

THE PROFESSIONAL

Intuitive Healing

PROGRAM



LESSON 3 COURSE BOOK

Lesson 3 - The Earthbound Spirit Release Session

THE EARTHBOUND SPIRIT RELEASE SESSION

Now that we've laid the groundwork for doing healing sessions, we are now ready to learn the actual techniques, starting with the earthbound spirit release.

I'm going to teach you how to do an earthbound spirit release before we learn to do any of the other healing sessions you're going to learn. There are 3 reasons this is covered right at the start of this program:

1. On occasion, when a client books in for a cord cutting, you may find that they are carrying earthbound spirits with them. And if a client has earthbound spirits in their auric field, it's a bad idea to do a cord cutting. So, you need to be able to do an earthbound spirit release before you even consider cutting a cord for someone.
2. An earthbound spirit release is actually the easiest type of session to do with a client, so it's a good way for you to dip your toes into the pool of intuitive healing, rather than get thrown in at the deep end!
3. You will be learning to do an earthbound spirit release session for yourself, so that you can begin this course with a clear auric field (and this will help with your intuitive healing work, too.) Not everyone who does this course will have earthbound spirit attachments, but we will do it anyway as a precaution.

So, I mentioned above that **it's a bad idea to do a cord cutting with a client who has earthbound spirits in their auric field.** Here are the two reasons why:

1. If you are an empath with very flexible energetic boundaries, when you tune into a client during a cord cutting, it is possible that the earthbound spirits in their auric field may "migrate" over to yours. Therefore, for the sake of being cautious, we do not do cord cutting sessions for clients who are carrying earthbound spirits with them. We do a session to clear the earthbound spirits first, and we propose this alternative session to clients.
2. The second reason we don't cut cords for people who have earthbound spirits in their auric field, is because such a person is less likely to feel the benefits of a cord cutting. Earthbound spirits amplify our own negative emotions and they can make us feel emotionally volatile, when we are carrying a lot of them. This

can often obscure the benefits of the cord cutting work, and so the results won't be as noticeable.

Before we get into the protocol for releasing earthbound spirits, we will want to look at what exactly earthbound spirits are and how people end up with these spirits in their energy field.

WHAT ARE EARTHBOUND SPIRITS?

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 or 'astral entities'.

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', fearfulness, unhappiness, and pain.

Here are a few reasons earthbound spirits won't fully cross over:

- Addictions (when a person is dependent upon a physical substance, such as alcohol or some other drug, the emotional and mental body may be so attached to that substance that the person is reluctant to leave the Earth plane upon death)
- Fear of God's judgment/hell
- An extraordinary level of attachment to a loved one(s)
- Lack of awareness of having died
- No belief in the afterlife
- Guilt or trauma from having committed suicide (especially when under the influence of alcohol or drugs)
- A need for vengeance
- Any other unfinished business

Earthbound spirits are commonly found in public places that sometimes see sadness and pain, such as hospitals, funeral parlours, prisons, cemeteries and police stations. Some who were attached to an earthly substance such as alcohol, may also be drawn to places which serve alcohol, such as bars and clubs.

How Does A Person End up With Earthbound Spirits in Their Aura?

Earthbound Spirits are drawn to the following people:

- People who smoke marijuana (which opens up your energy and attracts earthbound spirits, like moths to a flame)
- Those who get very drunk (so drunk that they lose control and don't know what's going on anymore)
- Those who open themselves up to channel without having any training, considering or caring about who or what they might be channelling
- Reiki practitioners (Earthbound spirits love Reiki energy)
- People with naturally very porous and open energy fields, like empaths*

(*Empaths are able to merge with other peoples' energy fields – their energetic openness allows them to leave their own energy body and feel into other peoples' energy. Unfortunately, this energetic openness also causes empaths to unconsciously explore other peoples' energy fields and to habitually bring back earthbound spirits with them when they return to their own energy field, without even knowing this has occurred.)

The Two Types of Earthbound Spirit

There are two different types of earthbound spirit that we will learn about as part of this program:

- The ordinary earthbound spirit (wherever in this course I refer to an 'earthbound spirit', know that I am referring to this type)
- The enmeshed earthbound spirit

It is the ordinary earthbound spirit that we are going to learn to release in this module.

Ordinary earthbound spirits are:

- Attached to the outside of a client's auric field.
- Easy to clear from a person's aura
- Pretty common.

There is another type of earthbound spirit, which is the **enmeshed earthbound spirit**. We will cover these in detail in a later lesson. But just so you understand the difference for now between the two types, these enmeshed spirit attachments are:

- Attached to the INSIDE of your client's auric field, and occupying a small portion of her life force energy
- Uncommon
- Deeply attached to clients, and you cannot release them using the same technique you'd use to clear an ordinary earthbound spirit. The technique that we'll learn to release these spirits is much more complicated, and so I'm saving it until the end of the course.

So now that you understand the two categories of earthbound spirit, next, I want to talk a little bit about why it is important to avoid earthbound spirits and why clients should get them cleared from their energy field in a session.

The Negative Effects of Earthbound Spirit Attachment

There are three main reasons why we would want to avoid inviting earthbound spirits into our energy fields. The first is that they drain energy. One of these spirits will drain a very small amount of energy, but the more attaching spirits you have, the more draining it gets. For example, two hundred earthbound spirits would be a sizeable drain on your energetic resources. Two thousand would be a massive drain on your energy.

