

## ***Subtle Energies and Intuitive Skills***

### **Universal Conscious Court**

1. Ground your Body and Presence to Earth. Drop In & Kick Back fully into your Meditation Sanctuary.
2. Consider any strong, pervasive and unwanted connections you have with those whom Objective Detachments and Cord Removals do not work.
3. Build a Pearlescent Gold Universal Consciousness Energy stairway up to a beautiful door from your Meditation Sanctuary.
4. Open the door to a beautiful room with a regal table, illuminated by the loving light of the supreme being and universal consciousness.
5. Holding space with an open heart, invite the other person(s) to sit at the table of the Universal Consciousness court room with a Spirit to Spirit Invitation and Greeting.
6. Ask the Court if there are any Spirit to Spirit Agreements or Contracts between you. If there are, ask for them to be revealed upon the table.
7. Examine the contents of the Agreements and Contracts and inquire if they continue to serve you.
8. Make the necessary adjustments to the Agreements or Contracts to bring them back into harmony with you in Present Time.
9. If the Agreements or Contracts no longer serve you at all, use applied creative imagery to nullify and destroy them forever.
10. With Love in your heart, Give Gratitude for the process.
11. Say a Spirit to Spirit “Goodbye, and until we meet again.” to those who appeared at the table and return, freed, to your Meditation Sanctuary.

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