on your emotions – go within and see if you can put a word on your current emotional state
4. Say the name of a Divine being out loud (such as Archangel Michael, Archangel Raphael, Buddha, Jesus, Ganesh)
5. Now take three deep breaths
6. The presence of the Divine being will be with you. Ask the being to ramp up their presence as much as you can handle it
7. Now notice one thing about your physical body
8. Now notice one thing about your mental state
9. Now notice one thing about your emotional state.

Perhaps you won't notice much the first time you do it. But the more you practise this exercise, the more you will experience a different 'after' state. You can experiment and use this exercise to call on many different divine beings – for example, see how the energy of Archangel Michael differs from that of Ascended master Jesus or the Goddess Brigid. These Divine beings will only come to you when asked, and you can perceive their energy through emotions, or the effect on your mind or body. Paying more attention to this 'after' state heightens clairsentience.

AWAKENING CLAIRVOYANCE

Exercise One: Arranging the Flowers

1. Visualize in your mind's eye a vase for flowers.
2. Now see yourself putting a flower in the vase. See the colour of the flower, and make it a certain type of flower such as a tulip, a daffodil, or a poppy, for example.
3. Then see another flower, a different one, being put into the vase. See its colour in your mind's eye. Keep filling the vase with flowers until you have five flowers in there.

4. Then, in your mind's eye, destroy the vase in any way you choose. You can blow it up, smash it with a hammer, or put it in the bin.

If you find this hard to visualize, don't worry. It just means your mind's eye is a little rusty. The more you use it, the easier visualization becomes.

Any activity which uses your visual imagination (including daydreaming) is good for strengthening clairvoyance, because your mind's eye is the machinery that your Spirit Guides and Higher Self use to send you information, in the form of pictures. The more 'well - oiled' the cogs of your imagination are, the easier it is for Spirit to send you clear images!

Exercise Two: Visual Memory Game

1. Take 30 seconds to look at the room you're sitting in. Absorb as many details of the room as you can in 30 seconds.
2. Then set your timer for two minutes, close your eyes, and recreate the room in your mind's eye. Try to see as many details as possible. Fill in the big ones first – the furniture, then put in the smaller details.

Exercise Three: Seeing Auras

The aura is the outline of the energy body. It often looks like a white energy emanating from the person's head and shoulders. You can see it depicted in many pieces of art, in which spiritual teachers and religious figures often have halos around their heads. This is the aura. Some people see colours in the aura. Others just see the white or golden energy of the auric field.

We are most likely to see auras without even trying when we are staring at someone for a long time – someone who is sitting against a white background, when we are in a relaxed state.

Here is an exercise to try:

1. Find a partner for this exercise and ask them to sit or stand against a white background, in a softly lit room
2. Relax your eyes and look at one area of the person's face, such as the mouth or nose

3. At the same time, use your peripheral vision to look at the outline of the person's body. Continue to stare at their nose/mouth while you do this.

It may take a few minutes to see the aura. Take your time. I find that this exercise is very dependent on the lighting and on the white background. I often see my coach's aura over Skype (her room is white and softly lit, and I am often staring at her while I talk because of the nature of Skype webcam). Conditions have to be just right for this exercise.

Exercise Four: Use Crystals

Crystals can be a powerful aid for developing clairvoyance!

Choose a crystal that has a reputation for opening up the third eye (such as lapis lazuli, fluorite or amethyst.) Lie down and place it over your third eye chakra (between your eyebrows) for 20 minutes.

Bear in mind that different crystals work for different people, so if you're interested in using crystals to open up your clairvoyance, you might like to go into a crystal or new-age store with the intention of finding the right stone to help you. You may feel attracted to one crystal in particular.

(Also bear in mind that some people are more receptive to the energies of crystals than others, so if you wish to open up your clairvoyance, make sure this isn't the only exercise you choose, in case you are someone who is not as sensitive or receptive to crystal energy.)

AWAKENING CLAIRCOGNIZANCE

Exercise One: Becoming Self-Aware

The aim of this exercise is to become conscious of your own consciousness! Becoming conscious of your thoughts and noticing them is the first step to awakening claircognizance. This exercise is only for those who are not adept in meditation. If you are an experienced meditator, this exercise will be too easy for you.

