

Lifted Energy - Core Clearing Protocol

"For intentional self-healing through energetic release"

1. Intention

What is the issue I want to clear?

Intention:

Do I feel ready to let this go?

2. Root Question

Is the energetic blockage causing this issue?

Is the energetic blockage contributing to this issue?

3. Heart or Soul Level

Is the blockage held at the Heart level?

Is the blockage held at the Soul level?

4. Emotional Family

Which emotional family does the trapped feeling belong to?

Use pendulum to test each family.

Test for both parent emotion and secondary emotion in the chosen family.

5. Chakra Check

Which chakra is most affected by this blockage?

Use pendulum to test one by one.

6. Age + Physical Location

At what age did this blockage occur?

Where is it held in the body?

7. Release Ritual (Looping)

Place your hand over the blockage and say:

"Thank you for your service. You protected me. It is now safe for you to leave."

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Slowly lift your hand from the blockage, bringing the energy from Root to Crown.

Visualize the blockage moving through each chakra. Loop the energy 3 times.

With each loop, repeat: "It is safe for you to leave."

8. Final Confirmation

Has the blockage cleared? (Use pendulum)

Notes or Insights:
