

THE PROFESSIONAL

Intuitive Healing

PROGRAM



WORKSHEETS & WORKSHEET ANSWERS BOOK

EARTHBOUND SPIRIT RELEASE WORKSHEET

- What is the difference between an ordinary and enmeshed earthbound spirit?
- What are the 3 reasons we should clear (ordinary) earthbound spirits from the client's energy field?
- Give 5 common reasons earthbound spirits get stuck on the earth plane.
- Why do I not recommend offering these sessions conspicuously on your website and giving clients a chance to book them?
- A client asks you to check for and release earthbound spirits for her 25 year old daughter. She does not have the daughter's permission to do this. Should you go ahead?
- A client wants you to check for and release earthbound spirits for her 14 year old son. She does not have permission from the son to do this. Is it OK to go ahead?

EARTHBOUND SPIRIT RELEASE WORKSHEET

ANSWERS

- **What is the difference between an ordinary and enmeshed earthbound spirit?**

Ordinary earthbound spirits are attached to the outside of a client's auric field, easy to clear from a person's aura and pretty common.

Enmeshed earthbound spirits are attached to the inside of the client's auric field. They're also uncommon compared to the ordinary earthbound spirits. Unlike ordinary earthbound spirits, they're also deeply attached to clients and they do not easily 'migrate' over to another person's energy field.

- **What are the 3 reasons why we should clear (ordinary) earthbound spirits from the client's energy field?**

1. They drain our energy
2. They make us feel more emotionally volatile
3. They can affect our intuitive accuracy

- **Give 5 common reasons earthbound spirits get stuck on the earth plane.**

Any of the following:

1. A sudden and traumatic death
2. Unfinished business
3. No belief in the afterlife
4. Fear of God's judgement
5. An addiction
6. An extraordinary level of attachment to a loved one still on the earth plane
7. Lack of awareness of having died
8. A need for vengeance
9. Guilt or trauma from having committed suicide (especially when it involved drug overdose)

- **Why do I not recommend offering these sessions conspicuously on your website and giving clients a chance to book them?**

Because people who don't need an earthbound spirit release will book, and those who do not need it often won't book.

- **A client asks you to check for and release earthbound spirits for her 25 year old daughter. She does not have the daughter's permission to do this. Should you go ahead?**

No, you should not. We should get the permission of anyone over the age of 16 who wants to have this type of session.

- **A client wants you to check for and release earthbound spirits for her 14 year old son. She does not have permission from the son to do this. Is it OK to go ahead?**

Yes, it is. In this case the son is your client's dependent and is under the age of 16. We can clear earthbound spirits for our dependents who are under the age of 16.

ASTRAL DEBRIS WORKSHEET

1. What is unwanted influencing energy and where does it come from?
2. Who is most susceptible to unwanted influencing energy?
3. What are psychic ties and how do they form?
4. Who is most sensitive to psychic ties?
5. What are emotional residues and who is most susceptible to taking these on?
6. What are negative thought forms and how do we form them?
7. Who is most susceptible to negative thought forms?
8. What are the three most common benefits to clearing astral debris from the auric field?

ASTRAL DEBRIS WORKSHEET ANSWERS

1. What is unwanted influencing energy and where does it come from?

Unwanted influencing energy is 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. This could be family members or friends, acquaintances or even strangers (think: Jehovah's Witnesses who come to your door or advertisers.)

2. Who is most susceptible to unwanted influencing energy?

1. People who grew up with a controlling or domineering parent
2. Those who currently spend a lot of time around judgmental and controlling people
3. Those who are not aware of their boundaries and those who do not enforce their boundaries.

3. What are psychic ties and how do they form?

Psychic ties are minor & easy-to-clear energetic connections that form between you and another person.

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.

4. Who is most sensitive to psychic ties?

We can receive information and messages about another person through our psychic ties. Empaths and sensitives will notice this phenomenon more than non-empaths do and they also tend to feel more drained by their psychic ties than non-empaths do.

5. What are emotional residues and who is most susceptible to taking these on?

Emotional residues are the energetic residues of other peoples' negative emotional experiences.

Empaths are more susceptible to taking these on because they are so attuned to other peoples' emotions.

6. What are negative thought forms and how do we form them?

Negative thought forms are the energies created by repeated negative thoughts and words. These negative 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.

These thought forms can be formed by us or they can be formed by another, and taken on by us.

7. Who is most susceptible to negative thought forms?

People who spend a lot of time around complainers, gossips and people who are stuck in negative thinking, because such people typically create these thought forms. People with anxiety and depression may be more inclined to create negative thought forms about themselves.

8. What are the three most common benefits to clearing astral debris from the auric field?

- **Easier to focus; less distraction**

The types of astral debris that can accumulate in our auras can be about other peoples' experiences, and so it can distract us from our own path and experience

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

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

- **Feel lighter on the emotional level**

Astral debris can be composed of the energetic residue of other peoples' negative emotional and psychological experiences, so releasing it can help us to feel lighter.