1. Begin by inhaling to the count of four, hold your breath to the count of four and exhale to the count of eight
2. Set a timer for three minutes

3. Close your eyes and turn your attention to your breathing. Breathe through the nostrils, without trying to control your breath – simply notice the sensation of the air going in and out of your nostrils. Focus on this sensation. As you're doing this, notice the thoughts you're having. You do not need to do anything or repress them – just observe them. Remain a detached observer for a few minutes, as the thoughts arise.
4. Notice the 'you' (the awareness) that is behind the thoughts and between the thoughts. The 'you' that is between the thoughts is your consciousness.

Exercise Two: The Tarot

This is an exercise you can do if you have a pack of tarot cards (or if you fancy buying some). Only do this exercise if you are not adept in working with the tarot cards. If you have experience using the Tarot or if you know a great deal about the meanings of the cards, this exercise will not work very well for you.

1. Choose three cards from the Major Arcana. The Major Arcana includes the first 21 cards of the pack, such as the Sun, the Lovers, the Tower, and the Chariot.
2. Take the first card on the first day and get a pen and paper. You will need to put aside ten minutes for this exercise. Begin by inhaling to the count of four, hold your breath to the count of four, and exhale to the count of eight.
3. Then tune into the energy of the tarot card you're holding. Look at the image on the card and the symbolism. Every tarot card represents an archetype: a certain type of energy. Ask the tarot card to reveal its energy to you by showing you people who represent this energy – you will probably have someone popping into your head who represents the energy. Ask the tarot card to send you events, colours, feelings or situations which have something to do with the energy of the card. See what pops into your head in response to these questions. Meditate on the card, and see if any information comes into your head about the meaning of it. Look beyond your conscious mind to see what you know subconsciously about this card.

Exercise Three: Becoming Receptive

Ask yourself the following questions and see what pops into your mind. You do not want to think for this exercise – instead you want to go with the first thing that comes to you, almost automatically. (Even if 'I don't know' is the first thing that

comes to you). You're not looking to "get it right" – you just want the first thing that comes, right or wrong.

Questions to ask yourself the first time you do this exercise:

- What kind of day will you have tomorrow?
- What do you most want from doing this course?
- The first female name that comes to mind
- The first male name that comes to mind
- Is there someone from this lifetime who has featured in lots of your past lives?
- What was your name in one of your most recent past lives?
- Where will you be 5 years from now?
- What will you have for dinner next Tuesday?
- A country that is known for its hot weather

Questions to ask yourself repeatedly (to use when you do this exercise over a period of several days in a row:)

- What kind of day will you have tomorrow?
- Where will you be 6/7/8/9/10 years from now? (use a different time range each time you ask.)
- What was your most recent past life like?/what was your past life like, 2 incarnations ago/3 incarnations ago/4 incarnations ago/5 incarnations ago, etc?

The answers you get for the questions above won't necessarily be very meaningful. The purpose of this exercise is more for you to get used to being a receptive vessel, and to experience what it feels like to have something enter your mind, seemingly of its own accord. This is what claircognizance is like, and becoming receptive is the name of the game for this gift.

If you're not sure if your intuitive gifts are well honed enough for doing an intuitive healing session with someone, I recommend that you use the above exercises to help you.

Now we've covered how to sensitise and develop your clair gifts, let's have a look at the third step for developing your abilities:

3. Get a process for channelling that utilises your strongest gift(s)

Once you have (1) identified and (2) sensitised your strongest intuitive gifts, what you then need to do is find a process to channel that utilises your particular gift. This is another area where people can go wrong – even if you manage to locate your strongest psychic gift and sensitize it, if you then use a way of channelling that DOESN'T use your strongest gift, then you're not going to get anywhere.

This means that when you're doing an intuitive healing session with a client, your technique for 'tuning in' and receiving information about the cord dynamics (for example), or about your client's energy body, is going to involve your strongest clair.

I am going to give you techniques which can help you to 'tune in' but you need to be aware of HOW you're going to receive information once you have tuned in.

If you're clairvoyant, you're probably going to receive visual information about your client's cord. If you're an empath, when you're reading your client's energy body, you are probably going to feel how the client feels as a result of the negative energy that is in her energy body.

If you're clairaudient, you may receive words verbatim when you channel information about the cord. If you're claircognizant, you will just 'know' what kind of dynamics are in the client's cord.

We will cover this in more detail later on. For now, it is just something to be aware of – that you will receive intuitive information during an intuitive healing session through your strongest gifts.

