

Soul and Energy Readings with Alana Kay

You're likely consulting an intuitive advisor because you are experiencing life challenges or desire spiritual/creative growth. Challenges may show up as inner struggles, relationship issues, health issues or general decisions. Sometimes there is a tug to greater horizons, but we are not sure what we are prompted to do or how to begin. I will help guide you to your best next steps.

I connect with your soul because the soul knows our life history, soul goals and destiny. Therefore connecting with this aspect of our being is truly the best way to glean insight and find answers for your unique experience. I will also help you with the connection.

Our souls are an extension of the creative force, therefore, the soul's energy connects us to the source of all creation which holds intelligence beyond our current comprehension. This connection is our anchor, home, energy source, and creative and intuitive portal. As such, this energy enlivens the body and is the primary driver of our experience.

The connection requires insight, engagement, patience and practice. This connection is a variable energetic portal that expands with use. I call this soul bandwidth. Full soul integration is the eventual goal, but it takes time. Engaging and expressing your soul is vital to increasing your bandwidth. I will tune into your God given strengths and gifts to help validate this energy and guide you to ways in which you may enjoy greater guidance and engagement.

Before we begin, it is important to understand some energetic premises we live with. Everything in our Universe is electro-magnetic. Thoughts and feelings become things. Everything is energy before it becomes form. We exist in a multi-dimensional reality, much of which is hidden from our immediate discernment or sensory capabilities. Whether or not we are master discerners of nonphysical energies, we are affected by them. I will help you gain clearer discernment.

We have 4 main energy bodies: Spiritual, Mental, Emotional and Physical. After tuning into your soul, I will receive information regarding the other three bodies to reveal the causes of disharmonious energy in your experience that may be causing confusion, stress, interference.

Purifying and harmonizing of the denser energy bodies is vital in achieving optimum clarity, energy and potential. Discordant energies may be caused by trauma, programming, relationship challenges and a litany of other things. Upgrading one energy body will cause a ripple in the other bodies, so there may be some push back or work that needs to be done with identifiable discordant energies to help transmute them. I will help you with this.

Intuitive guidance is a priceless tool for the journey as well as a great time and energy saver. It also provides valuable confirmation.

What to expect during and after your soul and energy reading:

I encourage you to record our session because we will be covering many topics which may not be immediately integrated. It may take a few reviews of the information before it settles in.

The process of soul integration begins with intention. After the initial deep dive, your soul will continue to provide nudges and urges because it knows the way. For your part, persistent focus and patience will steer you toward continued strengthening of your inner guidance. Set aside time every day to listen within – if not able to do so all day, every day.

Whenever you do something to improve your connection to your soul, the energy causes changes in the other three bodies, so reprogramming and integration are necessary to bring all your bodies into greater harmony. I will guide you to the best way to continue your process, but the larger part of the work will be done by you.

Harmonious communication between the energetic bodies requires energetic upgrading and re-arranging as well as changes in perspective. Changes need time to integrate. Remember, you are managing four major energetic bodies so all need to be cared for to achieve harmony. If you don't take time out to work on your stuff, it may never happen. Each upgrade will provide greater joy, energy, clarity and creativity.

Progression toward a soul centered life requires the ability to enjoy the process, take it one day at a time, one moment at a time. You will feel better on all levels as the journey progresses.

Remember, your soul knows the path home. I am simply a facilitator.