To illustrate this point, think of a small electrical appliance in your home, such as an electric alarm clock. One small appliance uses up very little electricity and won't make a large dent in your electricity bill each month. But if you had two hundred such appliances plugged into your wall, you'd soon notice that you were paying a lot more for your electricity. Two thousand, two hundred or even twenty earthbound spirits are very taxing on the human energy system in the same way that appliances are taxing on your electricity bill. It's not uncommon to find ten or twenty earthbound spirits attached to a client. Removing these spirits and releasing them into the light can often help to improve a person's energy levels. The most common effect of doing this kind of healing session, is that the client feels lighter.

Negative Emotions & Earthbound Spirits

The second reason why earthbound spirits are to be avoided is because by their nature they are very unstable and susceptible to negative emotions. When earthbound spirits attach to a person, they amplify and echo any pain and negative emotion in that person's energy field. So if you feel angry and have earthbound spirits in your energy field, that anger will be amplified. The same goes for any fear or pain you are carrying. Those negative emotions can certainly be reduced by removing any attaching earthbound spirits, although removing the earthbound spirits will do

nothing to remove the actual root cause of the negative emotion. Earthbound spirits simply echo negative emotion that is already there in you – they do not create it.

Earthbound Spirits & Intuitive Accuracy

The third reason we want to release (and avoid) earthbound spirits is because they can affect a person's intuitive accuracy. If you have an earthbound spirit in your aura, and you 'tune in' to Spirit with no psychic development training, you may end up channelling that spirit, perhaps assuming that it's your Spirit Guide. This is because it is easier to connect with earthbound spirits than it is to connect with Spirit Guides. (Earthbound spirits are closer to the earth plane, vibrationally speaking, than your Spirit Guides are.)

However, it is not beneficial to channel spiritual guidance from such a spirit. The earthly equivalent of channelling and consulting an earthbound spirit is like approaching someone with significant life problems that are keeping them very stuck or unhappy, and asking for their advice on your personal problems. The advice is less likely to be helpful or high-vibrational because it is more likely to come from a place of confusion, disorientation, fear or stuckness.

Professional Intuitives and Earthbound Spirits

Note that people who do readings for others are particularly at risk of attracting earthbound spirits, so your clients who are professional intuitives or Reiki practitioners will be often be 'picking up' earthbound spirit attachments, unless they have a way to repel these spirits or they have a naturally closed energy field (which is less common for people in the spiritual industry.)

Most professional intuitives & Reiki practitioners have a habitually porous energy field by virtue of being an generally empathic or intuitive person when they're not working. A professional intuitive or Reiki practitioner can also take on earthbound spirits when they ARE working (usually from their clients).

This is because as mentioned, earthbound spirits love Reiki energy. It seems to really attract them. And then for the professional intuitives, they're opening up their own energy fields on a regular basis in order to do readings for clients. So let's say the professional intuitive is in a session with a client, who has attaching earthbound spirits (which is not uncommon for an empathic and open spiritual seeker). The aura of the professional intuitive is most likely big, open and full of spiritual light. If the client has earthbound spirit attachments, those spirits can unfortunately migrate over to the intuitive's energy field. Earthbound spirits will always gravitate towards

the aura that is of the highest vibration—the aura with the most light and openness. Just like human beings, earthbound spirits tend to favour people who have the brightest auras.

So, spiritual workers can benefit a lot from this type of session, and in fact you'll do it for yourself at the end of this module, in case you have any earthbound spirit attachments.

The Benefits of an Earthbound Spirit Release Session

So, to summarise the benefits of this type of session, clients often feel:

- Lighter
- More energetic
- More emotionally stable
- More confident in their psychic development/channelling processes, that they are channelling the right beings (such as their guides/angels).

The degree to which this session will be beneficial will also depend on the number of earthbound spirit attachments. If a client has 200 or 2000 attachments, they're going to really feel the results of this session. If they have only one or a few, they may not notice the results as much. You should still however proceed with this type of session, before you do a cord cutting, no matter how many attachments the client has, because you don't want your client to be accidentally channelling this type of spirit or receiving "guidance" from these beings (which is more likely to happen when the client is carrying earthbound spirits with her.)

An Important Note on 'Negative Entities'

One of the biggest myths about earthbound spirits is that they are somehow negative (indeed, some healing modalities refer to these spirits as 'negative entities').

Earthbound spirits are not inherently negative or demonic. The trait that they all have in common is that they are reluctant to cross over to the other side, perhaps because of addiction, fear or pain of some kind. This can make them seem negative, but this is a state of mind — not a permanent, soul-level trait. In most other ways, they are just like you and me — only not in a body, and quite confused, stuck or unhappy!

THE PROTOCOL FOR RELEASING EARTHBOUND SPIRITS

Please note that a shortened version of the protocol below is also given in the 'cheat sheets' book. Below I give explanations for the various steps, in addition to actually giving you the protocol you need to clear these spirits.