Now onto step four:

4. Learn to raise your vibration at the moment of tuning in

Raising your vibration means: improving your emotional state, usually through the means of breath work + calling on a Divine being. (A Divine being is an ascended master or an Archangel).

This step is important because if your vibration is low (aka you're not feeling too good), say you're depressed, angry or grieving, it can be much harder to tune in for our clients.

What happens when is that when you channel or intuit for clients, you are building a bridge, so to speak. You have to build your half of the bridge and Spirit has to build their half. You meet in the middle between the earthly realm and the astral realm.

But if you're very depressed or if your life is in upheaval, you sometimes can't build your bridge. It's your emotional state that is getting in the way.

So essentially you need a process that you use every single time you connect with Spirit, (consisting of breath-work & calling on the Divine) that allows you to raise your vibration & emotional state, and this makes it much easier to build your half of the bridge, so to speak.

Below I have included my process for doing this. This is actually going to be incorporated into the intuitive healing session protocol later on, anyway. So you do not need to worry too much about it now.

THE "BREATH-WORK EXERCISE"

- Firstly, observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your emotional state.
- Now, choose an archangel or an ascended master such as Jesus, Mother Mary, Buddha or Krishna. Any one that appeals to you. Ask this Divine-level being to raise your vibration from wherever you are on the vibrational scale, to something higher. You can say: "*Archangel Michael, please be with me and raise my vibration.*" This may sound unlikely, but suspend any doubt and just try it!
- Next do the following breathing exercise: inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
- Now check in with your emotional state — how do you feel?

Remember that this exercise is for raising your vibration temporarily. That is all you need to aim for in order to connect with Spirit. Do not worry if you do not remain in a positive or calm state – you do not need to have a permanently or consistently raised vibration to be psychic. Intuitives are not necessarily happier or more joyful than others, they just know how to raise their vibration sufficiently to reach Spirit. So no need to get hung up on being permanently joyful – you can be miserable, in pain, depressed or ill and still be able to connect with Spirit – as long as you practise raising your vibration regularly, that's the main thing!

OK, now let's look at the fifth step necessary for developing your abilities:

5. Learn to enter the alpha state at will

What is the alpha state and what does this have to do with your psychic development?

Did you know that most psychics, when they are doing a reading, will shift out of the most common brainwave (the beta brainwave) that most of us experience in our day to day lives and into a different brainwave (the alpha brain wave), which is associated with a more relaxed state?

Cycles per second	Type of brain wave	Activities
21 > 14	BETA	Fully Conscious / Awake - the conscious mind is busy, concentrating and engaged in this state
14 > 7	ALPHA	Light Sleep / Dreams / Meditation / Daydreams / Creative Visualization / Connection to the subconscious
7 > 4	THETA	Deep Sleep / Lucid Dreaming / Deep Trance / Deep Hypnosis
3 > 1	DELTA	Very deep sleep or an unconscious state

So, in order to channel, you'll need to shift out of a busy, busy, busy mentality and into a more zen, chilled out one. This is actually a measurable state, and your brain waves change when you are in it. It's called the alpha state.

However, you don't need to be in the alpha state all the time in order to develop your abilities. You just need to be able to enter the alpha state at the moment of tuning in.

What might this look like? It could mean 10 mins of meditation daily. It could also mean the regular use of binaural beats.

So, that's an important piece, too. If you're not used to putting yourself into the alpha state at will, you will need to practise doing that, as part of this process.

Now let's look at the final piece of the intuitive development puzzle:

6. Put all of that together & practise!

Finally, you have to put everything I've mentioned in this document together in order to get results and intuit accurately on behalf of your clients.

Miss out one part and you might struggle to do it.

And then don't forget the most important part: PRACTICE. You have to persist at it. Many of you will need to do lots of intuitive healing sessions before you're a pro at channelling information on behalf of your clients in a session.

I know this seems like a lot of pieces to put together. But it's better to have all of your bases covered now, so that you have this foundational piece in place. So, please spend a bit of time at this point considering the six steps in my formula, and ask yourself - which one am I missing? For example, perhaps you know your gifts but you have never sensitized them, so you know at this stage you need to work on that. Work out what your weakest link is, intuitively speaking, and focus on that!

Now that we've had a look at how you can develop your intuition, let's look at another way to receive information during a healing session: pendulum dowsing.

