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LESSON ONE

# SOUL REALIGNMENT® CORE PRINCIPLES

## WHAT IS THE SOUL?

Imagine if you are Divine Source (or God, or the Creator ... ) and you are everything. Since you are everything, you have no way of experiencing yourself, because there is nothing that you are not. And so, Divine Source creates Souls - unique, individuated expressions of itself. Souls contain some aspects of Divine Source, but not all, of course. Divine Source is able to experience itself through its creations, the Soul.

The Soul inherits the creative abilities of Divine Source, and just like Divine Source, it experiences itself through its own creations. Of course, we don't



have the same exact creative abilities as Divine Source. As Souls, we can't create planets, or plants, or fish ... our creation is more limited. While we are incarnated, our creative playground or canvas is our own human experience.

## MULTI-DIMENSIONALITY

Quantum physics recognizes ten dimensional aspects of existence. You already exist at all ten dimensional levels of existence. Your physical body is your third-dimensional aspect. Your mind is your fourth-dimensional aspect. Your Soul is everything that lies beyond the mind. Essentially, your Soul is the fifth- through tenth-dimensional aspect of your existence.

Think of your Being as a giant layer cake with ten layers. Your physical, third-dimensional layer is the densest - so dense that we have the illusion of physical matter. Now imagine all those layers occupying the same space, separated from one another only by density. All of our dimensional aspects exist as reflections of each other.

## VITAL FORCE ENERGY

Vital force energy is the stuff of Creation itself. It is the energy that created each of our Souls, and is also the energy we access to create. It is what animates our physical body. It is our life force, the essence of life itself. Beyond keeping us alive, we also utilize vital force energy to create the experience we want. All vital force energy is derived from Divine Source.

The more vital force energy we are able to access, the greater our capacity to create our human experience. We receive vital force energy from Divine

Source via our Divine Soul Blueprint. Our Divine Soul Blueprint is the underlying framework or “code” for accessing vital force energy. Ideally, every dimensional aspect that makes up your Being is aligned to how your Divine Soul Blueprint was first created by Divine Source. This is how you were designed to receive vital force energy.

At the third-dimensional, physical level of our experience, we align to our Divine Soul Blueprint through choice. We can literally do our Divine Soul Blueprint, if we choose.

***A choice is not a decision.***

Choice only happens at the level of action. When we make a choice, we actually affect our entire Divine Soul Blueprint at all other dimensional levels of existence. Making choices takes a huge amount of effort. The physical dimension is dense, compared to all others. We actually have to move our physical bodies through time and space when we take action.

Because all dimensional aspects of our Being reflect one another, all of our choices reverberate powerfully through our entire Divine Soul Blueprint. The upper-dimensional aspects of our Being are affected and altered by the quality of our choices.

Aligning to our Divine Soul Blueprint through choice gives us tremendous access to vital force energy at the third-dimensional level. The result of these aligned choices is always abundance - an abundance of health, physical vitality, money, fulfillment, and time.

We consider choices that align to our original Divine Soul Blueprint to be positive, because these choices affirm our Divine nature. A negative choice, on the other hand, is a choice that is out of alignment with our Divine Soul Blueprint. What constitutes a positive or negative choice is completely individualized. A negative choice for one person might be a very positive choice for another. Unless we also know the energetic qualities that make up our Divine Soul Blueprint, it is almost impossible to know a positive from a negative choice. However, the quality of our choices is always very apparent in our results.

There are always more negative than positive choices available to us. Our Divine Soul Blueprint is incredible specific. There are so many choices available to us today and between 75% - 87% of the choices we could make are actually negative and incongruent to our Divine Soul Blueprint.

Negative choices create something we call “blocks and restrictions.” These are blockages that restrict our access to vital force energy, limiting our ability to create what we want. When we make a negative choice, we take our Being out of alignment to receiving vital force energy from Divine Source.

While negative choices create blockages to vital force energy throughout our Being, making positive choices affects our entire Divine Soul Blueprint as well. By making positive choices that align to how our Divine Soul Blueprint was created by Divine Source, we correct blocks and restrictions and realign to the flow of vital force energy from Divine Source. That’s why it’s called Soul Realignment®.

In order to make positive choices, realign to vital force energy, and ground our Divinity into our humanity, we obviously need to understand our Divine Soul Blueprint. If we don't know our Divine nature, it is impossible to know a positive choice from a negative one, other than through our results. This hit-or-miss approach is a very painful and inefficient way to try and understand our Blueprint. The best way to access information about our Divine Soul Blueprint is via the Akashic Records.

## THE AKASHIC RECORDS

Think of the Akashic Records simply as an energetic database that stores every choice that we have ever made. Each Soul has its own Akashic Record as part of its fifth-dimensional aspect. Remember, our choices make a powerful impact on all other dimensional aspects of our existence, and that includes our fifth-dimensional aspect! Since there is no linear time in the fifth dimension, information about every choice the Soul has ever made is available within the Akashic Records.

The term Akashic Records is derived from the Sanskrit word "Akasha," meaning "ether." In Hindi, "Akash" means "sky" or "heaven." Rather than thinking of the Records as a single place (they are often likened to a library), imagine them like an energetic information super-highway that resides outside of time and space. The Internet is a great analogy for the Akashic Records. They truly are more like the world wide web. Remember that dimensions become less dense the higher they are. As there is less density, there is also less separation between us as individual Souls. The fifth dimension is the lowest dimension via which we can access Soul-level information about each other because of the lack of

separation at that dimensional level of our existence. Since we have evolved our consciousness to fifth-dimensional vibration rates we can access the fifth dimension consciously while we are incarnated.

The Akashic Records contain a vast amount of information, much of which is irrelevant to our current experience. Soul Realignment® will help you retrieve only the practical, useful information that actually has transformational value in a very precise, focused way.

Because there is no time in the fifth dimension, we can look up a Soul's Divine Soul Blueprint at its origination, which is when it was first created by Divine Source. We gather information about the Divine Soul Blueprint before any negative choices were made. This way, we know precisely what will constitute positive choices for us and realign us to vital force energy. We then compare the current Divine Soul Blueprint to the Blueprint at origination. This lets us understand the blocks and restrictions we are currently engaged in, and lets us pinpoint our current patterns of negative choices.

In this way, we not only know how to make positive choices going forward, but we also know which negative choices are contributing to any states of lack we are experiencing. We can then correct these negative choices, restoring our Divine Soul Blueprint back to its state at origination.

Correcting negative choices does of course take effort and time. However, every positive choice that aligns us further to our original Divine Soul Blueprint creates more abundance in our lives.

Even though all of us are interconnected at the fifth-dimensional level, our Soul-level information is actually highly private. The Akashic Records always reflect the intention with which they are accessed back to us. If someone tries to access the Records out of curiosity without a legitimate mandate to do so, this will only yield information from the Records that is dissatisfying, somewhat mysterious, or doesn't make sense. If we access the Records from curiosity, we end up being even more curious. In this way, Soul-level information is actually highly protected from anyone who would access it inappropriately. We never, ever access anyone's Akashic Records without permission.

## YOUR PRACTICE CLIENTS

If you wish to work with paying clients and are going to seek certification, please select five practice clients that you can work with during your training. Practice clients may not be your spouse or partner, or your children. The closer you are to people, the less objectivity you have. While of course you are strongly encouraged to do this work for yourself, your spouse and your children, I recommend completing your sessions with your practice clients first. This is the easiest way to develop objectivity and detachment, which will serve you when you do this work on your own behalf, and with those closest to you.

Ideally, your practice clients will be friends and acquaintances. Please only ask total strangers to be your practice clients if absolutely necessary! It helps to have some familiarity with your practice clients because it will help you past some of the self-doubt that will inevitably arise.

On the other hand, when you access the Akashic Records for a stranger, you have no way of knowing if the information you are receiving is correct or not. For some of you, this may feel liberating. For others, it will make you so insecure initially that you will stop yourself. Please use your personal discernment when selecting your practice clients.

Ideally, your practice clients will be people that are open-minded to this work, and are supportive of you. However, it is acceptable to ask people who would never pay for a session, as long as they don't mind you checking into their Akashic Record.

You will need to present to your practice clients once you've completed your session. Presentation can be done over the phone, Skype, or in person. You must ask for permission before you ever access someone's Akashic Record, with very few exceptions.

Since you have not actually done this work yet, it can feel awkward to explain a session to potential practice clients! My strong suggestion is that you do not dive into all the details of Soul Realignment®, the Akashic Records, and how this work is structured. Instead, I suggest you keep your request casual and lead with the benefits of the work:

*“Hey, I’m taking a spiritual development class and I would love to have you as a practice client. I’ll be telling you all about who you are, at Soul-level and what your spiritual gifts are, and I’ll also be able to tell you how you might be stopping yourself from fully using those gifts to create more of what you want. All I need from you right now is some basic information, and then in about two months I’ll*

*give you an hour-long session. All you'd have to do is fill out a very short, five-question form for my certification. Would you help me out?"*

Remember to tell your practice clients that it will take you up to two months before they will get their session. Please do not tell your practice clients bits and pieces of information about themselves as you go through the course. This would not serve you or them! Sometimes, a little information does more harm than good. You would also be short-changing yourself of the experience of giving a full session.