So as mentioned, we need to check every new cord cutting client for earthbound spirits. Before you can do this, you need to bring in a Divine being and set up a sacred space – instructions for that below:

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 the situation

If you are told that the person has earthbound spirits in their auric field, then next, you will want to explain to the client that you recommend a different type of session for them at this time. You will want to tell her that you sense the presence of earthbound spirits in her auric field and you would like to clear them.

I usually say something like:

“I’ve noticed something in your energy field which I think would interfere with you receiving the benefits of a cord cutting, so I recommend we do something else. I feel you have some earthbound spirit attachments and I’d like to clear those for you instead.”

Spend a bit of time explaining the following points about earthbound spirits (this usually takes me 5 minutes or so:)

- What they are
- Why they don’t cross over
- Who earthbound spirits are drawn to
- The 3 main ways in which they can affect us
- Why it is a good idea to clear them before doing a cord cutting
- That we have a way of preventing the client from attracting these earthbound spirits in the future through a piece of homework that you are going to pass on to her

- Also let the client know that as part of the clearing, you can clear earthbound spirits from their home and from any other space they would like to include in the process
- Explain also that this is a healing not just for the client, but also for the spirits who are with her, because they will finally be able to cross over to the light.

Usually, once you have gone through these points, the client agrees to go ahead with this type of healing. I have never had a client decline to have the healing. But in a situation like that, you would need to refund the client's session fee, and say that you're not comfortable doing a cord cutting with them at this time.

Once the client has agreed to have this type of session, ask her if she would like you to clear anywhere else, besides her aura - does she want you to clear her home? She may also want to include other people in the clearing process. It is OK to clear her dependents (i.e. children under the age of 16) and if you do that, you will need to add a section in the ceremony along the following lines: "we also ask for (name of child)'s aura to be cleared, if his/her soul is in agreement with that."

So, to recap here is what you've done so far:

1. You've brought in a Divine being
2. You've set up a sacred space
3. You've explained to the client all about earthbound spirits and you have got her permission to go ahead and clear them.

STEP FIVE: Next, you need to find out a bit more about these spirits and how they are affecting your client...

At this point, what you will want to do is tune into the clients' aura to find out how these spirits are impacting on her chakra system. Before you do, tell your client that you are going to find out how the earthbound spirits have been impacting her on the level of her chakra system, and that this usually takes you a few minutes. Ask her to go within (while you're off reading her chakra system) and see if she can put a word on how she currently feels. Tell her you'll be back in a few minutes. Then I usually mute the client and let her know, so that I can read her chakra system undisturbed.

The first question to ask is: *"How many of these spirits are with the client?"*

Use your pendulum to ask, is it more than 5 or less than 5? Go up in increments of 5 until you have the right number. When you get close to the right number, go up in increments of 1.

For example, is it more than 5? Yes. It is more than 10? No. Is it more than 6? Yes. Is it more than 7? No. By following this process, you have your correct number of attached earthbound spirits, which is 7.

The second question to ask is: *“Which chakra is most impacted by this/these earthbound spirit(s)?”*

You can use the chakra chart to dowse on the chakra.

I usually find that the earthbound spirits are impacting on one chakra in particular, and it is often connected to the reason the earthbound spirits are with the client in the first place.

I find that everyone has a low-vibrational energy that they tend to specialise in – a negative place they go to, when morale is low. (This is usually related to our primary life lesson.) We tend to attract spirits who have the same negative energy, and it's usually the reason they didn't cross over in the first place.

So, for example, if we tend to feel shame or guilt about past actions when we're feeling down, we will attract a spirit who resonates with shame or guilt. And maybe the spirit we attract doesn't cross over because that spirit did something bad in their most recent past life and they don't feel confident they aren't going to hell if they do cross over. So we attract earthbound spirits (like attract like), and the ones that are with us are not there by accident. Another example could be that the client is grieving a loss and is carrying pain in her heart chakra. If she is open to earthbound spirits and engages with them energetically, the ones she will attract will probably also resonate with pain.

The third question to ask is: *“Which type of negative energy do/does this/these spirit(s) resonate with?”*

You can use the negative energy chart to find out which negative energy/energies these earthbound spirits resonate with. You don't need to get a lot of detail, just an indication of why the spirits chose to attach to your client. There is something within her that resonates with them.

The fourth (and an optional) question to ask is: *“Which chakra databank is most affected by this/these earthbound spirit(s)?”*

Use the ‘quick databanks’ chart to find out. If the databank is not on the ‘quick databanks’ chart, use the ‘full databanks’ one.

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 may accidentally channel them.)
- What negative energy they bring to her
- Which chakra they are impacting & how this may be affecting her

Example: Client has 5 earthbound spirits which are affecting her at the solar plexus chakra. The energy they bring is ‘anxiety’ and they are affecting her at the databank of ‘willingness to make mistakes’. This translates into perfectionism and anxiety about taking action; a fear of taking risks.

Note: I do not channel extra information about the spirits, such as who they are, are they male/female etc, and I don’t recommend you waste your time doing this. The reason for me not bothering to channel extra information is that I was taught these earthbound spirits are a bit like picking up bubblegum on your shoe. It isn’t personal. If they’re with us, it’s just because we’re susceptible to them. The enmeshed earthbound spirits on the other hand, are personal, and are with us for a reason, and we have a much closer relationship with an enmeshed spirit. We’ll find out more about that later on in this course.