RECEIVING INTUITIVE INFORMATION THROUGH

DOWSING AS PART OF A HEALING SESSION

THE NATURE OF THE INFORMATION YOU WILL 'PICK UP' ON AS AN INTUITIVE HEALER

During the course of an intuitive healing session, we will often need to pick up on very specific information, such as: which chakras are being affected by the negative blockage you're going to clear and so on.

This means that as an intuitive healer, you need to be able to use your intuition to pass on accurate information to your client about what is affecting her, and how it is affecting her. This is usually done through channelling, using one's clairvoyance, clairaudience, claircognizance or clairsentience, or a combination of all those gifts. I am aware that not everyone who is taking this program is going to be a confident channeller.

But there is another way that you can access the information you need during an intuitive healing session, even if you are a total beginner – it's through dowsing with a pendulum.

In later lessons, we're going to cover how you can use your channelling ability to get information during a healing session. But many of you may wish to start by using a pendulum, and so in this section, I'm going to teach you how to find, program, and use a pendulum for working with your healing clients.

What if you already know how to channel?

If you know how to channel, that is fine, and you may wish to use your channelling ability instead to get info for clients. However, I'd recommend you give pendulum dowsing a go, too. The reason I recommend pendulum dowsing (and use it myself) is because it can yield very specific insights, especially when asking yes/no questions, and also when you use pendulum dowsing in conjunction with charts.

To give an example of a yes/no question that you will ask as part of this course:

"Does this client have earthbound spirits that need clearing?"

The answer to this is either going to be ‘yes’ or ‘no’. And you can program your pendulum so that it swings and gives you the correct answer in this regard.

For more complex questions, we can dowse using charts and a series of yes/no questions. You might like to have a look in the ‘charts’ book that came with this course, to see what I mean. In those charts, you’ll see various options located in rows and columns.

For this, we ask questions such as:

“Which chakra are these earthbound spirits primarily affecting? Is it the chakra in row 1, row 2 or row 3?”

Then you ask *“Is the affected chakra in column 1, column 2 or column 3?”* etc.

Using this way of questioning, you are able to narrow the chakra that is being affected, down to one specific column and row of the chart, according to how your pendulum is swinging. That is how you are able to pinpoint your answer.

There is also a ‘negative energies’ chart that you can use to pinpoint the type of negative energy that your client is being affected by.

So, we can receive information during these intuitive healing sessions, using a pendulum, the charts or a series of yes/no questions.

You can of course expand on that information using other gifts – like clairvoyance, claircognizance and clairsaudience. For me, the pendulum is often just a starting point that points me in the right direction and then I use my channelling abilities to get more info.

If you’re an experienced channeller, you can forgo the dowsing altogether and simply use your channelling ability. But I’d only recommend this if you are really against working with a pendulum for whatever reason (e.g. you have done it before and it didn’t work for you, or you tried it and hated it.)

Otherwise, I’d suggest that you follow the instructions in this chapter and learn how to dowse as part of an intuitive healing session. That way, regardless of your other channelling abilities, you have an extra tool at your disposal when working with clients, or a way to confirm the insights you’re already getting.

STEPS TO PREPARE FOR DOWSING:

OK, so to start with, you will need to get your hands on a pendulum for dowsing.

Pendulums are available in metaphysical shops, and also on the internet. Alternatively, you can use anything that swings on a chain, such as a necklace with a pendant on the end of it. Preferably this pendant would be long and thin so it will swing properly. If you don't yet have a pendulum, you can also read an article on how to choose one, [here](#).

If you need to purchase a pendulum, please do that next.

HOW DOWSING WORKS

Before we cover how to program your pendulum for working as an intuitive healer, let me give you some background information on how dowsing works.

Sometimes people wonder if dowsing is a 'supernatural' process involving spirits.

Dowsing is not spooky at all and does not involve spirits. At least, spirits are not moving your pendulum for you – you are the one who is moving the pendulum.

Here's the process that occurs when you dowse for information during an intuitive healing session:

When you're dowsing for information during an intuitive healing session, the information you get goes from your Higher Self, to your **subconscious mind** (which makes the tiny movements in your wrist and arm) and then to your **conscious mind** (when you see which way the pendulum is swinging).

We will create a connection from your Higher Self to the Divine-level beings in the attunement that is coming up a bit later on.

Getting Your Pendulum Ready for Use

Now let's prepare your pendulum for your intuitive healing work. Please complete the following exercises.

