



WEEK TWO

Breaking Through
Stubborn or Invisible
Blocks

WEEK TWO



What are the ways you feel limited in following your passion?
Or, what do you lack in your life?

What do you believe about yourself that limits you?

What are some ways in which you have compensated for this?

LUMINOUS ENERGY FIELD



HOW TO CLEAR AN ISSUE ENERGETICALLY



Meditation/ Personal work portion

- 1) **Open sacred space** with the intention to transform that issue
- 2) **Open your 8th chakra** over yourself like a bubble – this brings you into a sacred space outside of linear time and outside of the ORDINARY consensual reality of the world. Here we can access information outside of the learned information that is in your conscious mind

FEEL IT, OR IMAGINE IT

- 3) **Set an intention** for the transformation of that issue
- 4) **Blow the feeling** of it into a stone
- 5) Feel it- **give it a body motion**- blow it again into the stone
- 6) **Place the stone in front of your chakras**, starting with the root chakra and test the energy with a pendulum to the side, .

clockwise= receiving

counterclockwise= releasing

- 7) **Go to the lowest chakra** that tested **counterclockwise (releasing)** and spin it counter clockwise with your hand (left shoulder to right)
- 8) **Hold the stone** to that chakra
- 9) **Breathe** in through your nose and out through your mouth as you release the energy held
- 10) **Call on the invisible energies** to assist to release the pattern
- 11) **Release the density & woundedness** through your breath
- 12) Release back through time
- 13) Release from your cells and tissues
- 14) **Take the stone off the chakra**

HOW TO CLEAR AN ISSUE ENERGETICALLY (PART 2)



Re-infusion Portion

- 15) **Call on the of Lineage Medicine Men and Women**, Spirit and Pachamama, whichever light beings you feel drawn to, to bring in healing light
- 16) **Receive that new energy** and give time for your cells to reconfigure
- 17) **Open to your Higher Self or Soul...** What gifts were grown?....receive them as a download

This is the alchemy of having gone through this issue

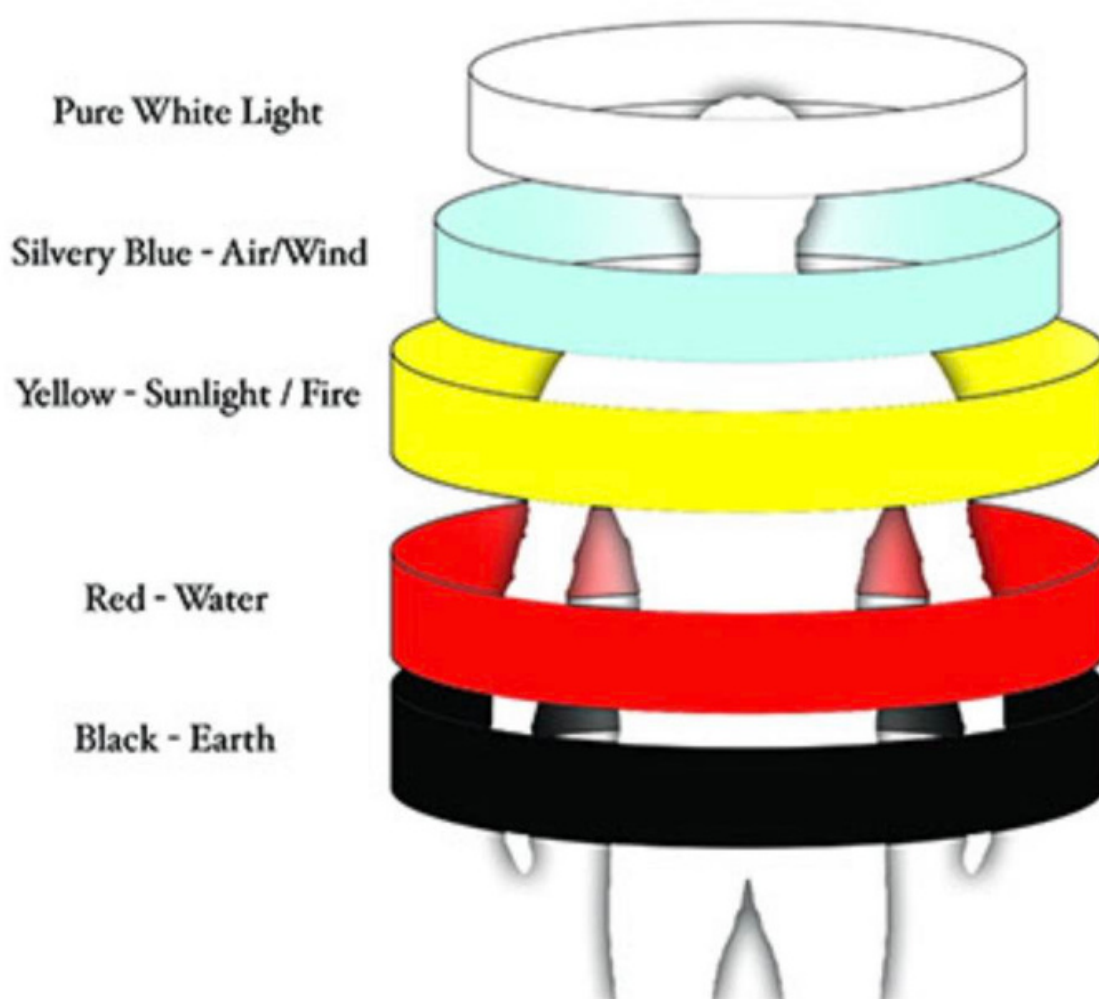
- 18) **Sense the new way you now hold that issue**
- 19) **Blow that new feeling** into the stone
- 20) **Give it a new body motion....**A new word or phase may come up
- 21) Does anything need to be **claimed**?... claim that and bring it into your body
- 22) **What needs forgiven or honored?** ...Do that now—just a short ceremony you do on the spot.
- 23) **Close your 8th chakra bubble**
- 24) Close your Sacred Space with gratitude for the invisible and archetypical support

To claim the Shift:

- Take it to a fire or ceremony
- Step into a practical action with it

Bands to Grow Within

Bands of Protection, or Bands of Power, collectively is an energy medicine tool (rooted in Shamanism) that can be woven into your luminous energy field (or LEF) for protection. As an aside, the LEF is that torus, egg-shaped like grid of energy surrounding every individual's physical body.



Bands of Power, or Bands of Protection woven into the luminous energy field.

WEEK TWO HOMEWORK:

1) **Practice the clearing process** with one more issue or as many as you feel to.

2) Whatever gifts you become aware of having grown with the issues and patterns, **create a symbol or word and add those to your mandala.**

You may also want to **place an object or candle on your altar** to honor the journey you have taken.

3) **Create a small daily habit** to integrate the shift of these issues -

For example,

- Say a daily affirmation such as, “I am more than enough as I am.”
- Create a collage or drawing to illustrate this shift
- Write a poem
- Do a little dance to a song that inspires you with that energy

4) **Claim these shifts in a small fire ceremony** - you can write it on a piece of paper and burn it over a candle

5) **Practice clearing an issue with breath work**

6) **Share any insights with the group on Telegram**

