

THE PROFESSIONAL

Intuitive Healing

PROGRAM



LESSON 7 COURSE BOOK

Lesson 7 - The Enmeshed Earthbound Spirit Release Session & The Aura Cleanse Session

THE ENMESHED EARTHBOUND SPIRIT RELEASE SESSION

In this lesson, I will first of all cover how to do an enmeshed earthbound spirit release and then how to do an aura cleanse.

I will start by explaining what an enmeshed earthbound spirit is, how to identify when a client has this kind of situation going on, and how enmeshed earthbound spirits can be cleared from a person's auric field.

I also recommend that you have a look at the cheat sheet for enmeshed earthbound spirit release, which contains all the steps you need for releasing an enmeshed earthbound spirit, without the lengthy explanations that are in this document.

So, earlier on in this course, we covered how to clear ordinary earthbound spirits for people.

Clearing an ordinary earthbound spirit is a relatively straightforward process, as you learned.

An enmeshed earthbound spirit situation, on the other hand, is somewhat different from the ordinary earthbound spirit attachment, and not as straightforward to clear.

Before we go into the nitty gritty of the technique, as a recap, let's have a look at the differences between ordinary earthbound spirits and enmeshed earthbound spirits:

The main difference between these two types of spirit is the location of where they are attached in a person's aura.

Ordinary earthbound spirits (the type I discussed in lesson 3), are attached to the outside of a person's auric field, whereas **the enmeshed earthbound spirit is attached to the inside of the person's auric field**, and as a result, enmeshed

earthbound spirits typically occupy a small portion of the client's life force energy. Ordinary earthbound spirits do not occupy any of the client's life force energy.

Ordinary earthbound spirits 'clutter up' a person's energy field and act like parasites on the client's auric field. Enmeshed earthbound spirits, on the other hand, share the client's consciousness. Essentially, with an enmeshed earthbound spirit situation, two souls are privy to the person's life, and not one. It means that as a result there is a split in the client's consciousness and energy.

An ordinary earthbound spirit that is cluttering up one person's aura may 'migrate' over to another person's aura easily, whereas a spirit that is engaged in an energy sharing situation feels attached to their 'host', and so does not 'migrate' over to another person.

Note: Having an enmeshed earthbound spirit attachment is also called having an energy sharing situation, and I often refer to this phenomenon as 'energy sharing' in this lesson.

Energy sharing sounds scary, but it's not. It just means that a stuck spirit is with the client and trying to help her out in some way. This situation never occurs without the client's permission on some level. Let's have a look at how this kind of situation begins.

How Do We End Up With An Energy Sharing Situation?

An energy sharing situation begins when the client is already carrying one or more earthbound spirits in his/her auric field – the energy sharing will always start in that way (*although bear in mind that not all ordinary earthbound spirit attachments will result in an energy sharing situation, in fact, very few will.*)

Sometimes an energy sharing situation begins immediately after a new earthbound spirit attaches and other times there will be a time lapse between the earthbound spirit approaching the client and the energy sharing situation beginning.

When I say the client is 'approached' by an earthbound spirit, this almost always happens on a subconscious level. It can happen when the client is asleep (so, during a dream), or it can occur for a child in a waking state, at a time when that child is still open to the astral planes and the beings that reside there (note that children tend to lose their openness to the astral realm after the age of 5-6.)

The approach can also happen when the client is drunk or high on cannabis. (Please see [this article](#) to find out more about how cannabis makes people vulnerable to taking on earthbound spirit attachments.)

If the client is psychic it can also occur consciously, where the client is aware that they are communicating with and making an energetic agreement with a spirit (although this is quite rare). When this occurs, the client may mistake the spirit for a Spirit Guide.

The Consequences of Energy Sharing

Clients who agree (on an unconscious level) to share their energy with an earthbound spirit do not fully understand the consequences of what they're agreeing to. When the agreement is made between the spirit and the client, the benefits of an energy sharing arrangement are usually overstated, plus the fact that the client will now be sharing energy is not made clear.

Once the agreement has been made, the spirit begins to occupy some of the client's life force energy and 'helps' the client with the life area that they agreed to help with.

The result of such a scenario is that the disadvantages of the situation outweigh the benefits. The situation will weaken the client, causing her to need extra support in the area the earthbound spirit is "helping" with. And then the spirit steps in to provide that support. It causes a vicious cycle of weakness in a certain area that can feel difficult to remedy.

With an energy sharing situation, we also tend to find that these enmeshed earthbound spirits may initially occupy (as an example) only 1% of the client's life force energy, but ten years later we may find it is occupying 5% of the client's energy. The sharing of energy gradually increases, as the client falters in that particular area of life more and more.

So, the main consequence of having an enmeshed earthbound spirit with you is that it becomes more challenging to reach your potential in a particular area of life, and you may feel blocked from reaching that potential. And the blockage in question is real on the energetic level – it is an enmeshed earthbound spirit that is helping to keep you stuck, and keeping itself stuck, too.

Enmeshed earthbound spirit attachments do not tend to affect us in the ways that ordinary earthbound spirit attachments do. They tend not to affect our intuitive

accuracy in the same way that an ordinary earthbound spirit can. We can hear “guidance” from ordinary earthbound spirits more easily than we do from enmeshed earthbound spirits. Ordinary earthbound spirits also cause more fatigue and negative emotions. The main negative consequence of having an enmeshed earthbound spirit is that it creates a blockage in a chakra and a particular area of life.

Energy Sharing Examples

Now I’m going to give you an example of an actual energy sharing situation that was proposed to a client by an earthbound spirit.

I recently worked with a female client in her mid thirties who grew up in an ex-Soviet, Eastern European country which has a bloody history of repressing political dissidents and crushing critics of the regime.

An earthbound spirit attached to my client when she was at University in her twenties. Around this time she was partying a lot and her long-time romantic relationship was breaking down. She was also suffering from the ‘winter blues’.

The earthbound spirit attached to the client at night while she had been out partying (so, at a time when her aura was a bit more open following the consumption of large quantities of alcohol.)

There was subsequently a dialogue that took place between the earthbound spirit and the client, in the state between waking and sleeping, and while she was drunk.

The client was upset about her romantic relationship that was in the process of breaking down, and there was something that she said to her partner at the time which precipitated the breakdown of the relationship. Essentially, she blamed herself for oversharing & saying something that he did not react well to.

This earthbound spirit that was attached to her happened to be a spirit who had been dead for around 60 years and whose death was caused by speaking out against the authorities. (At the time this spirit lost her life, the government was murdering political dissidents in concentration camps.)

This earthbound spirit resonated with the energy of regret, especially as it related to **communication & self-expression** (since her death had been caused by speaking out and this traumatic death was actually the reason she was stuck.)

The dialogue she had with the client was along the lines of:

“I see you’re having problems in your relationship because you’re saying too much. I can help you to keep your mouth shut in future. This will ensure you don’t get into a situation like this again. I know exactly what it’s like to suffer after having said too much.”

The earthbound spirit was attached to the client’s throat chakra and ‘reining in’ the client’s throat chakra energy. The client reported being aware of some kind of block that she had felt at her throat chakra for many years which translated into a hesitancy to express herself, and she had tried in vain to overcome it, without actually knowing what it was. And the earthbound spirit actually felt she was helping the client. The client did not understand on any level that the earthbound spirit was offering her a throat chakra ‘blockage’ that would be in place long term at the time the ‘agreement’ was made.

So, this is just one example of the kind of situation that occurs with energy sharing.

Another recent example of an enmeshed spirit attachment that I came across was with a client who was sexually abused by a family member as a child. After an episode of abuse, the child was approached by a spirit who told her that she could make her “invisible” and thus help her dodge the abuse in the future.

When I had a chat with this enmeshed spirit before she was released, it turned out to be a deceased woman who had been unable to protect a loved one from abuse of this kind when she was alive, and so it was the right fit for this scenario. The spirit that was attached to my client also helped to repress her throat chakra, and enabled her to become more quiet and withdrawn, in an attempt to avoid drawing attention from the abuser.

There are plenty of scenarios where hiding one’s light and repressing one’s feelings and authentic self, could be desirable in the short term, but destructive in the long term. These are the kinds of situations where energy sharing typically begins. And you’ll notice that the earthbound spirit that becomes enmeshed has a particular affinity with the client’s situation, in terms of their own life story (from their most recent lifetime.)

Note that both of the examples I have given in this document happen to involve repression of the throat chakra, however an earthbound spirit can repress any chakra and if you work with many clients, over time you should see a variety of scenarios and chakras which are affected.

The Effects of an Energy Sharing Situation on the Earthbound Spirit

So, we've talked about the effects on a client of an energy sharing situation. What about the effects of this situation on the spirit? After all, in this healing it is not only the client who will receive a healing, but also the earthbound spirit.

Earthbound spirits that create energy sharing situations for themselves are already stuck, like any earthbound spirit. But by getting themselves into an energy sharing situation, it creates a new level of feeling trapped. Note that in an energy sharing situation, there will always be an energetic structure hooking the client and the spirit together energetically (i.e. a cord of attachment) that needs to be cut. Since this sort of situation involves an attachment to the client, it becomes a bit more complicated for the spirit to cross over to the other side. The spirit will be emotionally invested in the situation, and may believe that they are helping and making a difference in the client's life.

Usually by the time a client shows up with an energy sharing situation, it has often been going on for some time, and the spirit really will have reached their limit, so to speak, in terms of any evolution or growth that they can gain from the situation. In short, the spirit will be very stuck and unhappy, but also scared and reluctant to cross over to the other side, and thus in a 'Catch-22' situation.

How Much Life Force Energy Will An Enmeshed Spirit Be Occupying?

This will vary. It does tend to be somewhere between 1% and 20% in my experience (it is rare for a spirit to be occupying more than 20% of the client's energy.)

When a spirit is occupying less than a few per cent of the client's energy, it usually does not have enough 'room' to affect the client's life in a significant way. But the client may become aware, consciously or subconsciously, that there is something blocking her/him slightly in the chakra where the enmeshment has taken place. When the spirit occupies more than 15 or 20% of the client's energy, it can cause greater problems, actively limiting and blocking the client from reaching their potential.

Note that these enmeshed spirits do not have the capacity to make a client do anything. Their purpose is actually to repress some part of the client's personality, rather than bring new impulses into the equation.

A Note on the Terminology to Use with Clients

Before we look at the steps you need to go through to heal an energy sharing situation, just a quick note on the terminology to use with our clients:

The scenario that we have covered in this lesson is a possession situation and the healing you will do in this kind of situation is an exorcism. However, because of the associations most clients have with those terms, we do not use them, and you'll notice that I do not refer to these terms anywhere else in this lesson. Instead, it is best to use terms such as 'energy sharing situation' or 'enmeshed earthbound spirit attachment'. And it is also better to refer to the exorcism as an energy sharing healing or an enmeshed earthbound spirit release.

Popular culture (mostly horror movies and TV shows) has given us some inaccurate ideas about what an exorcism is. Having an energy sharing situation does not mean that the spirit controls the client – heads do not spin and bile is not vomited.

Note also that having an enmeshed earthbound spirit attachment does not mean the client is mentally ill. An energy sharing situation is different from having a mental illness. Clients are not going to hear negative voices or feel controlled by a spirit. But the client should feel more free to be their authentic self and reach their goals once the healing is complete.

Identifying that a Client Needs an Energy Sharing Healing

I do not ever advertise this kind of healing to clients and I do not recommend you do either.

One reason for this is that energy sharing is rare. If you do 500 sessions with clients in a year, you are likely to come across no more than a few clients who need this kind of healing. So, if you offer this session on your website, you may get people booking it who do not have this problem. In fact, almost everyone who thinks they have this energetic issue does not. And the people who do have it usually have no idea and might never book this type of session.

The most likely scenario for finding a client who needs an energy sharing healing, is that the client has come in for a cord cutting session but Spirit points out they have an enmeshed earthbound spirit attachment and suggests dealing with that instead.

Having an energy sharing situation doesn't prevent a client from benefiting from cord cutting, so we don't need to check for this situation every time we do a cord cutting (like we do for ordinary earthbound spirits.)

Note also that Spirit hides energy sharing situations from us until they are ready to be cleared. A client must be ready to release the spirit and experience some evolution and healing in the area of life that corresponds to the chakra that is being affected in an energy sharing situation. Sometimes people sense the presence of a spirit with them, and find this reassuring, without even knowing what type of spirit it is. They can unconsciously become attached to the spirit. They may not be ready to let the situation end, for a variety of reasons.

That is why Spirit will obscure this kind of situation from our view until the day the client is ready to release it, so don't be surprised if a long-time client presents with an enmeshed earthbound spirit one day, even when you have checked for this kind of situation at an earlier time. It wasn't that you missed it, it's just that it was hidden from you.

THE ENMESHED EARTHBOUND SPIRIT RELEASE PROTOCOL

Here are the steps to take for an energy sharing healing. Note that it usually takes 45-60 minutes to complete, depending on how quick you are at dowsing & channelling.

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. Let the client know who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, you can go with that. 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 (put the client on mute and do the following out loud so that the client can hear you:)
- 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 your (and the client's) space:

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

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

STEP THREE — Identifying the energy sharing situation

What you're going to do for this step, is address the Divine being that you brought into the session at the beginning and ask (out loud or in your head)

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

If the answer is no, you of course revert to a different session protocol (such as a cord cutting.)

If you find that there is an energy sharing situation going on, explain the following to the client:

- That an energy sharing situation is occurring and define it: i.e. 'this is when an earthbound spirit becomes part of your aura in order to help you in some way, and this is by mutual agreement'. Explain that it becomes a limiting situation after a while and the client is ready for it to be over (avoid using the words 'possession' and 'exorcism'.) Explain also that the spirit is not an evil spirit — just

a stuck spirit.

- Explain how you normally proceed in this situation: “We’ll do a healing ceremony to help this spirit cross over into the light, then I’ll be able to give you more information on how this situation came about. There is also a cord of attachment between you and this spirit, so we’ll cut that too.”
- Talk briefly about the benefits of the session: it can help you to express yourself authentically and just be yourself more fully. It can also make it easier to reach your goals in life. And it sometimes gives you some interesting information that may help you to put past events further into perspective.
- Tell the client that you realise this is a bit unexpected and if they don’t want to go ahead, that’s fine (you can offer a refund or do a different kind of session), but Spirit thinks this is something worth clearing at this time.

If the client agrees (clients almost always do), continue with the protocol for healing an energy sharing situation.

If the client does not agree, you can either offer a refund of the session fee or proceed to a different type of session.

It’s fine to move on to a cord cutting if the client doesn’t want to address the energy sharing situation. The enmeshed spirit doesn’t readily migrate to someone else’s aura (as an ordinary earthbound spirit attachment would.) Nor does having an enmeshed spirit attachment stop a client from benefiting from cord cutting. Enmeshed earthbound spirits create much less energetic ‘noise’ and emotional drama than ordinary earthbound spirits. Enmeshed spirits can hide quietly in the energy field for years, unnoticed by both the client and the healer, and only coming to light when the client is ready to release the situation.

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

For this part of the process, how you are going to proceed depends on how quick you are at channelling and dowsing.

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

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

You are now going to take a few minutes to read the client's chakras to find out how this spirit attachment is affecting her.

I usually put clients on mute and tell them I will be back in several minutes, after I have retrieved the information in steps 4, 5 and 6.

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

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

Usually the spirit is affecting the client at one particular chakra, but there may be 1-2 or more databanks affected within that chakra.

Gather this information and put it to one side. You will pass it on a bit later in the session.

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

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

See what comes to you via your clairs.

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

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

STEP FIVE — Gain more information about the spirit

For this step, you are going to ask further questions to gain more info about the energy sharing situation and how it occurred. Giving this information to your client will help to validate their experience.

Here are the questions to ask:

- How much of (client's name's) life force energy was this spirit sharing? (in a percentage.) Use the percentages chart.
- Is this spirit male or female?
- How long has this spirit been dead? Start by asking, is it more than 10 years/20 years/30 years. If the answer is no, narrow it down by increments of 5, and then 1, i.e. was it more than 25 years? If not, less than 24? Less than 23? etc. Until you get the right number of years.
- When did the spirit make the agreement with the client and become enmeshed? (i.e. how many years & months ago?) For this, ask: 'Was it more than 1 year ago/more than 2/3/4/5 etc. until you reach the right number of years. Then ask for the month — is it more than 5 years and 1 month ago? 5 years and 2 months ago? Keep going up until you find the right number of months.
- Where on the client's energy body is the cord of attachment to this spirit? (use the 'cord locations' chart.)

(When a spirit makes this kind of agreement with a client to become part of their aura, an energetic attachment is formed; it is essentially a cord of attachment, in this case to a disembodied soul.)

- How was the spirit trying to help?/what was the 'agreement' between the spirit and the client? (Looking at the affected chakra and the affected chakra databank(s) may give you more info on that.)

For example, if the affected databank is at the sacral chakra, and it's the databank of 'openness to trying something new', the earthbound spirit may have come in to help the client when she tried something new and it didn't work out well. Don't worry if you can't work this one out yet, because later on in this session you're going to dowse on the cord dynamics and that will also give you some extra information.

- How & where did the attachment happen — was it in a dream state? During intoxication? During play or an altered state? (if the client was a child at the time...children enter an altered state of consciousness all the time. If you've ever tried to get a small child's attention while he or she is watching television, you know what I mean.)

Gather this information and put it on to one side. You will pass it on later in the session, along with the information on the impact of the spirit attachment on the client's chakra system.

STEP SIX — Researching the dynamics of the cord

For this step, you are going to do some research into the negative energies in the cord, that are running back and forth between the client and the spirit. (You will cut the cord later in this session.)

Using your pendulum, ask: *"Is the first negative energy from the client?"* (If it's not, then you know it's from the spirit instead.)

Then ask (using the chart): *"Which is the first negative energy?"* Then write that down. (Be sure to write everything down as you receive it.)

I find there's usually only a few energies in the cord. I usually find 2 energies from the enmeshed spirit and one from the client. But just go with whatever comes up — you may find the cord dynamics are longer.

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

Then put this information to one side for later.

Next, you're going to help the spirit cross over. This involves a cord cutting, along with an earthbound spirit clearing. If you have told the client you'll ring her back, this is the time to call her back.

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

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

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

Address the enmeshed spirit by speaking the following out loud:

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

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

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

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

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

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

The first thing I need you to do is that because you've been experiencing life with (client's name) and you've been a part of his/her consciousness for a while, you've gathered memories in connection with (client's name's) life. You aren't going to need to access those memories anymore going forward. Could you please let go of all of those memories and information

connected to (client's name) beginning from the first time you met (client's name) to this moment now. You don't need to hold onto any memories connected to this experience. They're not yours. You can let them go now and place them into (client's name's) memory banks.

Please go ahead and do that now.

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

Thank you.

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

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

(Check for agreement using your pendulum.)