STEP SIX: Explain what will happen next...

Ask the client if she’d like to clear her home in addition to her aura. Let her know that we may as well, seeing as it doesn’t take much effort to add this into the clearing request. I don’t offer to clear dependents (i.e. children under the age of 16) unless the client specifically requests it.

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 SEVEN: Next, clear the earthbound 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 until you are sleepy, sigh, yawn or until you feel that the 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 EIGHT: 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 NINE: 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 TEN: 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 ELEVEN: 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 TWELVE: Passing on the homework to your client

Next, I 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.

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 usually 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).”*

POTENTIAL CLIENT QUESTIONS ABOUT THE 21-DAY PRAYER

Below I’ve posted a couple of frequently asked questions about this 21-day prayer, and my answers to them, in case your client asks them.

Question #1: I’m concerned that the 21-Day Prayer for avoiding earthbound spirits will block me off from communicating with my deceased loved ones...because I’m not sure if my deceased loved ones have the highest of vibrations.

Answer: In my experience, this prayer does not cut us off from any deceased loved ones who are with you at the choice of your soul. However, if you are worried about this, you can add adapt the prayer so it reads:

“I 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, including my deceased loved ones.”

Question #2: “I’m a professional medium – will saying the 21-Day Prayer for avoiding earthbound spirits block other peoples’ deceased loved ones from contacting me? (...because I’m not sure if my clients’ deceased loved ones always have the highest of vibrations.)

Answer: If you are a medium, you can add adapt the prayer as follows:

“I 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, including my deceased loved ones and the deceased loved ones of my mediumship clients.”

Question #3: Sometimes people ask the following question about the homework —“Should I do this prayer every day from now on?”

My answer is no — you don’t need to do it every day for the rest of your life. Just 21 days is enough. Doing it daily won’t do any harm but it also won’t help either. People sometimes ask this out of fear — they think, the more they do the prayer, the more protected they will be, but it doesn’t work like that. If you program your energy field to be protected from these spirits, it will work. This prayer is about re-doing your energetic boundaries once. So that’s why you don’t need to do it forever.

STEP THIRTEEN: Next, answer any other questions

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

STEP FOURTEEN: 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.

Further Info on the Prayer/Explanation of the Prayer's Wording

Everything in this prayer is designed to soothe the earthbound spirits and encourage them to cross over. The underlying emotion of the prayer is one of peace and love.

Through this prayer, the spirits are reminded that they are Divinely created beings, with another place to be. They are reminded that the Creator loves them. They are reminded of the truth of who they are. They are reminded that they do not have to be tied to the earth's vibrations anymore, and that they can release any pain and fear. And finally, they are reminded that they are forgiven from anything they feel they did wrong in their most recent lifetime. Any resistance to crossing over is healed.

A Note on the Origins of These Techniques

These spiritual healing techniques come from an organization called 'Teaching of the Inner Christ' via a past mentor of mine. They have a website: www.teachingoftheinnerchrist.com.

Why I Prefer Not to Advertise This Sort of Session

If you go to my website, you'll notice this earthbound spirit release session is nowhere to be found. Shelly (the resident intuitive healer who works via my website) offers cord cutting sessions, but not earthbound spirit release sessions.

Over time, we have come to find that this is the best way of offering earthbound spirit release sessions — by offering cord cutting sessions instead, and then when you find earthbound spirit attachments, offering to clear those for people.

The reason for this is that people who don't have earthbound spirit attachments will often book an earthbound spirit release session. And the people who need it most often will not book.

I tend to find that 1 in 10 or maybe 1 in 15 people need an earthbound spirit release. If you offer these sessions publicly, (depending on who you attract on your website or

wherever it is you offer the sessions), you would possibly have to refund many clients who book this specific session. This is variable however, it depends on the demographic. For example, if you work with lots of Reiki practitioners or cannabis users (and you might not even know you are working with these people), you may have lots of clients show up with earthbound spirits.

An alternative would be to offer Intuitive Healing sessions on your website (rather than cord cutting) and explain that this encompasses earthbound spirit release, enmeshed earthbound spirit release, aura clearing and cord cutting. But also clarify with your clients that you will be working on whatever comes up in the session, so if they book, they do need to be open to that.

On my website, Shelly writes the following for her cord cutting sessions:

Please note the following terms:

“In some situations, a Cord-Cutting session may not be appropriate, because there are certain types of energetic ‘clutter’ that occasionally need to be cleared from a client’s auric field before he/she can benefit from a Cord-Cutting session. This does not happen very often, but Shelly will let you know if this is the case for you at the beginning of the session, and clearly explain what she recommends you clear instead. You will be given the choice to proceed with a different type of healing session.”

NOTE: please do not copy and paste the above. If you wish to write something along those lines, please put it in your own words.

How Long Does the Earthbound Spirit Release Session Take?

It usually takes me less than half an hour.

In this case if your client has booked in for a 60-min cord cutting, you may wish to refund half of the session fee.

However, if for some reason it takes longer (for example, you find you have to repeat the line “you are healed and forgiven” over and over for a long time) then you may wish to charge the same amount as you would for a cord cutting session.