STEP #1: CLEARING YOUR PENDULUM

The first step is to clear your pendulum. We need to do this because all objects absorb energy from their environment and you don't necessarily know where your pendulum has been before you bought it, and the kinds of energies it may be imbued with.

There are a few ways to clear a pendulum:

1. Bury it in the earth for 24 hours. You can also put it in or on the soil of an indoor pot plant.
2. Run it under cold water and then hot water. Alternate between the two six times. (Some crystals such as selenite can be damaged by water, however, so do some research into whether your pendulum can tolerate water, before doing so.)
3. Put it in a bowl of sea salt overnight (for this to work, it needs to be sea salt, not table salt.)

STEP #2: CONNECT TO YOUR HIGHER SELF

Next, create a clear connection from your Higher Self to your subconscious and your conscious mind by holding the pendulum in your hand and saying the following out loud:

“Creator of all beings, Creator of all beings, Creator of all beings, My Higher Self, My Higher Self, My Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, please reinforce the deep and clear connection from my Higher Self to my subconscious mind, to my conscious mind. Please create a clear channel so that all information from my Higher Self flows effortlessly from my Higher Self to my subconscious, to my conscious mind. It is done, it is done; it is done. Thank you.”

STEP #3: PROGRAM YOUR PENDULUM FOR WORKING AS AN INTUITIVE HEALER

Now create a surcharge of vital life force by inhaling to the count of four, holding your breath to the count of four, and exhaling to the count of eight. Repeat this twice over for a total of three breaths.

Next, say the following prayer:

“Creator of all beings, Creator of all beings, Creator of all beings, My Higher Self, My Higher Self, My Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, I intend that this pendulum relays answers from my Higher Self at all times, unless I request otherwise. I also intend that all information be in truth and accuracy and 100% aligned with my highest good and the highest good of all.”

STEP #4: If this is your first time using a pendulum, do the following exercise:

1. Hold your pendulum out. Just relax your hand and ask the pendulum, “Show me a yes” and just allow the pendulum to swing. It may swing forwards and backwards or from side to side. It may go in a clockwise circle or in a counter-clockwise circle. When you see what your pendulum does in response to a ‘yes’, write it down and say “Thank you” aloud.
2. Next ask the pendulum, “Show me a no”. Observe what the pendulum does in response. It will move in a different way compared to when you asked for a ‘yes’. When you write down what it does, say “Thank you”.

Note: if you already work with a pendulum, and know which way it swings for yes and no, you do not need to do this step.

Once you have your pendulum fully programmed, you can use it to ask yes/no questions such as ‘is this client carrying earthbound spirits in her auric field?’

Homework:

Do steps 1, 2, 3 and 4 detailed above (clear your pendulum, connect it to your higher self, program it and work out which way it swings for ‘yes’ and ‘no’.)

If you have completed my Akashic Record Reading Program or my Intuitive Awakening Program, and you have already gone through these steps once before, and you know how your pendulum swings for ‘yes’ and ‘no’, you do not need to repeat these steps because your pendulum is already programmed.

GETTING ACQUAINTED WITH THE DIVINE BEINGS

Now that we have covered: **(1)** how to program your pendulum to retrieve information during an intuitive healing session, and **(2)** how to develop your intuition, we're ready to look at another important aspect of doing an intuitive healing session: working with Divine beings.

The first step in any intuitive healing session involves bringing in a Divine Being.

Therefore, you need to have a bit of practice around working with Divine Beings, and that is what this section is all about.

What is a Divine Being?

A Divine Being is:

- An Archangel, such as Archangel Michael, Gabriel, Raphael, etc.
- An Ascended Master, such as Jesus, Buddha, Krishna, Ganesh, St Francis, and Mother Mary.

Why we bring in a Divine Being at this stage of the cord-cutting process:

Divine Beings bring spiritual healing energy to your client as part of the cord cutting; we couldn't do a cord cutting without the help of these beings.

In addition, Divine Beings are very good at protecting our energy during a session, to prevent us from absorbing any negative energies from the client.

For this reason, right at the start of an intuitive healing session, we go through a little process which involves bringing in a Divine Being. This is so that the client can receive a spiritual healing, and also to set up a sacred space, creating a peaceful energetic backdrop where the client (and you) are in a safe space, energetically speaking.

This Divine presence will be there in the background throughout the session, underpinning your work and bringing healing and safety.