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

STEP EIGHT — Do the healing ceremony

Next, say the following out loud:

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

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

Dear one, The first energy that Archangel Michael is going to give to you is Divine Love. This is reminding you of the fact that you are deeply loved by the Creator and Divine Intelligence. You

are a special and unique soul who is both deserving of love and deserving of being free and out of this stuck situation you find yourself in.

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

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

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

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

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

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

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

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

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

Dear one, the fourth energy that you are going to receive is Divine Light. Divine Light is here to help you to feel lighter, so that you can start moving on now to your soul's next place of

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

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

STEP NINE - Get permission from the client

Next, say:

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

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

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

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

This is the final step to freeing up the earthbound spirit. At this point, the spirit is going to leave. And you will address the client and the spirit in the following way:

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

Dear one, go in peace.

STEP ELEVEN — Bringing in positive energies

Now that the spirit has departed, you will want to bring in some positive energies temporarily, to replace what has been taken out. For this, you follow the same steps that you do for a cord cutting.

Here are the steps for doing this:

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

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

At this point, it's time to pass on all the information that you have gathered in steps 4, 5 and 6. You don't need to pass on the cord dynamics — instead, those are just used as extra information to help you to put the 'jigsaw puzzle' of this spirit attachment together, and explain why the spirit attached in the first place.

You also do not need to do a discussion of the dynamics with the client, the way you would when you cut any other cord of attachment.

Instead, you just want to tell her:

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

After passing this information on, ask for feedback: e.g. “does this make any sense to you?”

STEP THIRTEEN — Homework & checking in

Before you get off the phone with the client, you will want to tune into Spirit and ask for a final step or piece of advice for the client. A piece of ‘homework’, if you like.

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

I often find here that we’re completely done and there are no further messages to pass on.

At this stage, if you are not able to channel messages (or even if you are), you might also want to pick an oracle card with a message to pass on to your client.

STEP FOURTEEN — Ending the session

Cut psychic ties:

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

Cleanse emotional residues:

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

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

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

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

Cleanse my aura of all this energy now.

Close off your aura:

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

Say goodbye.

If you made a recording of the call, send the recording off. I usually do this straight away so that I can let go of the session energetically.

I also spend five minutes after the session is over writing down some details about it in a spreadsheet. I write down the name of the person I worked with, what we worked on, and which chakra was affected in the enmeshed earthbound spirit situation. Recording this information is helpful in the event that the client books another session with you. In that situation, it allows you to go back and see what you have worked on with this client before and see any themes that may come up over time. Otherwise you may forget.

OK, now we've covered the enmeshed earthbound spirit release, it is time to look at the final type of healing session that we can do with our clients: the Aura Cleanse session.

THE AURA CLEANSE SESSION PROTOCOL

In this section, we're going to look at the 4 types of 'astral debris' that we can clear from a person's energy field during an aura cleanse session.

Astral debris is negative astral-level energy 'clutter' that can get into a person's auric field through a variety of mechanisms. These negative energies can accumulate in our energy bodies, including the mental body, emotional body and etheric body.

We covered one type of astral debris (the earthbound spirit) in Lesson 3. There are 4 other types that we can clear from a person's energy field:

- Unwanted influencing energy (UIE)
- Psychic ties
- Emotional residues
- Negative thought forms (NTF's)

In this document we're going to go over what they are and how to clear them for people.

Before we do that, let's have a look at some of the benefits to clearing these types of astral debris from the energy field:

- **Feeling less distracted**

Some of the astral debris that can accumulate in our auras are about other peoples' experiences, and so it can distract us from our own path and experience. Therefore, clearing it can help us to stay focused on our own life.

- **Greater ability to be true to oneself**

Certain types of astral debris can have a controlling aspect to it, in that it can have us feeling that we 'should' do or be something other than what we are, in order to fit in with other people. Clearing it can help us stay true to ourselves.

- **Feeling lighter on the emotional level**

Some types of astral debris are composed of the energetic residue of other peoples' negative emotional and psychological experiences, so releasing them can help us feel lighter.

Now let's go into what these 4 types of astral debris are:

1. UNWANTED INFLUENCING ENERGY

Unwanted influencing energy is essentially the unseen energetic component of controlling, nagging, bossing and coercing behaviours.

This type of energy comes from people who have an agenda for how you should live your life. It can be sent out about absolutely anything: how you spend your money, your daily routine, which university degree you should choose, how you should dress or what you should look like, how you should raise your children, your political or religious views, and even your sexual orientation.

Note that not all unwanted influencing energies which are broadcast are necessarily received. For a person to be affected by this type of energy, there usually needs to be a component of nagging or receiving unsolicited advice repeatedly.

The person on the receiving end also needs to be susceptible to unwanted influencing energy in order for it to be accepted and received. Those who are most susceptible to unwanted influencing energy are those people who grew up around controlling, judgemental or overbearing people, or those who now spend a lot of time around such people. If getting the approval of other people really matters to you, or has been really important to you at some point in your past, you may be susceptible to receiving unwanted influencing energy.

Who Sends This Type of Energy Out Into the World?

Unwanted influencing energy doesn't just come from friends, family or acquaintances – it can also come from religious, political, or commercial organisations.

How Does Unwanted Influencing Energy Affect Us?

Unwanted influencing energy can affect us by making it more difficult to recognise our own needs and desires. It can block our intuition and sense of clarity in life. It can also interfere with free will and keep us stuck in our lives, feeling unable to pursue the paths we wish to follow.

A person who is carrying a lot of UIE may feel like she needs to please others or behave in a 'compliant' way – even while she may rationally understand that as a grown adult, this is not appropriate behaviour.

Are You Carrying Unwanted Influencing Energy In Your Energy Field?

Below is a short quiz which can help people to work out whether they might be affected by this type of 'energetic clutter.' I sometimes do this quiz with clients who are getting an aura cleanse session.

Note how many of the following questions you answer 'yes' to:

1. Do you often feel weighed down by other people's opinions on how you should do things, or what you should choose in your life?
2. Do you sometimes feel like you should be running your decisions and choices (large and small) past someone else before you take action?
3. Do you care a great deal about what other people think of you and your choices?
4. Do you find it hard to know if you are making choices that are truly your own, or choices that someone else (a loved one, or society) has prescribed for you?
5. Is it hard for you to let people know when they are overstepping your boundaries?
6. When you plan to do something that goes against what other people think you 'should' be doing, do you often procrastinate or feel resistance towards taking action?
7. If a problem comes up in such a situation, do you get easily discouraged and feel it's not 'meant to be'?