Homework

3 pieces of homework:

1. Do this earthbound spirit release session for yourself. Use the cheat sheet I am providing in the members area entitled 'Cheat Sheet – Doing An Earthbound Spirit Release for Yourself'
2. Do the 21-day prayer to close off your aura to this type of spirit for good, for 3 mins daily. Follow the instructions to make sure you do this when there is no background noise (such as TV or music with words in it.)
3. Complete the earthbound spirit worksheet.

You do not need to do homework tasks 1 and 2 if you have completed my Akashic Record Reading Program and had this session already with me or Debra Reeves (who works via my website and does this session with my students sometimes), or if you have already done this ceremony for yourself (it is in some of my other courses, too.)

Please note that you must have done the 21-day prayer for 21 days in a row. If you did not complete it or you missed a day, you need to do BOTH the earthbound spirit release again, and the 21-day prayer again.

AN ALTERNATIVE TO USING THE PENDULUM FOR

STEP 5 IN THE EARTHBOUND SPIRIT RELEASE

PROCESS

I always recommend using a pendulum to check whether a client has earthbound spirits that need clearing (and to find out information on how the spirits are affecting your client) simply because it is the simplest and most accurate way to get your answers.

However, let's say that for whatever reason, you cannot use the pendulum. In that case, here is how I would go about this process without a pendulum.

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 several minutes (note: it usually takes longer to do this whole process below using your clair senses instead of your pendulum, especially if you're a new intuitive healer.)

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.

Next, you're going to channel some information. To prepare for the channelling, do the breathing part from 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.

If you're quick at visualising, take a moment to open your chakras as per the process given in my Chakra Meditation (if you're not quick, skip it).

Next, close your eyes. Visualise your client sitting opposite you at a table. If you're already sitting at a table or desk, you may wish to visualise the person sitting opposite you in that room. Now imagine taking their hands from across the table and holding each hand in yours. This connects you to their energy.

See a golden white light just above your crown chakra (above your head). See this light turn into a large 'dome' that is directly above you. It grows downward and envelops you and the person you're reading in golden light. Now you both have a

golden curtain of energy around you on all sides, and you are enclosed in this space with the person you're reading. If you prefer, you can also imagine putting up a tent around you both to create that space.

Then say: "please show me the truth of (client's name's) energy"

Next, ask the following question:

"Does this client have earthbound spirits with her?"

How you get a response will depend on your strongest clair senses.

If you're clairvoyant, you may see dark energy or a dark patch in the person's energy field.

If you're clairaudient, you may hear a 'yes' or 'no'.

If you're claircognizant, you will have an impression or know whether or not this person has earthbound spirits attached to them.

If you're clairsentient or an empath, you may be able to feel the presence of these beings. The energy of an earthbound spirit feels a bit funky or weird. It's a bit like you're walking and suddenly finding yourself wandered into a bad part of town. To me, it's the same energy or feeling as a run-down part of town. Or similar to the energy of an untidy & dirty thrift store.

You may also get a sinking feeling or feel something negative all of a sudden. If you don't feel anything or you feel neutral, the likely answer to the question is 'no'.

Next ask the following question:

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

You may have a number popping into your head visually, if you're clairvoyant.

If you're clairaudient, you will hear a number.

What you can also do is start counting in your head, starting from 1, and then get a sense claircognizantly or clairsentiently for whether it's more or less than 2/3/4/5 etc. Keep counting in increments of 5 or 10 if it's not in single digits.

Next, you will want to ask:

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

You may see the client’s chakra highlighted in your mind’s eye, if you’re clairvoyant.

You may hear which chakra it is, if you’re clairaudent.

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.

The next question to ask is:

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

Look at the negative energy chart and see if your eyes are drawn to one energy in particular. One of the energies may jump out at you.

If you’re clairsentient or an empath, you may feel something within yourself. Spirit may remind you of an event or an occasion in your own life that has a particular emotion or energy associated with it. Pay attention to everything that comes up, because it can have meaning for this exercise.

To develop these clair senses further, don’t forget to do the awakening/sensitizing exercises in lesson one.

FEARS AROUND WORKING WITH EARTHBOUND SPIRITS

While we're covering earthbound spirits in general, I wanted to share a question I recently received from a student about this topic, and my response to it. I think it will help those of you who feel some apprehensiveness around working with earthbound spirits.

Question:

Hi Anna,

I've got a question about earthbound spirits, but need to give you the context first.

Many years ago I stayed at a hotel in an area where historically there were hundreds of deaths, as a freak flood washed down the valley taking houses and people with it. During the night I was partially awake because I was aware of having lots of chats with earthbound spirits one after another and talking to them about moving on to the light. (This has never happened before or since and was before I even knew much about them.)

Then a really horrible one came in that energetically went through the motions of raping me, although physically I couldn't feel anything, the intent was there and I was trying to move to get away and make a noise, as I knew I was asleep but couldn't move, but I was also really awake and was aware of the whole thing. Needless to say, I didn't like staying in hotels for a while.

I don't want to worry or upset your students, or bring in an element to the training that you weren't planning on, or to take you off track, so I really don't mind if you share that or don't on the call, I defer to your preference on that. But personally I have some questions around that which feel important to me as we're covering earthbound spirits.

Questions: Are there some cases of troublesome earthbound spirits where it isn't appropriate to engage with them and move them on to the light? What if they don't want to go, are we working against their free will?

Jane.

Answer:

Hi Jane,

If you bring in a Divine being (aka Ascended Master or Archangel) at the beginning of a session, you won't have an issue with earthbound spirits behaving in a threatening way towards you. The Divine beings bring the safety aspect.

I've never had any trouble with an earthbound spirit refusing to cross over. An analogy for the stuckness would be if you were stuck in an airport and had to live there for years on end, going nowhere and unable to leave.

No-one wants to be in that limbo, and when you use the method I am providing, reminding the spirit that there's a better place to be, and that there won't be any negative consequences to crossing over, it's really a no brainer. All of them have gone. Sometimes you do have to repeat the "you are healed and forgiven" line from the prayer for several minutes until their resistance is completely gone.

To work with earthbound spirits, you have to see them for what they are, which is stuck, scared, powerless-feeling spirits. If they lash out, it's because they're like a cornered animal, and they can't do you any damage.

They don't have the power to energetically violate us, unless we grant that power (sometimes we unconsciously grant it through fear, so you have to remain in your power, and remember they can't hurt you & that the Divine beings have your back.)

I have pasted an energetic sovereignty prayer below, which you can use if you are nervous about working with these spirits. It will strengthen your own energy field.

Say the following:

*"According to the universal law of creation
My body and my energy field were given to me and only to me,
(say your name)
To hold only all that is me, all of my energy, all of my power
And all that benefits me.
My body and my energy field inherently are not designed
To hold anything that is not me or does not benefit me.*

*Anything that is not me, or may be harmful to me,
Is automatically rejected by my energy field.
I have ultimate control over what my energy field holds.
In my body and my field I, (say your name) RULE.”*

You can say the above prayer as often as you like, and it is most effective when you memorise it.

You might also find this article interesting: [Why I Don't Believe in Psychic Attack](#)

I hope that helps,

Anna.

KEEPING EARTHBOUND SPIRITS

OUT OF YOUR SPACE

Another common question that students have once they have cleared earthbound spirits from their space is: “Is there a way to keep these energies out of my home in the future?” The answer to that question is yes, and in this section I will teach you how.

HOW TO KEEP NEGATIVE ENERGIES OUT OF YOUR SPACE

We can keep earthbound spirits out by doing a protective blessing (which means placing energetic protection around the space) with the help of a Divine-level being, such as an Archangel or an Ascended Master.

HOW TO DO A PROTECTIVE BLESSING

The protective blessing I am going to pass on to you involves charging crystals with the energy of spiritual protection and then placing them at the four corners of your space.

HERE ARE THE STEPS TO DO THIS:

1. Lay your hands on four crystals - these should be one of the following:

- Amethyst
- Black tourmaline
- Fluorite
- Tourmalinated quartz
- Black obsidian
- Jasper
- Smokey quartz

The crystals above are known for their protective qualities. You can choose the same type of crystal or a variety of types. You can also use crystals you already own, or you can buy new ones. And it does not matter what size the crystals are – you can use large ones or small ones.

2. Next, clear the crystals. You can do this by alternating washing them in hot and cold water (alternate between the two six times.) Or you can clear them by burying

them in a pot plant or in soil outside for 24 hours. You could also place them in bright sunshine for two days (only do this in sunny weather). Or bury them in a bowl of sea salt for 24 hours.

3. Once the crystals are cleared, you will want to charge them. To do this, hold them in your hands or in your lap, and say the following:

Archangel Michael, please be with me for this protective blessing.

Then do the following breathing exercises: 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.

Next, say the following prayer:

I call upon Archangel Michael, and the Guardians of the Four Directions to bring down a protective column of white light in the centre of this property and four columns of white light for each corner of the property.

(Take a moment to see this happening, if you are able to visualise it.)

I ask for the crystals which will soon be placed at the four corners of this property to be charged with these energies of protection. Please connect these energy columns and crystals to one another to form a protective structure around this property.

Specifically, I ask for incoming earthbound spirits to be disallowed from entering this space.

I ask Archangel Michael to place violet flames – one in every corner of this property – to clear and transmute any negative energy that is created from within. I also ask for these to remain in place as long as I occupy this space.

I ask for emissaries of Archangel Michael to stand watch and protect this property at the four corners to deflect any other incoming negative energy, and to make this place as if invisible to anyone with negative or malicious intent. I also ask for the benevolent elemental spirits connected to the land to guard this space.

Thank you for being here. I ask for the blessing of Archangel Michael, any ancestral land spirits that may be here, and Mother Earth and Father Sky on this property. Please fill this space with the energies of love, light, grace, harmony, prosperity and joy.

Thank you. It is done, it is done, it is done.

4. Finally, once you have said the prayer, the four crystals need to be put at the four corners of your space.

Here are some guidelines for putting them in place:

If the property consists of a house and garden at the back and in front of the house, then the crystals should be placed in the furthest corners (i.e. in the gardens). If you have soil in the four corners of your space (i.e. the furthest corners of your property are in a garden) then full or partial burial is also a good idea. (However, if you can't bury the crystals, then this is still okay. If you live in an apartment, for instance, then the crystals can be placed in the internal four corners of the inside space.)