LET'S HAVE A LOOK AT SOME OF THE DIVINE BEINGS
WE CAN CALL ON FOR THIS SESSION:

Archangels

Archangels are angels of a high rank – the prefix 'arch' means 'chief' or 'ruling'. My work in the Akashic Records has taught me that there are seven realms of existence in the Universe. Each realm holds a particular kind of energy that we associate with life here on earth, and each realm is ruled over by an Archangel. This means that we tend to associate a certain Archangel with a certain type of energy, and we can call on each one for a specific purpose.

There are many Archangels you can work with for cord cutting. Here are the Archangels I commonly work with:

Archangel Gabriel

Archangel Gabriel is the angel associated with writers and communication. Archangel Gabriel can also help with our self-confidence. He is a suitable Archangel to call for a cord-cutting session where communication, self-expression or self-confidence are important themes.

Archangel Raphael

Archangel Raphael brings energies of healing, gentleness and love. He helps to soothe broken hearts and heal wounds. This means that Archangel Raphael is a good angel to bring in for cord-cutting with a client who is grieving or brokenhearted.

Archangel Azrael

Archangel Azrael's name means 'whom God helps'. Archangel Azrael can assist us during times of transition, when we are at a stage where we are finished with one phase of life, but haven't yet started a new chapter.

He is an excellent Archangel to call on for those working in counselling professions or support roles, and he also provides support to those who are grieving. He is a very good Archangel to bring in for those who are in transition or those who have experienced a loss.

Archangel Michael

Archangel Michael is a spiritual protector and warrior, and he is often depicted armed with a sword, given to him by God. His energy is both fierce and loving. He banishes

fear and reminds us that light is always more powerful than darkness. Michael is a good Archangel to call on wherever there is anxiety and fear, or where your client feels apprehensive or nervous about the cord-cutting process.

Archangel Uriel

Archangel Uriel is another Archangel who is perfect for cord cutting, because he specialises in emotional healing and difficult relationships, illuminating situations, and enabling us to work through difficult feelings that can make us feel 'stuck'. He is perfect for cord cutting.

Archangel Metatron

Archangel Metatron is also a great choice for cord cutting. He helps us to transform energy and clear out anything negative. He helps us to transform things in our lives that are no longer working for us in general.

As you can see from the descriptions of these various Archangels, they are all good choices to bring in for a cord-cutting session or another type of intuitive healing session.

There are also other Archangels in existence that are not described here; the ones mentioned above are simply those who I tend to work with. Feel free to work with other Archangels if preferred.

Now, let us have a look at another class of Divine Being that we can work with for this session:

Ascended Masters

Ascended Masters are souls that have ascended beyond the need to incarnate here on Earth. They may appear on Earth in human form as healers, prophets, or teachers, but this is not for their own soul growth; instead, it is for the benefit of humankind. Over many years, so many people have called on these Masters that it has lent them energy and they have become spiritual figureheads that we can call upon for assistance and support.

Here are the Ascended Masters I like to work with:

Quan Yin

Quan Yin is a Buddhist Goddess. Her name means 'She who hears prayers'. Her energy is characterised by compassion and she represents feminine power. Quan Yin also teaches harmlessness (i.e. doing no harm) and has a fierce and protective aspect to her energy. Many of my female clients enjoy working with this Goddess.

Ascended Master Jesus

Jesus brings us the energy of Divine Love, forgiveness and compassion. He is another excellent choice for cord cutting.

Mother Mary

Mother Mary is the Ascended Master from the Catholic and Judeo-Christian religions, therefore many Catholics present with this energy around them, and those with a Catholic background may choose to work with this Ascended Master. Mother Mary is a good Ascended Master to call on during a cord cutting session that revolves around parenting, children, fertility, adopting or resolving issues with the mother.

Mother Mary is the archetype of the 'ideal mother.' She has kind, nurturing, serene, patient, and loving energy.

Lakshmi

Lakshmi is the goddess of abundance and good fortune in the Buddhist and Hindu traditions. Her energy is found around those who are striving for abundance, including material abundance, emotional fulfilment and good health, so those clients who are very growth-oriented may choose to work with this Goddess. Lakshmi is not as common a choice for intuitive healing clients, but still a good one.

Ascended Master Krishna

Krishna is a Hindu deity. Krishna's energy can be defined by its joyful quality; his energy is warm, sweet and loving. Krishna helps with romantic relationships, and he is often depicted in paintings and images with his partner, Radha. He is a good choice to bring in for cord cutting sessions between spouses and partners.