The more of the questions above that you answered 'yes' to, the more likely it is that you are carrying unwanted influencing energy with you.

How to Avoid Taking on Unwanted Influencing Energy

The best way to avoid unwanted influencing energy is to set really clear boundaries with people, especially those who seek to control, boss or nag others. By letting people know when their suggestions and advice are unwanted, we prohibit this energy from entering our energetic fields.

I personally have been affected by unwanted influencing energy throughout my life, as I grew up with controlling parents and grandparents who wanted to make many of my decisions for me.

When Advice Is Inappropriate

Most of us dislike receiving unsolicited advice – and for good reason. Inappropriate advice thrust on us can undermine our personal power to identify and fix our own problems. But sometimes it can be tricky to distinguish between helpful, constructive criticism and the type of input that encourages the taking on of unwanted influencing energy.

Here are some things to consider/ask yourself when receiving suggestions from others:

1. Is this person skilled/qualified to make such a suggestion, and have I explicitly or implicitly asked for their help?

There are of course some types of advice that are useful because they come from highly qualified people that you have hired to assist you. A good example would be a suggestion from an accountant who you have hired to help you to improve your accounting systems. Or it could be a massage therapist who has some helpful stretches for a tight part of your body.

2. Does this person often think they know what is best for others?

Is this someone who is often critical or judgmental of other people and the way they do things? Does this person often feel the need to make others wrong?

If you answer ‘no’ to the first question and ‘yes’ to the second, this is someone who is likely to be sending out unwanted influencing energy to others (and perhaps you) on a regular basis.

I once had a session with a client, Stephanie, to clear unwanted influencing energy. Stephanie told me that she felt a lot of this energy had come from a friend who wanted to ‘make a project’ of Stephanie. Stephanie had until that point just ignored her friend’s suggestions, which had taken the form of bombarding Stephanie with solutions for a health issue.

After clearing this unwanted influencing energy in our session, Stephanie began to see the importance of speaking up and letting her friend know that her input wasn’t helping. She had to do this multiple times before her friend finally got the message.

Requesting an end to unsolicited advice is the best way to protect oneself from this type of negative energy. Strong boundaries are key.

How to Deflect Unwanted Influencing Energy from Advertisers

Be aware that not all unwanted influencing energy will come from individuals. Advertising and commercial media can contribute to this type of energetic clutter, because it can be in the interests of such sources that you believe you *should* look a certain way, or own something in particular, in order to be acceptable to others. As a result, some people can also be susceptible to unwanted influencing energy from these sources.

Particularly insidious is the unwanted influencing energy that comes from advertising campaigns targeted towards women, that play on our insecurities and encourage us to feel that we are not enough – not pretty enough, not youthful enough, not thin enough, not successful enough, or just plain not good enough. These influencing energies are often programmed into advertising for wrinkle creams, cosmetic surgery, and weight loss programs.

How can we avoid advertising sources of UIE?

Personally, I avoid adverts on television by putting them on mute. I use an Adblocker when I am surfing online, and I do not read women's magazines.

These are just a few preventative measures that you can take to preserve your personal power and disallow UIE from entering your auric field. However, if these measures fail (and they sometimes do), we can also clear these energies out of our auras and do it for our clients, too.

Now let's go on to the second type of energy that can be cleared from the aura in this type of session: psychic ties.

2. PSYCHIC TIES

Psychic ties are small energetic connections that form between you and another person. They look like tiny threads, akin to webs of energy between us. They are created when you interact with someone else, either in person or at a distance. You do not even have to be personally acquainted with someone in order to form psychic ties to them – we can also form ties to people we watch on television, and those we read about in newspapers or magazines.

When these psychic ties form, it means that a minor psychic and telepathic connection has been formed between you and another person. These ties exist on the level of the astral realm and the unconscious mind. This means that you are more likely to think of the other person out of the blue, and be connected with what he/she thinks and feels. Essentially, psychic ties mean you are hooked into another person's emotions or thoughts, in a subtle but impactful way.

You do not even need to feel another person's feelings and have an empathic experience in order to formulate these ties with people. Non-empaths form them too, but the difference is that empaths are usually more aware of and affected by psychic ties than the average person.

Maybe you have had the experience of knowing when someone close to you has just sent you an email, or you have thought of someone and then the next minute, they have rung you on the telephone! These little intuitive messages come through the psychic ties we have to people, and empaths are more susceptible to such experiences.

How Psychic Ties Affect Us

Psychic ties constitute a small energy drain when we have many of them (and most of us have lots of psychic ties to people – some of whom we have never even met). If you habitually read gossip magazines or newspapers, you will form psychic ties to those you read about.

Psychic ties do not usually constitute a major problem on the level of our auras, but if we let them accumulate over time they can clutter up our energy fields, subtly draining us.

Historically, psychic ties have not been a problem for human beings. It is perhaps only in the last century that we have had access to so many stories of real people in the news and in magazines (not to mention on internet blogs and forums). Having energetic access to so many stories and people can be draining on the level of our energy body. The answer is to cut the psychic ties that we form to people.

I especially recommend that empaths do this on a daily basis, because empaths tend to feel the effects of their accumulated psychic ties with other people more than non-empaths do.

I regularly cut psychic ties to people at the following times:

- Last thing at night before I sleep
- After using the internet. Do you ever feel ‘hooked in’ to the computer, or as if you have some kind of ‘internet hangover’ after using a computer? You may have picked up a bunch of psychic ties while you were online, especially if you were on social media websites!
- When I want to disconnect from my work and clear my mind to focus on non work-related matters at the end of the day
- When I’m worried about someone, or feeling preoccupied with an interaction that happened during the day.

Note that it is normal to have psychic ties to close family members and friends. Please note that cutting psychic ties to loved ones will not affect your relationship or make you feel disconnected from those you love. In fact these ties may re-attach pretty quickly. Ties to our loved ones are not the biggest source of distraction or clutter in our energy field. We’re more interested in releasing psychic ties to strangers and people we do not personally know, since many people have hundreds or thousands of these accumulated over the course of their lifetime.

Let’s have a look at another type of ‘energetic clutter’ that can affect some people – emotional residues.

