

Subtle Energies and Intuitive Skills, Session 1

Neutral Separations / Objective Detachments Procedure

1. Ground your Body and Presence to Earth. Drop In & Kick Back.
2. Invite the spirit of the subject of the separation to participate.
3. See and Greet the subject Spirit to Spirit. From a grounded place, see the spirit of your subject and say a silent, open hearted hello with your thoughts.
4. State an objective fact about yourself then state a similar objective fact about the subject. Example: I have black hair. You have no hair. Do these 5 times with whatever facts come to you. Notice the energetic distance increase as you say the facts. Then pause for a moment.
5. Say the words: "I gift you back your energy."
6. Exhale, Open and Feel the subject's Energy leave your body and see it return to its home.
7. When the sensation is over, pause for a moment.
8. Say the words: "And I reclaim my own."
9. Inhale, Open and Feel your Life Force Energy return to your body.
10. When the sensations are over, pause for a moment.
11. With Love in your heart, Give Gratitude for the exchange.
12. Say a Spirit to Spirit "Goodbye, and until we meet again."

***Connecting Physical Presence to Spiritual Awareness and Mindful Actions,
then Using them to Awaken and Serve.***