## PENDULUM DOWSING

The absolutely best way to get clear, precise information from the Akashic Records is through the practice of pendulum dowsing. Pendulum dowsing is not magical or mystical by any means. It is just a technique that connects our fifth-dimensional aspect to our subconscious mind, so that we can consciously receive information from the Akashic Records. When practiced correctly, dowsing is highly effective. However, dowsing is often misused by those who simply start "asking their pendulum" random questions, resulting in inaccuracy and confusion.

Pendulum dowsing allows us to engage the conscious, logical mind so that we only receive the information we want. We do this via very specific dowsing protocols. Initially you will only receive "yes," "no," and "maybe" from the Akashic Records. While this may seem somewhat confining and limiting at first, when combined with highly effective protocols it actually creates incredible specificity and accuracy.

Pendulum dowsing also allows us to externalize the process of accessing the Akashic Records. This is hugely important so that you don't become attached to any kind of sensory intuitive experience! Dowsing provides a very stable, unchanging way to access information from the Records even as your intuition evolves. Pendulum dowsing is also an active process, rather than a passive one, and that is very important to our work.

You will need to purchase a pendulum. They are very inexpensive and are available at stores that sell crystals, metaphysical bookstores, and online. If you truly don't like dowsing, I will show you an alternate technique using muscle-testing that is also effective with our protocols. However, I do recommend you give pendulum dowsing a try.

## WHAT IS A FRAME OF REFERENCE?

I use the term "frame of reference" frequently in this program. We need a mental framework of understanding, so that we can effectively interpret the energies of the fifth-dimension into our human experience. We must also clearly name and define energetic phenomena, so that we can understand them, and communicate effectively with the client.

Soul Realignment® offers a very cohesive, logical, and comprehensive mental framework of understanding the information contained in the Akashic Records. While you are studying Soul Realignment®, please adopt a beginner's mind and do not try to combine it with other frames of reference until you are complete with your training.

Language is always limiting. Many modalities use the same terminology for different concepts and energetic phenomena. You may have studied other healing and intuitive modalities and terminology will differ. For example, an “implant” in shamanism will be different conceptually than an “implant” in Soul Realignment®.

What matters is that we have a common interpretation of certain energetic phenomena, so that we can work together within this modality. A frame of reference must be cohesive and “make sense” to the logical mind.

You must have a thorough understanding of what you are asking about before you ever pick up your dowsing pendulum. This does not mean, however, that you have to memorize the information. If you do not understand the question in your dowsing protocol, and what the possible available answers are, then you are letting your frame of reference slip and you will be inaccurate. If you are asking about a “Vow” for example, you need to know exactly how we define that term in this particular modality. The more disciplined you are in upholding a clearly defined frame of reference, the more accurate your sessions will be.

Soul Realignment® strives to be as non-dogmatic as possible, so that the logical mind is satisfied. There are still a few aspects of this course you’ll have to accept and put into practice in order to experience their validity. However, you will eventually put them to the test for yourself! We never want to ask others to take our information on faith. I invite you to take action on what you learn, and discover the Truth within your results.

Soul Realignment® has a highly specific, practical focus: What will help the client (or us, or our loved ones) create the life they want? What will help us create a life that is an expression of who we are, at Soul-level? This course does not deal with abstract spiritual concepts. If we can't use the information we glean from the Records, then it only serves our mind's curiosity.

As you study, try to be disciplined and not let your mind wander into the realm of the hypothetical. Our mind's job is to be curious, but curiosity can also be incredibly distracting if it is not directed towards practical problem-solving.

We are already in information overload. This modality is focused on transformation. Information we gather from the Akashic Records must hold transformational potential for those we serve. Otherwise, we are simply contributing more noise to our planet.

LESSON TWO

# ACCESSING THE AKASHIC RECORDS

In most cases, you cannot access another person's Soul-level information without their permission. Unrequested and unwanted "help" dishonors the free will of another. Be careful of ever thinking you are beyond the need for permission, or that your intention to "help" others allows you to transcend these boundaries. Acknowledge everyone as the powerful creators of their own experience. If they do not desire assistance, this is their right.

You always have full and complete access to your own Soul-level information. Your clients also have full and complete access to their own Soul-level information. When your clients hire you, or if someone simply asks you to do this work for them, you receive a mandate to access their information on their behalf.



We do not practice Soul Realignment® for a newborn. Please wait at least twelve weeks after birth to do this work for a baby. It can take this long for the Soul to be fully integrated with the physical body. This is a process that we do not want to disrupt. We also cannot do this work for an unborn baby during a pregnancy. Even though the parents may be curious as to who their new family member is at Soul-level, they will have to wait until their baby is at least twelve weeks old. It is, however, perfectly fine to do this work during pregnancy for the mom-to-be.

While we usually need conscious permission to do Soul Realignment® for another person, there are a few exceptions. Power and responsibility go hand and hand. If we are responsible for another human being, we also have a degree of power over them. An example of this are our minor children. We are responsible for their well-being, for seeing them fed and clothed and sheltered. As parents, we are therefore also empowered to do this work on behalf of our minor children without their permission.

A simple hallmark of responsibility for another is financial responsibility. We can, for example, do Soul Realignment® work on behalf our adult child if they are still financially dependent on us.

We can also do Soul Realignment® work on behalf of an adult if we are legally or financially responsible for them because of disability, mental health issues, or dementia.

Soul Realignment® is highly recommended for children. When we know who our children are, at Soul-level, we can stop parenting them the way we want

to parent, and start parenting them based on who they are. Parent-child relationships can undergo a beautiful transformation through our work.

As children become older and make more of their own choices, they can become involved in their sessions. Leave it to the parent's discernment whether their child is mature enough to talk to you alone, or receive a session with their parent present. Another option is to present the session to the parent with the understanding that they will later listen to the session recording with their child, so that they can stop the replay and talk about what was being said.

Clients may request Soul Realignment® work on behalf of their loved ones according to these guidelines, as well. You can conduct Soul Realignment® sessions for your client's minor children upon their request, or on behalf of any adult dependents. We can also access Soul-level information for all of our family members, although we cannot do any clearing work for them. It is an amazing gift to all of our loved ones to recognize them for who they are, at Soul-level. This also helps us in understanding ourselves. The more you know about the Souls that surround you, every day, the greater your understanding of your own Divine Soul Blueprint.

We are always able to do a Soul Realignment® session for our live-in partners. When we are in a partnership, the other person's choices become our consequences. We are responsible to one another, therefore also have the power to do clearing work on behalf of one another. We do not have automatic access for someone we are merely dating. It is the impact of the other person's choices on our own lives that gives us permission, and in a simple dating situation, our lives are still separate. We also do not have Akashic Records

access for ex-partners, even if we share children with them.

Even though we can perform this work on behalf of our partner doesn't necessarily mean it is appropriate to do so. Occasionally, clients will ask us to do this work on behalf of their partners in an attempt to "fix" them without their participation. This is inappropriate. At other times, the relationship is troubled and the client wants a session in a last-ditch effort to understand their spouse. This intention is much more congruent to our work.

If a spouse has expressly denied permission, then proceeding with a session would constitute an interference with their free will. Please be highly discerning when it comes to adults who are responsible for themselves! When in doubt, ask yourself how you would feel if someone else were to access your Records in the same situation. Ask your clients the same question. If it feels wrong, then the session is probably not appropriate.

Obviously, we cannot gain permission from those that have transitioned out of this human experience. Please note that you can do Soul Realignment® work for your deceased loved ones, as well as those of your clients upon their request. As with newborns, please wait for at least twelve weeks after the person has transitioned to do our work. You cannot access Soul-level information for deceased people with whom you did not have a close personal connection.

Doing our work for a Soul that has transitioned is sometimes a way of giving comfort and closure to the loved ones that remain behind. If loved ones struggle to feel complete with the relationship, have trouble understanding the circumstances of their loved one's death, or simply want to do something for

them, then a Soul Realignment® session can truly serve them.

This work is not suitable for animals. Animals have an entirely different Soul structure and a very different level of free will on our planet. Soul Realignment® is specific to human Souls, so please only do this work on behalf of actual people.

## ACCESSING THE AKASHIC RECORDS

Please complete your portion of the attunement process before moving forward. The process is video-based and located in your members area. You will want to both watch and listen to the video process, every day for seven days in a row. However, you can proceed with accessing the Akashic Records as soon as you've completed the attunement process for the first time.

You are now ready to access fifth-dimensional, Soul-level information. Akashic Records access is governed by intent. You are already part of the fifth-dimensional energetic information super highway and connected to the Records. However, it is usually helpful to the conscious mind if you do a very brief visualization process to set your intention.

A meditative state is not required. This process is simply about focusing your intent, not having a visual experience in your mind's eye. Do not be concerned if you are not a visual person.

To start, bring your attention to the present moment. A good way to do this is to take a few breaths consciously.

Now, close your eyes and imagine standing in front of an elevator. When you look up at the display above the elevator, you notice that you are on the third floor. Now, imagine the elevator doors open. Go inside, press the button for the fifth floor, the elevator doors close, and you go for a short ride. When the elevator doors open, you step out onto the fifth floor. The intention is that you are accessing the fifth dimension, of course.

If you like, you can imagine that, as you step off the elevator, there is a computer terminal in front of you, ready for you to enter a person's name so that you can look up their Soul-level information. You can also imagine a filing cabinet. From this point on, open your eyes and engage with our protocols. This visualization need not be maintained or take more than a few seconds.

## EXITING THE AKASHIC RECORDS

It is equally important to set your intention to leave fifth-dimensional consciousness behind when you are done with your Soul Realignment® work! Otherwise, you might end up feeling spacey, ungrounded, and have trouble maintaining healthy energetic boundaries. The fifth dimension is a highly interconnected place. To finish your Soul Realignment® work, reverse the visualization you did to access fifth-dimensional consciousness. Take a quick elevator ride back to the third floor, and take a few conscious breaths.

Allow the process of entering and exiting the Akashic Records to be easy. Your mind and ego may want to make this process more of a sensory experience than it needs to be. Resist the urge to feel like you are doing something extraordinary.

The fifth dimension is governed by intent ... once you've done your attunement, accessing it is easy.

When you are accessing Soul-level information for someone, please do not imagine or visualize the person. Please note that you are not communicating with the Soul. You are observing information about the Soul. Please remain detached emotionally from the process. Do not try to feel your way into the Soul's experience. This can create too much energetic enmeshment.

## NAVIGATING THE AKASHIC RECORDS

Please do all practice client work for each lesson in our program before moving on to the next lesson. Do not try to study Soul Realignment® from a purely intellectual perspective. You will receive a lot of energetic information from the Records themselves every time you access information for a specific Soul. Without putting this work into practice, the mind can easily become overwhelmed. If you allow yourself to experience the energy of accessing fifth-dimensional information, integration happens very quickly.

If you are working with practice clients, you will want to enter the fifth dimension, do the work for all five practice clients, then exit. This means you'll be accessing information for five different Souls. When you've completed your work for a specific practice client, simply state "I am closing access for this Soul" or "I am disconnecting from this Soul's Record." You can then move on to opening the next Soul's Record.

## ACCESSING A SPECIFIC SOUL

Once you've intentionally accessed the fifth-dimensional consciousness of the Akashic Records through our brief visualization process, you will now want to locate the Soul. In order to do this, you need the following information for the Soul you are accessing:

- Their full current name
- Name at birth
- Date of birth
- Place of birth

However someone gives you this information is perfectly appropriate. If a client was adopted, a name at birth or even date and exact place of birth may not be available. Just use whatever information the client has available. This may mean using the name they were adopted under, a birth month, and a country of birth. You can supplement the available birth information with the names of the adoptive parents, or current address and contact information, if necessary.

Place your client's information (or your own!) at the top of your Soul Realignment® session sheet. You can download the session sheet from your online members area.

## LOCATING THE SOUL

In order to access a specific Soul, we must first locate that specific Soul, using the birth information the client gave us. Birth information is a convenient way to

identify a Soul, since our name, date and place of birth are a vibrational match for the Soul at the time of its incarnation. We also double-check to make sure we don't have the Soul confused with any other Being.

Most of the time, you'll immediately get a "yes" to locating the Soul and a "no" to whether you have them confused with another Being, alive or dead. This means you can continue to the next question. However, at times you might get an initial "yes" to locating the Soul, but then also a "yes" to having them confused. Occasionally, you'll just get a "no" to locating the Soul. Both of these means one simple thing - the Soul does not want to be accessed, and we have to stop the session.

## MONO-SOULED / SOUL-SHIFTING

In a Soul-shifting situation, different Souls are occupying the incarnation at different times. This situation arises through negative choices and is not as scary as it sounds. Soul-shifting is rare. Most of the time, you'll receive a "yes" to mono-souled and can move on. A person is either mono-souled OR soul-shifting. They cannot be both. Make this an established part of your frame of reference and insist on one or the other.

The first thing we must establish in order to gain accurate information is which Soul we are accessing. Soul-shifting always involves two or more Souls. Most times, two to four Souls are involved, but some rare Soul-shifting situations can involve as many as twenty Souls or more. If you find that the person you are accessing is Soul-shifting, you must first identify which Soul you are actually working for before you can proceed with the rest of the protocol! If you get a "no"

to mono-souled and “yes” to Soul-shifting, please go through the Soul-shifting protocol in this lesson so that you more thoroughly understand this issue! You cannot proceed with the rest of the work in this lesson before identifying which Soul you are actually accessing.

## LOCATING THE SOUL: PROTOCOL

- *Do I locate myself / this individual, [current name, born as (name at birth), on (date of birth) in (place of birth)] in the Akashic Records?*

For Souls other than your own:

- *Do I have this individual confused with any other, alive or dead?*
- *Is [Client Name] a mono-souled individual, with one Soul in this body for this lifetime?*
- *(If no) Is [Client Name] Soul-shifting with two or more Souls involved?*

You will have to ask the first two questions every single time you access a Soul’s Record. You can then continue the session preparation where you left off. Never forget to ensure that you have the proper Soul located in the Akashic Records, or you may compromise your own accuracy.

## ESTABLISHING SOUL STATUS

Now that we have the Soul located and, in case of Soul-shifting, we know which Souls we are accessing, we are ready to establish Soul status. Soul status lets us know whether the Soul is positive or negative, and also ensures that we have permission to do further work in the Records for this Soul. Soul status also lets us know whether we have accurate access to the Soul’s Akashic Records.

## BLOCKS TO TRUTH

A “block to Truth” indicates that we do not have access to accurate information from this Soul’s Record. We are literally blocked from the client’s Truth. If there are no blocks to Truth, all information you are receiving about the Soul orientation is accurate and you can proceed with the session protocols. You may, however, receive a “yes” to blocks to Truth being present. This means you do not have access to accurate information for this Soul.

There are three Soul-level energetic situations that will not allow us accurate access on a Soul’s behalf, regardless of their negative or positive orientation. These blocks to Truth either stop the session, or must be cleared so we can proceed with an accurate session. We never simply want to ignore a block to Truth!

## SHELLS

A shell is the emotional body of another person, taken on by the Soul right after transition of that other person. Shells are a fairly rare phenomenon. When we die, we leave behind our physical “shell” first, then shed our emotional body as we continue with our transition. Normally, the emotional body dissipates, since it is no longer being nurtured by vital force energy. However, another Soul can capture this emotional body shell before it dissipates and use it as camouflage that hides its true identity. A shell is the equivalent of a Soul wearing a mask. We must always clear a shell before we can proceed with an accurate reading.

## CHANGELINGS

We will go into further details about the Changeling Soul group later in this course. A Changeling Soul has a highly unstable Divine Soul Blueprint. Because of this instability, it is impossible to receive accurate information about a Changeling Soul. That's why a Changeling Soul constitutes a "block to Truth." If you come across a Changeling Soul, the session ends here.

## LIGHT POWER IMAGING

Light Power Imaging (LPI) is a Soul-level technique that also masks the Soul's identity. Imagine a Light Power Imager surrounding themselves with energetic "mirrors" that serve as a facade device. These devices hide the nature of their Soul while reflecting other people's energetic qualities back to them. Souls who employ LPI are often very charming people - they reflect our best qualities back to us and make us feel great,

Unfortunately, the Soul that employs Light Power Imaging tends to lose itself behind its own mirrors over time. Light Power Imagers show up differently, depending on who is around. They change personalities based on the people in their environment. We must always clear Light Power Imaging before we can proceed with the session.

## POSITIVE/NEGATIVE SOUL ORIENTATION

Most Souls you'll encounter in our work will be positive. However, you may occasionally come across a "negative" Soul. A "negative" Soul in our work is

a clearly defined energetic phenomenon. It doesn't indicate a "bad" or even "negative" person.

Through sustained negative choices, it's possible to completely disrupt our own Divine Soul Blueprint to the point that we can no longer receive any vital force energy from Divine Source. When this happens, we must derive vital force energy from other people. A negative Soul is a Soul that has so completely disrupted its Divine Soul Blueprint that it no longer receives any vital force energy directly from Divine Source.

Do not judge this situation. Most people do not receive enough vital force energy from Divine Source and therefore receive it from each other. Every relationship involves an exchange of vital force energy. Ideally, this exchange is even and equal. There are plenty of positive Souls that draw on other people for vital force energy in a way that is not an equal exchange.

However, positive Souls still receive at least some vital force energy from Divine Source via their Divine Soul Blueprint. They may still be making many negative choices, but at least some vital force energy is still coming directly from Divine Source. Positive Souls, therefore, are still seeking to realign to their original Divine Soul Blueprint in order to receive more vital force energy. Negative Souls, on the other hand, completely rely on other people for their vital force energy.

They must maintain relationships in which they are receiving an imbalanced amount of vital force energy from others. Negative Souls are actually no longer utilizing their Divine Soul Blueprint at all. Therefore, they actually don't have any interest in realigning to it. "Positive" and "negative" choices are irrelevant to a

negative Soul. For them, it is simply important to gain attention, because energy follows attention and focus.