Ascended Master Merlin

Merlin was a sage and psychic who was said to have helped King Arthur during 5th Century Camelot in Wales. Merlin represents the inner/subjective realm, internal strength and power, and all forms of intuitive development. For this reason, psychics

and those who are immersed in metaphysical topics may be drawn to bringing in Merlin.

Ascended Master Buddha

The name Buddha means 'The Enlightened One' or 'Awakened One.' Buddha brings us serenity and peace, so he is a good Ascended Master to bring in wherever there is a lot of anguish, pain or distress. Because moderation is a key teaching in the Buddhist spiritual tradition, it is also useful to evoke Buddha whenever moderation is a theme for a cord-cutting session. He can help with balance and finding the 'middle path'.

Ascended Master Saint Germain

Saint Germain often appears around those who have communication or healing as their life purpose. His role is to help us to shed anything that hinders our self-expression and with expressing who we truly are in our lives. He is another great choice for healing.

Kali

Kali is a Hindu goddess associated with death, endings, transformations and destruction. Her nickname is 'The Dark Mother'.

Kali's energy is intense, ferocious, determined and courageous. She encourages us to live fearlessly and has a reputation for being available to help us destroy anything which no longer serves us. Kali can help us with dismantling something in our lives which no longer benefits us. She is a very powerful and fierce Goddess and we should not call on her unless we want to 'go nuclear' and tear down existing structures and frameworks in our lives which do not benefit us.

Later on in this course, I am going to give you a word-for-word breakdown on how to bring in your chosen Divine being and create a sacred space for your client as part of a cord cutting session. But at this point, we are simply going to get to know the Divine beings and introduce you to them, so that you feel more confident when working with them later on.

HOMEWORK EXERCISE:

Explore the Energy of Three Different Divine Beings

Do the 'Breathwork Exercise' (below) once every day for three days. Each time you do it, choose a different Archangel/Ascended Master to call on, so that you can explore and become more familiar with the different energies. (This is good practice, as you will do this exercise at the start of each client session.)

Here is a suggestion for the beings to call on, but feel free to mix and match them for this experiment:

DAY ONE: Mother Mary

DAY TWO: Archangel Michael

DAY THREE: Buddha

THE BREATHWORK EXERCISE

- Firstly, observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your emotional state.
- Now, choose an Archangel (I like Archangel Michael but you can choose any) or choose an Ascended Master (such as Jesus, Mother Mary, Buddha, Krishna, or a Goddess like Ariadne, for example) – any one that appeals to you. Say out loud: *"Archangel Michael (or the name of your chosen being), please be with me."*
- Then, do the breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
- The presence of the Archangel or Ascended Master will now be with you.
- Now check in with your emotional state – how do you feel?

What it feels like to bring in a Divine Being:

Sometimes you don't feel much different, in terms of your emotional state.

Other times you may notice a slight increase in your vibrational state. And occasionally, you can have a full on mystical experience by bringing in a Divine being! (Although this is a lot less common and is more likely to happen at times of adversity.)

I'll give you an example of an experience I had once when bringing in Ascended Master Buddha...

First, a bit of backstory:

I was travelling in South-East Asia a few years ago, and spent a few weeks in Thailand.

I did a house sit in Phuket looking after 9 cats. I also ended up volunteering to foster a 3 week old kitten called Squeaky that was being neglected by its owner and so I didn't actually end up seeing any of the beautiful beaches of Phuket, Thailand - instead I was holed up in my house sit bottle feeding Squeaky every 4 hours round the clock, sleep-deprived, but totally happy!

When it was time to give Squeaky back, I was worried about his uncertain future, so I called on Ascended Master Buddha, and said a prayer that he may be protected and looked out for.

As soon as I called on Ascended Master Buddha, I felt an invisible force, like a tsunami of energy, hit me. It felt like I was kicked out of my body/brain for about 10 seconds. As it was happening, I was out of my mind with peace, grace, and a sense of something sacred and powerful. Then 'It' departed, and I was left with a sense of peace, which somehow communicated to me that I needn't feel so much angst about the kitten. Something much bigger and more powerful than me was going to take it from there.

So, these Divine beings can impart small miracles to us, and I consider that experience to be one of those times. They can also impart healing miracles during an intuitive healing session. You won't be able to see them, or even sometimes feel them when you bring them in at the start of a healing session, but they will be there and you can rest assured they will be doing their part to bring healing to the client.



THE HEALING ATTUNEMENT

OK, now we've looked at getting acquainted with the Divine beings, you are ready for the healing attunement that comes with this program.

What is the Healing Attunement?

For each student on this course, I am going to do a little ceremony for you, and have requested that you be given Divine support and assistance, in this role of healer that you are stepping into. For some of you it will be a new role and for others you are already in this role using other modalities. If you already have some experience in the healing or intuitive arts, this attunement I have done will reinforce the support you already have in place, and it will also help to amplify your channeling ability for the intuitive healing sessions that you are learning to do.

(Note: if you haven't already, please send in the form that is in the members area, this gives me the info that is needed to do the above mentioned ceremony for you.)

In addition to this, there is an attunement that you're going to go through to call this Divine support into your life for this role of healer that you're taking on. The attunement is a guided meditation that I'm going to do with you, which will connect you to the Divine realm (aka the realm of the Divine beings we just covered in the last section) and which also activates the healing gifts you have, for those who have not done any healing work before. It also creates a connection from the Divine realm, to your Higher Self, so that it is easier for you to work with Divine beings as part of an intuitive healing session.

WHAT WILL HAPPEN DURING THE ATTUNEMENT?

During the guided meditation, you will meet with Archangel Michael (the Divine protector) and Archangel Raphael, (the Divine physician) and you will be given some energies and gifts that will help you on your path as a healer. You will also create a connection from the Divine realm to your Higher self.

The guided meditation can be found about 1 hour and 20 minutes into the lesson one video lecture. So, at this point you will need to go over and watch the video if you haven't already.

AFTER THE ATTUNEMENT

I hope you enjoyed the attunement process.

Depending on how the attunement went, you may feel 'spaced out' or hyperactive in the hours and days that follow. If so, please take a few days to ground yourself before you proceed. Eat well, sleep well, do some exercise and look after yourself physically. If you feel hyperactive, take a bath with a cup of epsom salt in it to remove any excess energy.

Homework:

Find 10 practice clients for this course – you are going to do a cord cutting or another healing session for them.

When you have decided who to invite to be your practice clients (some guidelines for choosing practice clients are below!), ask your practice clients for this personal information:

- Name
- A recent photo (from the last few years)
- I also like to have the client's date of birth, as this helps to connect me in with their energy, but this is not 100% essential

Let your practice clients know what the cord cutting will cover, so they know what to expect as part of the process. For more specific guidelines, you can take a look at [how I present cord cutting sessions on my website](#). (However, if you take inspiration from this page and want to send it to your practice client, please do re-word it, rather than just copy and paste.)

GUIDELINES FOR CHOOSING PRACTICE CORD CUTTING CLIENTS

- Do not choose close family members or friends as practice clients – you know them too well and it may be difficult to be objective when you come to the part where you need to read the dynamics of the cord.

- The best practice clients are people you know a little, but whom you are not too close to and whose daily lives you are not familiar with. People you have met over the internet on a forum or through an internet community, for example, make good practice clients. You could also ask an acquaintance whom you know in person.
- Make sure the people you choose have an interest in metaphysics and healing. Preferably your practice clients will be interested in personal and spiritual growth, too. Choose open-minded practice clients, for a good experience. Your clients should ideally be familiar with the concept of the chakra system, and believe in it.

NOT SURE WHERE TO FIND YOUR PRACTICE CLIENTS?

Some students do not have spiritual people in their circle of friends or acquaintances and have a hard time finding people to do practice readings for.

In this case, I would recommend finding practice clients online instead. Here are some examples of online places where previous students have found their own practice clients:

- Private/closed Facebook groups - I used to belong to two groups called 'Intuition is Awesome' & 'Intuitively Gifted' — and I believe there are many Facebook groups like this which have been set up for those who are interested in psychic development. If you're unsure about offering healing sessions in such groups, you could email the creator of the group and ask if offering free sessions in the group is OK. If you search for other metaphysical terms on Facebook you might find other groups, too.
- Online forums, such as SpiritualForums.com
- Ask your friends if they know any spiritually minded people who might be interested in a session
- If you're still having trouble finding practice clients, you may wish to contact someone from the 'practice clients' spreadsheet that can be found in the members area. These are other students doing this course who are looking to have a session with another practitioner.

OK, so this concludes lesson 1. Please make sure that you watch the lesson 1 video lecture and have completed all of the exercises before moving on to the next lesson.