3. EMOTIONAL RESIDUES

Many of us go through life picking up on other people’s emotions, both positive and negative. Here are some examples of other people’s negative emotional experiences that we come across on a day-to-day basis:

- The emotions of our loved ones who are going through something challenging, such as stress, depression or illness
- The feelings of acquaintances and associates that we come into contact with every day, whose emotional lives we are not necessarily well acquainted with, but whose ‘stuff’ we may sense nevertheless
- Stories we read in the news about dreadful injustices, including acts of abuse and violence.

Not everyone is sensitive to these experiences. Some people are able to remain unaffected by other peoples’ negative emotions. The type of person who is most affected by emotional residues is the empath.

Because empaths care deeply about other people, they can get triggered by others' pain, and their energy fields open up to the other person. That's when emotions can get lodged in the empath's aura, leaving behind an energetic residue in the form of emotional residues.

How These Residues Affect Empaths

Sometimes the empath will experience these emotional residues as feeling what the other person feels on a continuous basis (i.e. your child feels anxious in the morning, so you also feel anxious all day) or the energy you have taken on may be felt simply as a sense of 'heaviness,' fatigue or negativity that you can't quite put your finger on.

Emotional residues tend to end up cluttering up the emotional body (one of the subtle energy bodies.) Fortunately, these emotional residues can be cleared from our auras, and we can do this for our clients.

Now let's look at the fourth type of 'astral clutter' that we can pick up—negative thought forms.

4. NEGATIVE THOUGHT FORMS

Negative thought forms are the energies created by repeated negative thoughts and words. These energies can end up cluttering up the mental bodies.

Note that not all of the thoughts we think become **thought forms** – the energy of most thoughts dissipates once it is spent. But if we (or another person) give negative thoughts enough energy and they become repeated thoughts, they can take shape as a negative thought form and take up residence in our auras, contributing their underlying negative energies.

We may accumulate negative thought forms if we are surrounded by complainers, gossips, or people with a lot of negative self-talk. Wherever there are people who tend to think negatively, you will generally find negative thought forms. We can also pick up negative thought forms when another person repeatedly tells us something negative about ourselves.

For example, a client of mine, Jenny, had an ex-boyfriend who repeatedly told her she was very shy. Jenny is an introvert who likes to spend time alone, but she does not consider herself to be shy. The more her boyfriend mentioned this character trait, the more shy Jenny felt around new people. This was a negative thought form that had

been created by him, resonating with the energy of timidity/shyness, and it was something she had taken on. It was even making her feel like she wanted to hide from the world – negative thought forms can be self-fulfilling prophecies!

We don't just pick up these energies from other people – we can also create them when we repeatedly think negative things about ourselves, for example. Luckily, negative thought forms can be cleared, no matter where they have come from.

Now let's have a look at the protocol we use to clear these 4 types of energy for clients:

THE AURA CLEANSE PROTOCOL

Here are the steps to take for an aura cleanse. Note that it usually takes about 30-60 minutes to complete, depending on how quick you are at dowsing and channelling, and how much detail you want to go into about the various types of astral debris.

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. Let the client know who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, you can go with that. 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 (put the client on mute and do the following out loud so that the client can hear you:)
- 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 your (and the client's) 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 astral debris in the client's aura

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

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

Unwanted influencing energy

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

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

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

Psychic ties

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

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

Emotional residues

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

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

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

Negative thought forms

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

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

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

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

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

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

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

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

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

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

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

Repeat this for each chakra.

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

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

STEP FIVE — Pass on this information to the client

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

UIE:

- What unwanted influencing energy is and where it comes from
- How severe the UIE is (on a scale of 1-10)
- You may also wish to do the UIE quiz with the client (which can be found earlier on in this lesson.)

Psychic ties:

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

Emotional residues:

- What emotional residues are and how we take them on
- How many different types of emotional residue she is carrying
- If there's under 5-7, explain what they are (this step is optional)

Negative thought forms:

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

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

STEP SIX - Do the clearing process

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

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

The UIE clearing:

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

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

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

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

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

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

Thank you Archangel Michael.

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

The negative thought form clearing

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

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

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

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

Thank you.

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

The emotional residue clearing

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

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

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

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

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

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

Cleanse her aura of this energy now.

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

The psychic tie clearing

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

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

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

STEP SEVEN: Check in with the client

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

You may also wish to pull an oracle card or check in with Spirit to see if there is any 'homework' (in my experience, there often is no homework for an aura cleanse session.)

STEP EIGHT: Wrap up the session

Cut psychic ties:

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

Cleanse emotional residues:

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

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

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

Cleanse my aura of all this energy now.

Close off your aura:

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

Say goodbye.

AURA CLEANSE FAQ

Can you add this protocol to the earthbound spirit release session, and do them at the same time?

Yes, you can. However, you'd want to check with Spirit that it was appropriate to do both protocols in one session. More specifically, I'd ask whether it was 'in the client's highest path and purpose' to have multiple clearings done in one session.

Should we clear astral debris before a cord cutting?

Most of the time, no. It may occasionally be the case that Spirit asks you to clear a person's astral debris before they have a cord cutting. It isn't completely necessary (as in the case of having attaching earthbound spirits) but it can happen from time to time. These types of astral debris create 'energetic noise' that can sometimes be distracting. You'll want to defer to guidance from Spirit on this point.

How often should a person get this session?

I would recommend getting it once every 6-12 months (probably closer to once every 6 months for empaths.) An alternative would be to recommend my book [The Empath's Toolkit](#) to clients. This book contains the DIY version of the aura cleanse session.

Is everyone equally affected by the astral debris types mentioned in this document?

Not all of these types of astral debris affect everyone across the board – just like with earthbound spirits, certain people are more susceptible to the various types of astral debris.

Let's have a look at who most commonly picks up these types of astral debris & is affected by them:

- **Psychic ties**

Everyone forms psychic ties to those they interact with, but not everyone is sensitive enough to feel the consequences of these psychic ties. Empaths are the most sensitive to them.

- **UIE**

Unwanted influencing energy is most commonly taken on by those who grew up around domineering and controlling people, and those who don't verbalise or enforce their boundaries.

- **Emotional residues**

Emotional residues tend to be taken on by empaths. Non-empaths don't take these on as much.

- **Negative thought forms**

Negative thought forms are formed by those with habitually negative thinking patterns. People with anxiety or depression may create more of these thought forms than people without depression/anxiety.

In summary, I would say that this aura cleanse session is most valuable to empaths, those who are prone to negative thinking patterns (including people with anxiety or depression) and adults who grew up in toxic/dysfunctional families.