If you do not want to use crystals or don't have access to any, however, you can still use the prayer to do a protective blessing for your space. Having crystals in place is definitely more powerful and long-lasting in terms of protection, but in the absence of crystals, a space can still benefit from having the blessing done without them.

In that case, here is an alternative version of the prayer that you can use:

I call upon Archangel Michael, and the Guardians of the four Directions to bring down a protective column of white light in the centre of this property and four columns of white light for each corner of the property. (Take a moment to see this happening, if you are able to visualise it.)

Please connect these energy columns to one another to form a protective structure around this property.

Specifically, I ask for incoming earthbound spirits to be disallowed from entering this space. I ask Archangel Michael to place violet flames - one in every corner of this property - to clear and transmute any negative energy that is created from within. And for these to burn as long as I occupy this space.

I ask for emissaries of Archangel Michael to stand watch and protect this property at the four corners to deflect any other incoming negative energy, and to make this place as if invisible to anyone with negative or malicious intent. I also ask for the benevolent elemental spirits connected to the land to guard this space. Thank you for being here. I ask for the blessing of Archangel Michael, any ancestral land spirits that may be here, and Mother Earth and Father Sky on this property. Please fill it with the energies of love, light, grace, harmony, prosperity and joy.

Thank you. It is done, it is done, it is done.

PENDULUM DOWSING FAQ'S

When you do an earthbound spirit release, you will be using your pendulum for some of the steps. So, at this point I want to cover some frequently asked questions about the process of pendulum dowsing, just in case they come up for you.

Question #1: My pendulum swings too slowly and the movements are too small for me to make them out. What is going on?

Answer: It is actually very common & normal when you're a beginner for your pendulum to take a wee while to move initially. It usually gets quicker, the more experienced you are. However, if you want to speed it up, or your pendulum movements are too small to discern – here are a few tips to help you (– please note that the solution for both of these problems: **the pendulum moving too slowly**, and **the movements being too small** almost always have the same cause.)

1. Relax your arm!

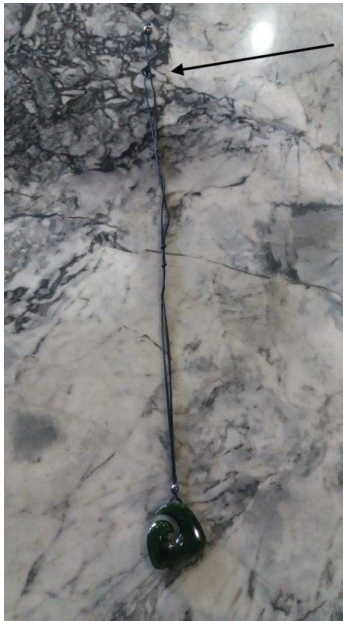
Often when the movements are too small or slow, it is because your arm is tense, and it is making it difficult for the movements to come through. This is often connected to some worry around 'getting it right'. So try relaxing your muscles – you're not going to get more accurate answers by clenching your arm.

Here's a relaxation exercise you can do before dowsing: clench every muscle in your body really hard (including your insides, your pelvic floor, and your face.)

Hold that for 10 seconds and then let go. You will now be slightly more relaxed than you were before. Do it a few times if necessary.

2. Make sure you're holding your pendulum in the right place

What beginners sometimes do is hold their pendulum close to the end of the string – at the top:



And that's not good because the movement of the pendulum is going to be too slow if you hold it all the way up here.

So the ideal place to hold your pendulum (to have sufficient control of it) is about half way down the string (about 6 inches from the pendulum). You can see some little knots I have tied for myself around the place I like to hold my pendulum.



You don't want to hold it all the way down the string near the pendulum, either. In the middle is best – holding it at either extreme is not good because it can either slow the pendulum down or it's just so close that it's very fast.

3. Support your arm properly

Rest your elbow on something. If not, you can end up clenching your arm muscles to support the pendulum, and that can lead to **smaller** or **slower movements**. I usually rest my elbow (the elbow on the arm I am using to dowse) on a table.



Or if I don't have a surface in front of me, I rest it in my other hand (I have my other arm across my belly and with the hand just underneath the other elbow.)

Question #2: I ask my pendulum a question, and sometimes have the answer pop into my head before the pendulum responds! It is quite off-putting – it makes me feel like I am making the answers up, and my thoughts are taking over?

Answer: Actually, it IS totally normal to have the answers pop into your head before the pendulum has time to respond. This frequently happens to my students – it means you have some claircognizance and that is kicking in. It doesn't generally mean your thoughts are taking over.

Question #3: I am getting conflicting answers from my pendulum. How do I deal with that?

Answer: Firstly, never ask the same question twice. Always go with your first answer. If you start second-guessing the first answer you got because you are attached to 'getting it right', it can really mess up the whole process and bring the energy of doubt into it. Asking again is like saying to Spirit: "I'm not sure about the first answer – can you give me another one?" That is not productive because you are then affecting the outcome of the dowsing, based on the answer that your ego wants.

Secondly, stillness (so, getting into the alpha state...we discussed this in lesson 1) is important for dowsing. The pendulum responds to your thoughts as well as to your questions.

So, if you ask a question in your head, the pendulum will respond to the question that you asked. But if a few seconds later you have the thought "*Hmm, am I doing this right?*" or "*I'm not sure what I'm doing here,*" the pendulum will respond to that too, and give you a response! So keep your mind clear and focus only on the question at hand – otherwise you'll get a jumble of answers to questions you're asking without realising you're asking them, or thoughts you're having without realising you're having them.

Question #4: When asking a question with a pendulum, do I need to ask the question out loud or is it okay if I ask questions with my inner voice?

Answer: You don't need to ask questions out loud unless you want to. Most people use their inner voice. It's up to you.

Question #5: If I am asking a series of questions while dowsing should I stop the pendulum between questions?

Answer: Yes, if your pendulum has responded with its answer and is not winding down its movements, I think it's best to stop it physically and move on to the next question.

Question #6: Sometimes when I ask a question while dowsing, the pendulum waits 10 seconds to move before it responds – is this normal?

Answer: Yes. Your description of the pendulum taking a wee while to move is actually very common and normal when you're a beginner. It usually gets quicker, the more experienced you are.

Question #7: Should I energetically cleanse my pendulum between dowsing sessions?

Answer: I probably wouldn't bother clearing your pendulum between uses (that would be overkill as far as I'm concerned), but it can be a good idea to clear your pendulum every couple of months, as objects can take on energetic residues from their environment. To clear it periodically, do the same thing as you did to clear it when you first started using it – bury it in a pot plant or put it outside in the soil overnight. You can also bury your pendulum in a bowl of sea salt, as this can effectively clear any negative energies your pendulum may have picked up.

Question #8: I wondered if there were similarities between using an Ouija board and pendulums? I've heard that both are dangerous to use. Are pendulums 'safer' or is there a similar risk? I would appreciate your answers and perhaps a little reassurance

Answer: All sorts of things can be dangerous if used incorrectly. And a pendulum is one of those things. Let me explain:

Firstly, using a pendulum is nothing like using an Ouija board. Ouija boards rely on physical movements from poltergeist spirits that have amassed enough energy in the physical to be able to move objects. Poltergeists, being in a sort of limbo between dead and living, do not have access to such energy in themselves so they draw it from incarnated souls, which is where the scary phenomena start to occur (people feeling influenced/possessed etc) and then of course objects moving by themselves. These poltergeist spirits, to be powerful enough to draw energy from incarnated people and move objects, tend to be spirits of those who have been dead for a long time and not crossed over, usually because they are very low vibrational (i.e. stuck in fear, anger, revenge). So they can be scary spirits too because they are so angry/frustrated/afraid.

When you use a pendulum the way I teach you to do it, spirits do not move the pendulum. The answers come from your Higher Self, to your subconscious mind, and then to your conscious mind via the tiny movements in your wrist/arm. You've programmed the pendulum to work this way (in lesson 1) and in addition you have done the Earthbound Spirit Release Prayer and the 21-day prayer, so it's not like you go into it asking any Tom, Dick or Harry spirit to come through. In fact, if you've followed my lessons, there won't be a single spirit in your vicinity who can affect your pendulum, nor would you be open to it if you've completed the 21-day prayer for avoiding earthbound spirits. Those steps make your pendulum very safe and reliable to use.

I hope that offers you some reassurance.

Question #9: I am so lousy at dowsing. For one, my hand shakes a lot. And when I receive an answer it often changes. It may swing clockwise, then counter clockwise, then side to side, then diagonally. Plus the swings are weak and shaky to begin with. How should I proceed, is there something I am doing wrong here?

Answer: Sometimes when you are not getting accurate information through dowsing, it can be because you have some unconscious blocks or fears around using the pendulum. This could come from a past life when you were killed or hurt for using your intuitive skills or spiritual guidance. Or it could just be your conscious mind telling you that you can't make dowsing work for you.

Using one or more of the following clearing statements should help you get the pendulum to respond to your questions. I would recommend saying them out loud. (These affirmations were passed on to me by Kate Strong, a colleague of mine):

"I release all fear of using the pendulum. I release all belief, perception, and judgement that I cannot or should not use a pendulum. I release all need and desire to believe that I cannot or should not use a pendulum. I now completely accept and believe and instruct my subconscious to accept and believe on every level of my being, conscious and subconscious, that I can use a pendulum, and that I will receive strong signals and accurate information."

"I release all fear of answering the question. I release all resistance to the answer. I give my subconscious mind permission to answer the question."

These statements reprogram the subconscious mind to replace fear or resistance. In the beginning, you may find it necessary to use releasing statements several times to obtain a yes or no answer from your pendulum.

If you're still having issues after using these prayers, please let me know.

Question #10: This might be a bit of a silly question but I think I've found a pendulum that I would like to use however, aside from clearing/cleansing it, is it okay to wear it as jewellery in social situations or would it be better to just put it away when not using it as a dowsing tool?

Answer: Yes this is fine to also wear your pendulum. But you would need to clear it after you have worn it in a social situation. I'd recommend burying it in sea salt or in a pot plant or outside in the soil.

Question #11: If I buy a new pendulum in the future, do I need to go through the 'attunement' process of asking it to show me 'yes' and 'no'?

Answer: Yes. If you use a different pendulum, i.e. one that is not the one you originally programmed, it's a good idea to go through all the instructions again to program it.