Negative Souls do seek a lot of our attention because we are their source of vital force energy. They often do so through manipulation and control. Sometimes they love to be helped by others in a quest for attention. Please note that Souls arrive at their negative orientation through choice. It's a perfectly valid choice that we do not judge, or try to fix, heal, or rescue from.

The Law of Polarity states that everything must have its equal opposite in order to exist. Negative Souls provide a necessary polarity to positive Souls, and their existence is perfectly in Divine Order. There are entire Soul groups that are negative in orientation. Negative Souls can at all times begin utilizing their Divine Soul Blueprint again, through choice.

It is impossible to tell a negative from a positive Soul unless you access their Akashic Record. Positive Souls can engage in just as much manipulation and attention-seeking behavior as negative Souls. They may also be making mostly negative choices, and may only be receiving minimal vital force energy from Divine Source.

Negative Souls can be incredibly charming and positive while some positive Souls can be miserable jerks. Never judge a book by its cover! Unless you have permission to access someone's Akashic Records, it is impossible to tell the Soul's orientation. The only reason it is of importance in our modality is that we cannot do this work for negative Souls, since their Divine Soul Blueprint has become irrelevant to the way they receive vital force energy.

If you discover that you are accessing a negative Soul, the session ends here. Our modality is all about realigning to our original Divine Soul Blueprint. Since negative Souls have negated their Divine Soul Blueprint, our work simply does not serve them.

Changelings are actually negative Souls - the instability of their Divine Soul Blueprint means they must receive vital force energy exclusively from others. Light Power Imaging is a negative technique that can be employed by both negative and positive Souls. It is a way of gathering vital force energy from others.

It can be a bit awkward to tell a practice client that we cannot complete their session. Never do we tell a practice client “You’re a negative Soul.” The word “negative” outside of this modality has a lot of judgment associated with it. Simply tell the practice client that their Record was not available at this time for a session.

If you’re doing a session for a loved one on a client’s behalf, use your best discernment as to whether to tell them that the Soul is negative. Occasionally it can be healing and validating for them to know that they are in a relationship with a negative Soul. However, you’ll find that most of the time, the people you attract for sessions are positive Souls and have no blocks to Truth.

## ESTABLISHING SOUL STATUS: PROTOCOL

- *Are any Soul situations disallowing access to Truth for this Soul at this time?*
- *(If yes) Is this Soul using a shell? Is this Soul a Changeling? Is this Soul a Light Power Imager?*
- *(If no) Is this Soul positive?*
- *(If no) Is this Soul negative?*

## CLEARING SHELLS

We always have to clear a shell before we can proceed with the session. Before we do so, however, we want to glean a little bit more information about the shell mechanism itself. We can share this information with the client in the session. Because shells cause confusion about our own identity, clients with shells sometimes do not resonate at all with their Blueprint information.

Shells are either positive or negative, for protection or deception. Most positive Souls will use a positive shell for protection. Shells of deception mask the Soul's positive or negative orientation. Shells of deception make a positive Soul appear negative, or a negative Soul appear positive.

We designate a shell as negative or positive depending on the perceived orientation it gives the Soul. A shell is never something "good" that serves the Soul. We designate a shell as "positive" because it makes the Soul appear positive in energetic orientation.

A positive Soul may use a positive shell of protection because it feels the need to hide its true nature. This is the most common kind of shell. However, a positive Soul may also use a negative shell of deception. The Soul feels that it is safer to appear as negative, possibly because it attracts negative Souls, and does not want to be an energy source. A positive Soul can use a negative shell of deception to be a sheep in wolf's clothing.

A negative Soul may use a positive shell of deception to appear as a positive Soul to others. This is the most common type of shell of deception. It is extremely rare for a negative Soul to use a shell of protection. If you do come across this, you may find that once the shell is cleared, the Soul is not, in fact, negative at all. Remember, the shell is a block to Truth. We always have to clear it before we know what kind of Soul we're actually dealing with.

We also want to find out to what extent our client's Soul identifies with the shell. This lets us know how mis-identified the client will be with their actual Blueprint information. If a client is only 10% identified with the shell, they will probably still resonate with their own Divine Soul Blueprint at least somewhat. If the client is 70% identified with the shell, they will have lost sight of their true Divine nature. It's a good thing to share this information with the client ... they will probably be at a loss for why they are always creating what they don't intend.

Shells require physical proximity to the person who is transitioning. Often they are taken on at birth, which happens in hospitals, where of course people are also dying and leaving their emotional bodies behind. There is no energetic connection between the two Souls other than physical proximity. No research is needed as to the Soul from which the shell has been derived. Since they are

essentially the emotional body of a transitioned Soul, shells do not carry over from one lifetime to the next! They are always a present-life only phenomenon. A Soul can only have one shell.

A shell massively distorts our energy patterns, resulting in very mixed signals being sent into the Universe. It's often one step forward, one step back when it comes to these clients want creating what they want, especially when they are highly identified with the shell. They will generally have trouble setting clear intentions for themselves and may be highly confused as to what they want for their own experience.

Please tell the client they are using what is essentially a Soul-level mask. When you tell them how they may be experiencing the shell, most will feel relieved to know there's an energetic reason that validates their experience. Clients may acknowledge that they are very confused as to their own true identity, or that they are "in hiding." Clients will also resonate to having difficulties manifesting.

If you come across a shell, you must first clear the shell before proceeding with the session, because you cannot otherwise obtain accuracy. Please go ahead and complete this clearing request on behalf of your client while in their Akashic Record before proceeding with the rest of the session. You only need to do the clearing request once.

A Soul can actually present with multiple blocks to Truth. After you clear the shell, please repeat the protocol for establishing Soul status. You may in rare instances find a shell wrapped around a Light Power Imager who is also a Changeling.

## SHELLS: PROTOCOL

- *Is this shell being used for the sake of protection?*
- *(If no) Is this shell being used for the sake of deception?*
- *Does this shell originate from a positive Soul? A negative Soul?*
- *To what percentage does this Soul identify with the Soul from which the shell originated? Less than 50%? More than 50%? (Dowse for within 10%)*

## SHELLS: CLEARING REQUEST

*I hereby set the following intention on behalf of [Client Name] and place this intention into [Client Name's] Akashic Record. I make this request for [Client Name] at all available dimensional aspects of their Being, in all concepts of time, throughout all of existence ...*

*Dissipate the shell about [Client Name] that they have used for the purpose of protection / deception (specify which). Dissipate the shell back to Divine Source. Place spheres of Protection in the shell's stead.*

*In the highest good of all Beings, I entrust this intention to be placed into [Client Name's] Akashic Record and carried out with joy. And so it is. Thank you, thank you, thank you.*

## CLEARING LIGHT POWER IMAGING

We always have to clear Light Power Imaging before we can proceed with the session. Before we do so, however, we want to know how long a Soul has been practicing LPI, so that we know how entrenched they are in the technique. If a Soul has only been using the technique for a lifetime or two, they are far more likely to give it up than if they've been using it for longer!

Tell the client they are using a reflective technique and that they may reflexively change their behavior based on who is around. You can also tell them that reflecting everyone else back to them creates confusion for them as to their own Soul-level identity. Clients who are LPI will also have a lot of preoccupation with how they are perceived, even though they are often socially very successful.

They will feel secretly insecure but love attention from others. They also need lots of engagement with other people. Our work may cause a positive Soul to give up this negative technique, since they can receive more vital force energy by making more positive choices. However, please detach from the outcome of our work!

When reading for LPI, the "mirrors" must be cleared for accurate Akashic Records access. This must be done every single time you enter their Record. Occasionally, Souls will put mirrors back up while you are in mid-session. If you start getting odd answers or your pendulum is suddenly unresponsive, ask again about whether you have access to Truth. You may have to do the clearing request one more time.

If LPI occurs in mid-session more than once, it's a clear indication that this Soul actually does not want this work to be done on its behalf, but merely wants your attention. We have to remember that negative Souls thrive on attention and LPI is a negative technique that loves the attention of other people! It is, after all, a way of gaining vital force energy from others. It is not uncommon for LPI to show up in our practice clients.

## LIGHT POWER IMAGING: PROTOCOL

- *For how many lifetimes has this Soul been practicing Light Power Imaging? More than one? Two? Etc.*

## LIGHT POWER IMAGING: CLEARING REQUEST

*I hereby set the following intention on behalf of [Client Name] and place this intention into [Client Name's] Akashic Record. I make this request for [Client Name] at all available dimensional aspects of their Being, in all concepts of time, throughout all of existence ...*

*I request that all mirrors be severed in all directions with Divine Love, Light and Truth. Neutralize all negative or discordant energies arising from this severance. Retain all Soul memories and learning experiences associated with Light Power Imaging, acknowledging them as complete on all levels.*

*In the highest good of all Beings, I entrust this intention to be placed into [Client Name's] Akashic Record and carried out with joy. And so it is. Thank you, thank you, thank you.*

## SOUL-SHIFTING

In a Soul-shifting situation, different Souls are occupying the incarnation at different times. Soul-shifting situations are the result of past-life negative choices. You will learn how to research the root cause of Soul-shifting situations later in the course. For now, it is simply important that we establish which Soul you are accessing. We designate Souls as “First Breath of Life Soul” (1BOLS), “Second Breath of Life Soul” (2BOLS), “Third Breath of Life Soul” (3BOLS) based on the order by which they entered the incarnation.