Your Homework for this Module

2 pieces of homework:

1. Do this aura cleanse session for yourself. Use the cheat sheet provided and change the wording of it slightly so that you direct the healing session towards yourself rather than towards a client.
2. Complete the astral debris worksheet.

SOME NOTES ON THE EFFECTIVENESS OF THIS

MODALITY

In last week's session, I talked a lot about the limitations of cord cutting and aura healing, notably when it comes to healing trauma. In this document I wanted to talk more about what this modality can do for people.

Below you will find some of the feedback from my repeat clients, and below that, Shelly's healing clients.

I hope it gives you an idea of what this modality can be at its best.

***Note:** there's a lot of references in these testimonials to me having a non-judgmental manner during sessions. This should absolutely be a given and not something people are commenting on, however the only other person who currently offers these sessions (the person who taught me) has quite an abrasive style in interacting with clients, and some of the clients below started out consulting with her, so they noticed a difference there.*

ANNA'S FEEDBACK FROM CLIENTS:

Rosine Caplot, RosineCaplot.com

"Anna is one of my favorite healers in the world and one of the two colleagues I book healing sessions with when I feel I need help from someone else who isn't as emotionally involved in my life as I am myself, or who offers types of healing sessions I don't do myself.

Here are the main reasons I regularly choose to work with her:

She's gentle and sweet. She will never blame, shame, judge or criticize you. She will honestly tell you the truth without sugarcoating any of it. But she will find a way to do this nicely. I think she's not the tough love kind of person and I like that about her. She's always respectful, careful and thoughtful in how she talks to me. I really appreciate that. When I'm already feeling bad I don't like to be treated harshly, not even for "my own good". A session with Anna is always uplifting and leaves me feeling hopeful, accepted and encouraged.

She's competent. I've had different types of healing sessions with Anna (earthbound spirit, cutting cords of attachment, removal of unwanted influencing energy...) and every time I feel a subtle yet clear positive difference in my life after the session. The information she gets is accurate. Her sessions are effective and do exactly what they are supposed to do.

I highly recommend a session with Anna. She's competent, she's nice, and you are safe with her. Her sessions are really helpful. Over the last few years working with her has been one of the most helpful and valuable tools in my development. Her sessions have enabled me to make incredible progress in several life areas and to feel so much better. I wish there were more Annas out there, maybe speaking other languages, so that more people could have access to this great resource."

Charlotte, UK

"Thank you so much for the cord cutting session we had together. As you know, I had never had a reading or cord cutting session before and although I was open-minded and hopeful the cord-cutting technique would benefit me, I never could have imagined the extent to which it would impact on my life.

Since the session, my relationship with my mum completely changed for the better – I no longer look to her for approval or her opinion, and for the first time in my life, I have started to stand up to her when she treats me like a child.

As a result, we are developing a completely new relationship which is based on mutual respect and reflects the fact that we are both grown adults with our own views and opinions.

It's amazing to me that behaviours and feelings I had had my whole life simply disappeared immediately after we had the session. And the accuracy with which you were able to describe those behavioural patterns is astonishing.

Thank you so much for enabling me to achieve something that I never thought would be possible."

A.I.

"I've been interested in spirituality for a while, and have received several readings from different people. It was only after working with Anna that I realized that getting a reading is only the step one. Step two is healing after receiving all that information.

You can logically learn everything you need to know, but most of us do not know what to do with this information. Cord cutting modality does both steps in one session.

After two cord cutting sessions with Anna, it was clear cord cutting is the modality I've been searching for. Cord cutting is the most effective and most efficient way to release negativity, and antagonistic patterns in your life. It does both - provide you with information within the cord, and heals you at the same time. It may take a few days, but it will leave you different, more self-confident, ready to take on days in a constructive way. It will change your life.

There are a few healers out there that can cut cords, so why go with Anna? Because she is absolutely great at what she does, she's kind and soothing to talk to, and her intuition and insights are spot on, every time! She also insists on you having an intention for each session - in this way you are leading your own healing.

Our first session, Anna recommended I cut the cord to my sister. I was surprised as my sister and I have a great and loving relationship. Even though I was skeptical I decided to trust Anna's guidance.

Two months later, my sister was going through a health issue, which was very unusual as she has always been very healthy. After extensive testing she turned out to be ok.

During the ordeal, however, she was a mess, and our family lived in distress and fear. I was the only one who was calm, realistic, and constructive, and for the first time in my life, I felt grown up in regards to my family. Being the youngest, I was always protected, and the one needing reassurance.

This time around, my family came to me for support, and it felt very good. (Had Anna not cut the cord, I too would have been a wreck.)

The second cord we cut contained so much negativity, that I felt so much lighter just having it cut. I am still feeling the aftereffects of it.

I look forward to having many more sessions with Anna. I would recommend her to everyone."

Mandeep, UK

"I've worked with Anna several times over the last few months, and it has been a real pleasure. She has always made me feel safe and at ease with her lack of judgement and her understanding.

Through our cord cutting sessions she has successfully highlighted a number of patterns that were affecting my wellbeing and helped me to clear those from my daily life. Her insights were infinitely beyond guesswork as she was able to pinpoint exact details of events and thought patterns that existed in my relationships.

Since my sessions, my relationships with my family are so much more improved and I feel much calmer around them. Although there are certain times where I may still get a reactionary feeling, it's like I have a deep understanding that it's just a pattern that's running and I have a choice and control of how I react in a situation.

I feel that a lot has shifted for me and would recommend a cord cutting session to people looking to increase the emotional stability and foundation in a particular relationship."

Frances Garcia O'Brien, Atlanta, GA.

"I'll be eternally grateful to you Anna, and for our cord cutting session. I truly believe it was an enormous step towards my own healing and advancement in my life, to cut the cord with my mother.

I recently returned from visiting my mom for a couple of days.

As for me, I can tell you 100% I felt something shifted between her and I. I felt more secure and self-confident around her; the "intimidating" thoughts/feelings weren't there anymore. I really believe she felt something changed in me too. She didn't mention anything, but just her demeanor towards me was different. There wasn't much "judging" or "keeping tabs" on me.

I also saw my mom in a different light. All of a sudden I understood exactly where she's coming from and why she acts the way she does. I'm not excusing her by any means, but I did get a sense of, "Wow, it REALLY isn't about me, it's about her and her feelings, etc the reason why she's the way she is.

Again, thank you so much, and I'll be cutting some other cords very soon!"

Kate, L.A., USA

"I have worked with Anna six times now, over the past couple of years. Five of those sessions were cord cuttings to major relationships in my life: a female friendship, my parents, and two exes. The other session was a career reading. Every single session has been life-altering for me, in ways subtle and profound.

Throughout the process of working with Anna, I have gained a real perspective on my life that otherwise I may have had to have at least years and years of therapy!, and as a result have gained more freedom to make wiser choices and move toward greater self-empowerment in my relationships and career.

Anna is the real deal—all of her perceptions are spot-on and specific in ways that she could not have known had she not been truly a gifted, studied intuitive. What I like most about her, though, is that she is a kind, wise and constant guide in these sessions, encouraging her clients to bring their own intention to the session, in order to lead them to their own self-awareness and empowerment.

I'm grateful for her willingness to set aside her own ego and trust us to co-facilitate our own healing and step further into our own power."

You can read some of Shelly's cord cutting feedback from clients [here](#).

Now let's have a look at what kind of results people can expect from an aura healing/cord cutting in general:

Results vary from one client to another, and also depending on the cord that you choose to cut. Major cords are obviously going to involve more healing (and therefore better results) than minor cords.

Some people consistently get a lot out of this healing modality and those people tend to book repeated sessions. I always recommend that clients start with cutting one cord to see how they like it and if they find it helpful.

In terms of my own results with this modality, I have cut dozens of cords cut over the last 10 years and I experienced a variety of results.

Many of my cord cutting sessions were incredibly impactful, some made a moderate impact, and I remember that 2 of the sessions had no impact at all (I put this down to my lack of readiness to resolve those particular two relationships and the issues that came up during the session).

For example, I first cut the cord to my abusive mother around 10 years ago. At the time I cut this cord, I hadn't done any therapy or trauma healing around this relationship and my insight into the relationship was quite limited — I didn't even know consciously that she was abusive. I also had the cord to my mother cut with my teacher, whose style (as mentioned) was rather abrasive. I don't feel it was a safe enough space in retrospect for that healing to take place.

I later had that cord cut again in 2017 after having had some therapy, and I had the cord cut with a person who was able to hold a safe space for the healing to happen, plus I was no longer in contact with my mother. The timing and conditions were right for me to let go of the cord for good. I don't think I was in that position back in 2010 when I first cut the cord.

So, this shows that getting guidance from Spirit around the timing is important. In some cases, it may take years before a person is ready to cut a major cord, and there may be other work that is needed to lay the groundwork for an effective cord cutting to occur.

By following guidance from Spirit about which cord to cut next, you will be able to cut impactful cords for people that they are ready to heal from. These are the ones that bring about the best results in terms of the healing.

In terms of how we can measure the results, that is what creating an intention is for! Clients are able to look over that intention a couple of months later to see if it has come about.

HOW MUCH SHOULD YOU CHARGE FOR AN INTUITIVE HEALING SESSION?

A few people have asked me how much they should charge for this type of session so I wanted to cover this common question in the course, too.

I tend to think that these sessions should be priced somewhere between \$75 and \$250 US. But this is simply a guideline - it is totally up to you to decide how much you want to charge per hour.

How much you charge is going to depend primarily on 4 different factors – let's have a look at them:

1. What the market will bear

What are your competitors charging?

There are currently only two people I know of who are offering this type of session in the way I teach it in this course: Shelly (who works via my website) and the person who taught me.

The person who taught me charges \$150 for 55 minutes. Shelly charges \$205 for 60 minutes. This works for us because I have a large client base and audience built over the last 13 years and so it is not difficult for us to find customers.

2. Your overheads

You also need to factor in your overheads. To do this, list out your overheads and how much they cost per month.

Once you have those listed out, you know what you have to factor into your business prices. Obviously you are not going to want to price at the lowest end of that range if you have a fair few overheads.

3. Do you already have a client base/audience?

If you are already working with clients and have a client base, you can probably charge towards the higher end of the price range I mentioned above.

If you are starting out, you may wish to charge in the low or mid range. This is because it is easier to find new clients when you are very reasonably priced. It is one way to build a client base – attract clients who are wowed by the value of your services in the beginning, then slowly increase prices as your client base is built up.

4. How much do you need/want to earn?

This is obviously something else to take into consideration, too.

Some people are happy to price their sessions lower because they have retired from another career that gave them financial stability. Others are single-handedly supporting a family and need to make a full time wage on part time hours. So, your prices are going to be based on your circumstances and goals in life.

In summary, you will want to strike some kind of balance between the four points above, when pricing your sessions.

GRADUATION CRITERIA FOR APPRENTICES

If you signed up for the 'Apprenticeship' level of this program, certification is included in your enrollment, and I have detailed the graduation criteria below. Independent Learners are not eligible for certification, so if you are an 'Independent Learner' you can ignore the section below.

Please note that apprentices must graduate within one year of signing up to this program. It is not possible to graduate once that date has passed.

In order to graduate, you need to have completed a total of 10 practice healing sessions, had your final mentoring session, and read the list of books mentioned in the members area. Please contact us at students@annasayce.com when you're ready for your final mentoring session.

Once you've met the above criteria, let me know and I will send you out a certificate. Once you have graduated and completed 10 practice readings, you will be eligible for listing in the practitioner directory which is recommended on my website.

Please submit the following information through this form [here](#):

- A small picture of you (please see the size of the photos already listed in the directory.)
- A short bio
- An email address
- A website address or Facebook page, if you have one.

The practitioner directory is a free resource. The aim is for you to receive free publicity and referrals as a new practitioner and for us to showcase some of the awesome graduates who have completed the program.

If you choose to be included in the practitioner directory, this does not mean that you are required to label yourself or your work in a particular way.

A NOTE ON COPYRIGHT & THE COURSE MATERIALS

Can I re-sell any of the teachings, materials or ideas as my own?

The techniques in the Professional Intuitive Healing Program are licensed to you to use in your own business with clients only. This means that you can use the techniques in your client work but you may not sell, teach, reproduce or distribute the contents inside the Professional Intuitive Healing Program in your own business - in any manner. The contents of this program are based on someone else's teachings (who in turn based her teachings on someone else's) but they have been significantly changed by me over a ten year period. They have been adapted; large parts removed and much original material added.

You have permission to teach these methods only if you have been practising for many years, and have adapted them to the point that they no longer resemble the teachings you have learned here. Otherwise I would be grateful if you could refer people to this program. I am on a mission to train as many healers as I can. We will soon be setting up an affiliate program which rewards you for referring people.

Thank you for respecting my work!