## ONE-TIME SOUL-SHIFTING

Soul-shifting situations are either a one-time occasion or ongoing. They cannot be both. In a one-time Soul-shifting situation, one Soul leaves the incarnation. Another comes in. It is truly one time that one Soul exits and another enters. In this case, the 2BOLS is always your “client.” One-time Soul-shifting situations are very rare. They are also referred to as “walk-ins.” This is the only Soul-shifting situation that we do not clear.

One-time Soul-shifting situations typically occur in young childhood. Occasionally, a Soul chooses to “opt out” of an incarnation. It can happen that parents of young children make a radical departure in the quality of their choices and take the life they are providing for their child completely out of alignment to the child’s Divine Soul Blueprint.

Both Souls involved in a one-time Soul-shifting situation are in collaboration when making the transition. Walk-in situations occur during unconsciousness,

illness, or sleep. Because they usually happen in early childhood, the client will not have a memory of the event. However, everyone who hears about this phenomenon assumes they themselves are a walk-in. If a client ever comes to you, saying they are a walk-in, please do not take this at face value. Look at their Records. Chances are, there was no Soul-shifting situation.

Clients who experienced a one-time Soul shift may not feel quite at home or at ease in their bodies. They may also occasionally feel like they are living someone else's life. They may have trouble relating to their bodies because their Soul didn't actually prepare its own physical body during gestation, nor did it have a transition time immediately after birth to get used to its new physicality. Explaining this phenomenon to the client can help them accept their relationship with their body and life from a new perspective and greatly affirms their experience so far.

Please note that it is not necessary to research the nature of the 1BOLS. That Soul is no longer in this incarnation. Especially for a client that has experienced a one-time Soul-shift, we want to help them focus on who they are now, at Soul-level, rather than distracting them with irrelevant information about the previous Soul!

## ONGOING SOUL-SHIFTING

Ongoing Soul-shifting situations are never in alignment with a Soul's Divine self-expression, because they limit the Soul's ability to experience itself in this incarnation through choice. It is never appropriate to have another Soul temporarily take over the incarnation through which our Soul is seeking to

experience itself. We always clear ongoing Soul-shifting situations. However, before we can clear this situation, we must understand how it came about, which you will learn to do later in the course.

## DESIGNATING THE CLIENT SOUL

For now, you simply want to know which Soul is intended for the incarnation. The intended Soul is your “client” and the only Soul you need access for in moving forward with your session. Whenever you access the Records for this client, you’ll want to state the intention that you are accessing information about the Soul that is intended, and only that Soul. For all dowsing protocol questions you ask on behalf of this client, replace “this Soul” with “the 1BOLS” or “the 2BOLS” etc. as appropriate.

Since you won’t yet know why this situation is ongoing, please do not alarm any practice clients by telling them they are Soul-shifting. Remember, there is more research to be done on this issue and you will only want to relay this information once you have full understanding of how this situation occurred.

## ONGOING SOUL-SHIFTING

When a client is experiencing an ongoing Soul-shifting situation, they will at times find themselves making choices that are highly out of character. Depending on the relationship between the Souls involved, sometimes these out-of-character choices can be self-sabotaging. Please note that ongoing Soul-shifting is by no means an indication of multiple personality disorder. Soul-shifting clients can function fairly well in life.

However, they may find themselves frequently stuck or constantly feel like they are banging their heads against an invisible wall when it comes to their goals. Two Souls can't possibly make positive choices while sharing the same incarnation. Soul-shifting clients frequently find themselves at a standstill, although this lack of productive forward movement might be masked by a lot of drama and upheaval. Because trying to operate with two different Divine Soul Blueprints makes it incredibly difficult to receive enough vital force energy, these clients may also manifest health issues. We need enough vital force energy to stay healthy at the physical level.

For this reason, they may engage in quite a lot of attention-seeking behavior, which in our clients can translate to wanting "help" and support, and perhaps even quite a bit of victimization energy.

Clients will not black out or lose time when they are Soul-shifting! This is a spiritual phenomenon, not a psychological one, and the mind is not affected at the level of our subconscious memory. How affected the client is depends on how much time the various Souls spend in the body. If the Soul-shifting situation is occasional, with an additional Soul spending only 5% or so in the incarnation, the client will not struggle as much as if an additional Soul is taking up 40% of the incarnation or more.

You do not need to clear a Soul-shifting situation to accurately proceed with the rest of your session. Intentionally designating which Soul you are accessing is enough to give you accurate information from this point forward. We will clear the Soul-shifting situation eventually, once we have completed all of our session work.

## SOUL-SHIFTING: PROTOCOL

- *How many Souls are involved in this Soul-shifting situation?(Two? Three? Four? Etc.)*
- *Is this a one-time situation (MUST be two Souls ONLY), or is it ongoing?*

For ongoing Soul-shifting ONLY:

- *Which Soul was originally intended for this physical incarnation? (Usually 1BOLS, sometimes others. The intended Soul is your “client.”)*
- *What percentage of the time does the 1BOLS spend in the body? More than 50%? 60%? Etc. What percentage of time does the 2BOLS spend in the body? Etc. (MUST add up to 100%)*
- *Does the Soul shift happen daily? Weekly? Monthly? Less than monthly?*

## ABOUT YOU

As part of the attunement process I complete for you after you enroll in this program, I check for Soul-shifting situations, Soul status, as well as blocks to Truth. If you are in this program, you are definitely a positive Soul. I can also assure you that you are not Soul-shifting, do not have a shell, are not practicing LPI, nor are you a Changeling Soul. If you are reading for yourself ONLY, then you can skip questions relating to Soul Status entirely!

## LESSON TWO DOWSING PROTOCOL

### Locating The Soul

- *Do I locate myself / this individual, [current name, born as (name at birth), on (date of birth) in (place of birth)] in the Akashic Records?*

### For Souls Other Than Your Own:

- *Do I have this individual confused with any other, alive or dead?*
- *Is [client name] a mono-souled individual, with one Soul in this body for this lifetime?*
- *(If no) Is [client name] Soul-shifting with two or more Souls involved?*

### Establishing Soul Status

- *Are any Soul situations disallowing access to Truth for this Soul at this time?*
- *(If yes) Is this Soul using a shell? Is this Soul a Changeling? Is this Soul a Light Power Imager?*
- *(If no) Is this Soul positive?*
- *(If no) Is this Soul negative?*

### For Shells

- *Is this shell being used for the sake of protection?*
- *(If no) Is this shell being used for the sake of deception?*
- *Does this shell originate from a positive Soul? A negative Soul?*
- *To what percentage does this Soul identify with the Soul from which the shell originated? Less than 50%? More than 50%? (Dowse for within 10%)*

### For Light Power Imaging

- *For how many lifetimes has this Soul been practicing Light Power*

*Imaging? More than one? Two? Etc.*

For Soul-Shifting Situations

- *How many Souls are involved in this Soul-shifting situation?(Two? Three? Four? Etc.)*
- *Is this a one-time situation (MUST be two Souls ONLY), or is it ongoing?*

For ongoing Soul-shifting ONLY:

- *Which Soul was originally intended for this physical incarnation? (Usually 1BOLS, sometimes others. The intended Soul is your "client.")*
- *What percentage of the time does the 1BOLS spend in the body? More than 50%? 60%? Etc. What percentage of time does the 2BOLS spend in the body? Etc. (MUST add up to 100%)*
- *Does the Soul shift happen daily? Weekly? Monthly? Less than monthly?*

## LESSON THREE

# THE DIVINE SOUL BLUEPRINT

Understanding the Divine Soul Blueprint is essential to understanding what constitutes “positive” and “negative” choices for each of us as individuated expressions of the Divine. The energy centers are the most important aspect of our Divine Soul Blueprint.

Think of the various Energy Centers as different aspects, or qualities, of vital force energy. Our Soul is quite literally made of these Energy Centers. They are the energetic building blocks from which we were created. They are the most important part of our Divine Soul Blueprint, because our Energy Centers are also how we are designed to receive vital force energy from Divine Source.

There are eight energetic qualities of vital force energy that exist within our



Divine Soul Blueprint. Our Blueprint always contains all eight of these Energy Centers, but to very different degrees. The Energy Centers most prevalent within our Divine Soul Blueprint are the aspects of vital force energy we are inherently designed to receive most abundantly from Divine Source. Remember, vital force energy is creative energy. When we express the aspects of vital force energy from which we are created, then we access more of our inherent creative abilities and create a highly abundant experience!

Most of our Divine Soul Blueprints have one energetic quality that comprises between 40 - 50% of its vibrational spectrum. In other words, our Soul is primarily made up of that single energetic quality, or Energy Center. We call this the Soul's Primary Energy Center. This is the aspect of vital force energy in which we are most abundant. Expressing this single Energy Center in what we do and how we do it will create the most abundant human experience for us.

Some Blueprints have two energetic qualities that, together, comprise between 50 - 60% of the Soul's vibrational spectrum. These two Energy Centers will be almost evenly represented within the Blueprint. Usually they will be less than ten percent apart from one another. Sometimes the difference is just one percent. We call these two vibrational qualities the Soul's Primary and Secondary Energy Center.

When a secondary Energy Center is present, expressing these two vibrational qualities in what we do and how we do it will create abundance. They must both be expressed, in combination. Having a primary and secondary Energy Center is not better than having just a primary Energy Center! In fact, it is far more complicated for people to make choices that express both these energies. About

70% of Souls present with only a primary Energy Center, while the other 30% present with both a primary and a secondary.

Our primary / secondary Energy Centers are our Divine Gifts. They are the energetic resource we are inherently most abundant in. They are the aspects or qualities of vital force energy that we are built to infinitely receive from Divine Source. Our “Soul Purpose” is simply to be who we truly are, and to experience our Divinity within our humanity. This is why our Souls incarnated. Making choices based on our Energy Centers is the same as living our Divine Gifts and our Soul’s Purpose. It is the key to creating an abundant, fulfilling human experience.

Remember that vital force energy is creative energy. As such, it has both a positive and negative polarity! The creative process is always one of both construction and destruction. After all, before we can create anything new, we must eliminate what was there before. If we are to create the human experience we want, we also have to let go of the human experience we currently have!

This is an expression of the Universal Law of Polarity, which states that everything must have its equal opposite in order to exist. The Energy Centers are different expressions of vital force energy, and therefore also each have a negative and positive polarity. The negative polarity of our energy centers always shows us what we need to eliminate from our lives.

This is the destructive part of our creation process and must be embraced as much as the constructive, positive polarity! When we experience the negative polarity of our Energy Centers, we must be willing to address the situation.

Circumstances, habits, and relationships must either be transformed to align to the positive polarity, or must be eliminated entirely. If we ignore the negative polarity of our Energy Centers and do not use it to engage in the destructive aspect of our creative process, we end up in the dysfunctional expression of our Energy Centers.

Creative energy must create. When we don't express our Divine Gifts in a productive and constructive way, then our natural creative resources often express themselves as drama and dysfunction. Because so few people are expressing their Divinity, you may find that quite a few of your clients relate more to the dysfunctional aspect of their Gifts than the functional.

Most of us do not relate to our Energy Centers as actual "gifts." The characteristics of our Energy Centers are just our "normal." It is common for us to assume that everyone has those same characteristics. We unconsciously draw on our Energy Centers to do just about everything and anything, even if our Energy Centers aren't really suited to what we are trying to create. We take our Divine Gifts for granted! To us, they are simply not that special.

That's why it's so helpful for us to know the Divine Soul Blueprint of the people around us. This truly helps us tune in to what makes our gifts unique and special, through contrast. Most people tend to resonate more with who they want to be, rather than who they are. Give someone a list of Energy Center characteristics, and they almost never identify with their own. As we go through the Energy Centers, you will most likely not resonate to your own. This is normal. As human Beings, we often have "gift envy" - everyone else's Energy Centers seem better and sexier than our own.

Most of your clients will acknowledge that the characteristics you are describing relate to them, but they will usually be surprised that these are their “Divine Gifts.” Your clients will usually not have considered leveraging these characteristics within their lives to create more of what they want. It is so important that we communicate the Energy Centers as the practical path to manifesting abundance.

We always serve as an advocate for our client’s authentic Divine self-expression. Sometimes our gifts just make us different from the way society tells us we “should” be, making us think there’s something “wrong” with us and misinterpret our gifts as character flaws! We can validate for a client that a choice that society thinks is “good” or “normal” is actually negative for them and is creating lack in their lives.

It is also important to recognize that our Energy Centers are not always what we inherently “love” to do. We may love to write, but writing isn’t one of our Divine Gifts. We may enjoy creating art, but art isn’t one of our Divine Gifts. While we can engage in these activities and become competent through hard work, we will not create true abundance outside of our Divine Gifts. If we insist on pursuing career paths and professions in a way that don’t allow our Divine Gifts to shine, we may be able to make a decent living. However, we will always have to work very hard, and we will always have to tolerate some level of lack. This is how most people live.

On the other hand, if we leverage our Divine Gifts, we will have to invest effort but we will receive incredibly abundant results from those efforts.

It is always our responsibility to express our Energy Centers in a productive, functional way. We must at all times choose to express our Divine Soul Blueprint at the level of practical action. Our Divine Soul Blueprint isn't going to just assert itself functionally into our lives without our active participation. It is our responsibility, for example, to develop human skill sets that go along with our Divine Gifts. Developing those skill sets will be much, much easier because of our Divine Gifts, but we still have to put in the effort.

In our work, we only focus on the primary and secondary Energy Centers for the client's Soul. It is irrelevant to focus on what energies are not represented in our Divine Soul Blueprint. After all, that's how we get negative choices to begin with.

## ENERGY CENTERS: PROTOCOL

- *What is the Soul's primary Energy Center? (1 - 8)*
- *Is there a secondary Energy Center? If yes, what is it? (1 - 8)*
- *What percentage of the Soul's Blueprint does the primary Energy Center represent?*
- *(If secondary is present ONLY) What percentage of the Soul's Blueprint does the secondary Energy Center represent?*

## THE FIRST ENERGY CENTER: DIVINE COMPASSION

This is the energy center of compassion, community, nurture, and nature. Clients whose Souls are centered in this energy are highly compassionate, tolerant, and unconditional. They are very concerned with family, social and planetary causes, the tribal energy through which we are all One at the physical level. This Energy Center is grounded in doing, in helping at the most basic level, tending to our

basic human needs, raising and teaching children, social work, nursing, hospice care, growing food, gardening, and environmental issues.

Community is very important to them. They excel at creating, structuring and organizing communities, whether that community is a family, neighborhood, school, or charitable organization. Their gift is empathy. They can utilize this gift to ensure that each individual is served within their community, in a way that also allows the community to thrive. They may thrive by incorporating their gift for community into their careers, by creating successful non-profit organizations or engaging in social entrepreneurship.

This does not mean they are always raging extroverts who are the life of the party. However, they must feel a sense of belonging to some sort of group, cause, or community in order to experience their Divinity.

The negative polarity of this Energy Center is isolation. Without a sense of community, first Energy Center people quickly lose their sense of Self. They do best to address or eliminate situations that make them feel alone, isolated, or left out. Because they do have such a strong sense of community, it can be hard for them to walk away from relationships and groups that make them feel isolated. Their tendency can be to work harder for acceptance and inclusion.

However, letting go of groups and relationships in which they are not understood or valued is often the counter-intuitive key to finding an environment in which their gifts shine. Allowing isolating experiences and relationships will lead first Energy Center folks into the dysfunctional aspect of their Energy Center: Sacrifice. They will become highly “other-focused” in an effort to be valued and

accepted. They will try to serve and help others inappropriately in order to shift out of isolation.

In an effort to connect with others, they may also “take on” everyone’s “stuff” and participate in their emotional lives to an unhealthy degree. They may seek to help others to the point of sacrificing their own health and financial situation. They then try to help from a place of lack and end up in ever-growing states of depletion. They may become so over-identified with the people they are trying to serve that they lose track of the only experience we are truly here to create ... which is our own.

First Energy Center Souls often come to us in a state of depletion, having spent years and years in the energy of sacrifice. Coming back into balance may feel quite selfish to them. They may also come to us, seeking a stronger sense of personal and spiritual identity, because they have tried so hard to bring value and fit into a group or community. It is important for them to serve a community while the community returns that value to them, rather than sacrificing.

## THE SECOND ENERGY CENTER: DIVINE MANIFESTATION

This Energy Center is all about the joy of the physical plane. It is centered on building and manifesting what is real, tangible and lasting. This energy teaches us about the value of the physical experience. The positive, functional side of this Energy Center embraces money, sexuality, and the physical body.

People primary or secondary in this Energy Center are builders and will enjoy creating something that withstands the test of time - actual buildings, physical

objects, brands, and wealth. They also show us how to be embodied and may be drawn to helping us embrace our physicality, through athletics, yoga, dance, tantra or even adventure travel.

When they embrace money as physically creative energy, they attract it easily. They may be drawn to study money, finance, investing, and everything to do with building wealth. They may love new experiences, engaging with the physical world or even their body in a new way, meeting new people (preferably in person!) and experiencing themselves in new environments.

Whether it's body-building or leading people in adventure travel, architecture or financial planning ... these people create success and abundance by shaping and enjoying the physical experience.

When functionally self-expressed, they will love creating new physical experiences, whether that means manifesting wealth, creating a business, or a whole building. From the outside, they may be perceived as "chasing" success or wealth endlessly, but this is a misperception. They simply love creating new experiences so much that they don't want to stop.

The negative polarity of this Energy Center is becoming ungrounded and disconnecting from the experience of the physical realm. They are often highly kinesthetic people that may not do well in traditional school systems that are focused on sitting behind a desk and book learning. They may also, because of past negative choices, incarnate into situations that are unpleasant at the physical level. A lack of physical safety will create disconnection from the physical realm.

If second Energy Center clients get into their own heads too much and focus solely on intellectual pursuits or never get out from behind their desks, they will lose touch with themselves and create lack. Because lack makes the physical experience much less enjoyable, it may lead to withdrawing further into the intellectual and mental realm, often to “figure out” the problem! Of course, this creates more disconnection and more lack, leading to more withdrawal, and so on.

Disconnection from the physical and a lack of groundedness can lead to the dysfunctional expression of this Energy Center, which is an excessive or even destructive focus on physical or emotional sensation. This may look like constantly chasing the next “high.” They may get stuck in the intensity of their emotional life and get so focused on the experience of their inner world that they stop creating outwardly. They end up wallowing in emotion, rather than releasing their emotions constructively through action. They may also become addicted to extreme physical sensation, whether that is through thrill-seeking such as skydiving, or indulging in over-eating, alcohol, substance abuse, or sexual addiction.

## THE THIRD ENERGY CENTER: DIVINE ORDER

This Energy Center is all about balance, harmony, beauty, art, law, order, perfection, and peace. These Souls are experts in being in balance and harmony within themselves, with each other, and with their environment. Their gift is to blend the beauty of form and functionality. Not only do things have to be beautiful, they also have to function beautifully and efficiently.

They may be highly creative and artistic. Beauty often nurtures them. They are frequently very “put together” and thrive on orderly, organized, and beautiful spaces. They may have a great artistic eye and sense of aesthetics, or are excellent planners and project managers. They love organized systems that are harmonious, whether those systems are a business, a home, or a canvas!

They have an innate sense of fairness, law, karma, the balance of choice and consequences. They like to create deliberately, in an organized and structured way that doesn't upset the balance of things too much!

They make excellent trainers, because they have a way of breaking complexity down into step by step systems and methodologies. They are also sometimes drawn to the world of public speaking. They enjoy being the center of attention (when they are organized, well-dressed, and well-prepared!) and are excellent leaders because of their flair for organization and efficiency. They are excellent planners and organizers, because these are ways of establishing order.

The negative polarity of this Energy Center is drama! The energy of drama simply isn't a fit for these peace-loving, balanced, orderly Souls and they are well-served to address or eliminate any dramatic situations and relationships. Unfortunately, third Energy Center people may find themselves doing whatever it takes to keep the people around them happy, all in avoidance of drama such as arguments or intense emotional situations. They may also try to excessively manage and organize the lives of everyone around them, so that drama can't enter their experience.

They often accommodate others at cost to themselves, because they hate it

when people are upset at them. If they avoid drama rather than addressing or eliminating those situations and relationships, they can become quite controlling of others and end up not having much focus left over to create their own experience. They will end up in the dysfunctional aspect of this Energy Center, which is perfectionism and stagnation.

In order to prevent the drama of failure, they will find themselves excessively organizing and planning to “make sure” everything is “right” in lieu of actually doing much. They want everything to be “perfect” and end up investing a ton of energy in merely maintaining status quo. When reality doesn’t match their perfect plan, they become disappointed and are very hard on themselves, give up, and come up with their next perfect plan. Their love of beauty may also translate into excessive focus on outward appearance, a fear of being embarrassed or seen as less than perfect, and a preoccupation with people’s perception of them, all of which paralyzes them into inaction.

## THE FOURTH ENERGY CENTER: DIVINE LOVE

This is the energy center of Divine Love and Healing. Clients with this energy as primary are innate experts at being in relationship. They are also natural healers - it’s not something they do, it’s just who they are. Their healing gift is loving acceptance and non-judgment. They hold a sacred space for others in which they can reclaim the pieces of themselves that they have made wrong, that they have disowned. The greatest value they offer is simply their presence - generally, we want to spend time with them without knowing why.

They love being with people and we innately trust them and are willing to share

just about anything with them because they are so non-judgmental. They are frequently excellent listeners because they create such a natural sacred space of non-judgment. They are incredibly giving people (who can easily turn into doormats!!!) and they can become depleted because of this trait. People may take advantage of their generous and giving nature.

They are natural healers - whether they do this formally or informally. They bring us back into our wholeness through loving self-acceptance and non-judgment. They tend to need close relationships, and love taking care of others and being taken care of, nurturing and being nurtured. It's all about inter-dependency and relationship for them. They need people to relate to and be in relationship with. They find their greatest success when they are both supporting others and being supported, and when they uphold healthy boundaries in their relationships.

They make excellent managers in the business world because they truly make their teams feel cared for. They evoke incredible loyalty in the people that work for them. They excel in any environment where people must feel nurtured, from hospitality to healthcare, and are gifted at creating great customer service experiences. The negative polarity of this Energy Center is a lack of support. They must address or eliminate situations in which they feel they are going it alone, with nobody to help, nurture, or support them.

Because these people are so relationship-centric, they must at times learn to be more conditional with the people around them. They have to be discerning as to how much they give without receiving in return. They also frequently have to learn how to say "no." It is appropriate to receive as much as we give in relationships. However, when they feel unsupported, fourth Energy Center

people tend to model by giving what they want to receive, which can backfire. They give and expect others to give back in return ... which often never happens. Instead of renegotiating or eliminating the relationship, fourth Energy Center people then tend to double down on modeling what they wish to receive, giving even more. In this way, they may end up resentful and depleted, and end up in the dysfunctional aspect of this Energy Center: the martyr who gives without ever receiving anything back. When they are in depletion from lack of support, they have a tendency to go into helplessness.

Instead of seeking to be truly supported and nurtured, they want someone to just handle aspects of life FOR them. They will abdicate responsibility for their finances, aspects of their business, etc., all in the name of “being supported,” but actually end up disempowered and even more helpless in this process. They may slip into victimization as well as depletion, feeling that the world is a very unfair place in which they always give but never receive back.

## THE FIFTH ENERGY CENTER: DIVINE COMMUNICATION

This is the Energy Center of communication, self-expression and authenticity. This is the realm of the teacher, and the written and spoken word. They have a very special relationship with language - words will have taste and substance for them. They are natural experts at communication. They can become exceptional writers, speakers, or both. They innately know how to inspire and move people into action through words. They excel at helping others change at the level of thought and mind, by introducing new ways of looking at life through the written or spoken word.

This often translates into the realm of business within the areas of marketing and sales, where excellent communication skills are key. It is imperative that fifth Energy Center people use their words in how they make a living! This is often what unlocks abundance for them. It is always important for them to have an “audience” of sorts to communicate with, whether that’s one person or a group of listeners or readers.

They are highly verbal people, often constantly talking, teaching and having whole conversations in their own minds. They always need to “talk things through” and one of the greatest gifts anyone can give them is to simply listen and let them work their thoughts through verbally.

They are teachers but are frequently even more comfortable in the realm of the student! They can be avid life-long learners and voracious readers. They can be prolific content creators and may be full of ideas of what to write and teach. However, because this is the realm of authenticity, it is vital that they express their own unique opinion and expertise, gathered through personal experience and the results they themselves have created.

They have strong opinions and perspectives, and their abundance will actually come by upholding their unique point of view publicly. They get on little soapboxes and are highly outspoken. Their inner wisdom frequently unfolds spontaneously when they communicate. Most especially, they will find themselves giving excellent advice that surprises even them when they are in conversation. They are a natural channel, and channeling happens in the moment.

The negative polarity of this Energy Center is when their communication falls on deaf ears! Communication, after all, is a two-way street. If nobody is listening and engaging with their communications, fifth Energy Center people must either find an audience that actually values what they have to say, or relay their message differently. If they don't address that nobody is listening, they may fall into inauthenticity, and just start communicating what they think people want to hear.

Unfortunately, they may also start simply rehashing what they have heard from other teachers or mentors, leading to plagiarism rather than authentic self-expression. Some fifth Energy Center people have become so conditioned to not speak their Truth that they hide in the student role. They will endlessly read, learn, and study but not actually DO anything ... because then they might actually have something original to express! It is important that they learn, DO, and then teach from their personal experience if they are to unlock the abundance of their Divine Gifts.

If this Energy Center continues to remain unheard, they will end up in the dysfunctional aspect of their Gifts and communicate to no-one. Their Gifts may come out through unwanted and often inappropriate advice. They may also talk, talk, and talk some more, without any regard for who is listening or whether anyone wants to hear it. Their communication style may descend into "verbal masturbation" - they just talk for the sake of talking! If human Beings aren't listening, they might find solace in the spiritual realm. They may journal and channel endlessly, without ever publishing and serving the world through their gifts.

## THE SIXTH ENERGY CENTER: DIVINE TRUTH

This is the Energy Center of Divine Truth. Divine Truth is the Truth of our Divinity, a deeply personal, highly subjective Truth that differs from one individual to the next. This is a highly visual realm - they are “seers” and may be highly intuitive and clairvoyant. They may also be drawn to the visual arts and photography as a way to express Truth.

They are spiritual warriors at heart that take a strong stand for Truth and bring it to Light where it’s needed.

They have a gift for seeing people and situations very clearly, as they truly are. They have incredible powers of observation. When congruent, they are “tell-it-like-it-is,” outspoken individuals that speak up when something is amiss and tell the Truth that everyone needs to hear. They find success when they help others uncover and take a stand for their personal, unique Truth, and help others see themselves for who they truly are.

They are natural consultants and advisors. We inherently trust them because of their relationship with Truth. Their natural consulting skills serve them well in business in the realm of sales. Ideally, they also manage by coaching and consulting their employees into their own best way of accomplishing results. Within a corporate hierarchy, they are often the trusted advisor to their peers and beyond, the person who will speak the uncomfortable Truth as needed. They often have a “bullshit radar” that is turned up very high and they may also be natural human lie detectors.

Their blunt communication style sometimes gets them into trouble. Sixth Energy Center Souls must learn to speak Truth in a way that others can actually hear it. The negative polarity of this Energy Center arises when the Truth is unwelcome. They must address or eliminate situations and relationships in which the Truth isn't present or wanted. Truth can be highly inconvenient. If they do not address these situations, they may observe, but not say much or share their observations. They may become the "strong, silent type" which is certainly safer, but does not allow their Gift to shine.

Children who incarnate into situations where Truth is unwelcome may be told "we don't say that!" because Truth is not always polite or convenient. They may quickly learn to keep their observations to themselves.

They may assume that other people don't want to hear what they have to say, or can't handle their perspective. They may withdraw completely into a visual medium that "speaks for itself" (photography or other visual arts, or graphs and charts!) to the exclusion of constructive verbal communication.

They may also fall into the dysfunctional aspect of this Energy Center, shifting from Truth into judgment. They can have a very black-and-white way of looking at the world that does not allow for any "Truths" but their own and they become entrenched and rigid in their thinking. They can become aggressive and belligerent in expressing these rigid opinions, no longer insisting on Truth, but on being right.

## THE SEVENTH ENERGY CENTER: DIVINE POWER

This is the Energy Center of Divine Power, which we access through free will and choice. This energy center is about doing and being whatever we want, without limitation. Having freedom of choice is incredibly important to them, and a sense of freedom is one of their most important values. They are highly energetically sensitive, and have an innate understanding of energy. They may be very intuitive or psychic, but can also be introverted because being around people and their noisy energy all day is exhausting.

They manifest extremely quickly and powerfully. This means that, when aligned, they create results very quickly. However, when they are in misalignment, they also very powerfully manifest a whole bunch of nothing. They must learn to take the immediate feedback they receive from their results ... “things” will not get better “eventually.” They are highly independent and strong-willed. They hate being stuck in situations where they feel they have no choice. They take action more easily than most, because they understand that only choice creates new experience. They can, however, get stuck in being busy, rather than productive.

They embrace change more readily than most people, and can become the driving force behind the change, and create what they want consciously. They love tools and learning how to use them, because each tool represents new possibilities and new choices being available to them! Because they have such a strong desire for self-determination, they do not enjoy being children and not being able to make their own choices. Money is highly important to them, because it allows them freedom of choice.

They often find success in leadership positions. They have a lot of energy, and their strong will often makes them charismatic and attractive to others. They

are willing to stick their necks out and go first. Seventh Energy Center Souls are not risk-averse ... they are often more willing to fail than most, because they realize that they are always empowered to correct their mistakes down the road. This means they often do best as entrepreneurs. This also gives them more opportunity to live as they choose.

The negative polarity of this Energy Center is obligation. Whenever these Souls feel like they “have to” or “should” and that they don’t have freedom of choice, they must address or eliminate those situations and relationships. Instead of eliminating obligation, they may actually take on more responsibility so that they can do things their own way. They are high energy people who can take on a lot, including responsibilities that aren’t even their own. If they continue to tolerate obligation, they will become resentful over their lack of freedom and independence.

When they are accountable to too many other people, they will find themselves frustrated with the pace of others, who don’t take action fast enough for them. They will be resentful of people taking up their time, which is another form of freedom. Their Gift of energetic sensitivity will feel like a burden and cause them to become reclusive. If they become overloaded enough, they will engage with the dysfunctional aspect of this Energy Center, which is possibility paralysis. Rather than making more choices and putting still more responsibilities and obligations on their own plates, they will get stuck in endlessly exploring possibilities.

They will endlessly explore new tools, new knowledge, etc. for the sake of creating more and more possibilities in their lives, without actually moving

forward into any of them. They will get stuck in indecision - but their form of indecision can look very busy! They can even rationalize why they need yet another piece of software or tool or training before they can finally move forward. Meanwhile, they are actually just spinning their wheels and not creating any new results.

## THE EIGHTH ENERGY CENTER: DIVINE WISDOM

This is the Energy Center of Divine Wisdom and the connection to the inherent wisdom of the Universe to the physical world. Do not confuse Wisdom and Truth. Truth is subjective - Wisdom is universal. They are thoughtful, introspective people and are excellent listeners. They give amazingly insightful, succinct advice, rooted in common sense and rational thinking.

They are highly intelligent and have uncommon “common sense” and know when people are trying to run a bypass on reason and logic. Wisdom is very concise. Often, these people do not say much, but what they have to say is profound. They are deliberate, thoughtful decision makers and often create success by helping others see through their own illusions, false self-perception, and mistaken thinking.

Their insight makes them excellent coaches, whether they use these skills formally, or as a way to sell, to manage a team, or run a family. They are drawn to what “makes sense” to them. They are very reasonable and highly principled. They often embrace logic and common sense over emotionality. Simplicity is their gift and they often excel at reducing complexity in a way that increases efficiency. If there’s a more reasonable way to get from A to B, they will find it.

The negative polarity of this Energy Center is irrationality. They must address or eliminate situations and relationships where reason, logic, and “common” sense isn’t present or valued. They do not thrive in environments that simply don’t make sense to them. There is a lot in our world and society that does not run on reason and logic, and “common” sense is not at all common for a lot of people! When eighth Energy Center people don’t put themselves into situations that make sense to them, they can become very impatient and fed up with people in general. When they incarnate to parents who don’t operate reasonably, childhood may be difficult for them. They may also dislike participating in social conventions that just don’t “make sense.”

The dysfunctional aspect of this Energy Center is contempt. If they don’t create relationships and situations in which their wisdom is valued, they can become angry and intolerant of a world where no-one seems to want to listen or has any “common sense.” They may withdraw from the world and stay on the outside of social conventions, or even become quite contrary to them. They may decide that “people are stupid” in general, and wisdom may shift into spiritual and intellectual arrogance.

## PRIMARY AND SECONDARY ENERGY CENTERS

Our secondary Energy Centers add to and combine with our primary energy center. At first glance, it may appear as if two Energy Centers are at odds with one another, but this is never the case. For example: 7th and 4th energy center combine beautifully, as do ALL energy center combinations. Occasionally, some characteristics mitigate one another. For example, someone who is 6th and 5th will not have as many issues with diplomacy as someone who is primary 6th only.

## “MORE” INFORMATION ON ENERGY CENTERS

Please note that you actually can't search for “more” information on the Energy Centers online, nor are there books written on the topic. The information on Energy Centers is unique to this modality, and is the result of twelve years of study of the human Soul, countless sessions, and observing clients creating results. Sometimes your clients may want “more” information on their Energy Centers.

We want to point out to them that this work is not about gathering huge volumes of information. It's about transformation! There is so much new action that can be taken based on the energy centers. There is always another layer or level of self-expression available. Personally, I don't have any “more” information than what I've shared with you ... but I've been implementing my Energy Centers for the last twelve years and I'm just getting started!

The way to developing greater understanding of our Energy Centers is to implement them in real, practical ways in our lives. We are here to have a human experience. Ultimately, experience is what leads to self-knowledge. The desire for “more information” is often a deflection from getting on with doing our Divinity (which is far more risky and takes more effort than endless studying.)

If you want “more” understanding and insight on the Energy Centers, the very best way you can develop this is to first take new action on your own Divine self-expression. The second is to access this information for as many people as possible. Each time you access the Energy Centers for a different Soul, you'll receive a deeper level of understanding. It's incredibly helpful to know the

Energy Centers for everyone around you and simply observe them in every day life.

## LESSON THREE DOWSING PROTOCOL

- *What is the Soul's primary Energy Center? (1 - 8)*
- *Is there a secondary Energy Center? If yes, what is it? (1 - 8)*
- *What percentage of the Soul's Blueprint does the primary Energy Center represent?*
- *(If secondary is present ONLY) What percentage of the Soul's Blueprint does the secondary Energy Center represent?*

## PENDULUM DOWSING INFORMATION

Using a pendulum properly is an important aspect of your Akashic Records work. Video instruction for using a pendulum is provided by Andreea Hess in Part 6 of Lesson 1. If you are already comfortable using a pendulum for “Yes” and “No” answers, or you have had success by following the instructions in the video, then you can disregard the following instructions.

However, if you are still unsure and would like a bit more guidance in learning pendulum dowsing, then hopefully the following instructions will be of benefit to you.

I first started using a pendulum over 10 years ago and I followed the instructions that are on the following pages. I had never even touched a pendulum before. I bought one and by going through the steps, I was amazed at the results!

I am also giving you additional directions for working with your pendulum so that you can use “fan” charts. These are charts that can be used for many of the questions you will ask in a client’s Akashic Records. You can go through the many questions just using “Yes” and “No”. But it can be rather cumbersome and time consuming. At least it was for me. That is why I created “fan” charts for myself to dowse for certain aspects of the Soul Profile such as: Energy Centers; Soul Vibration Rate; Spheres of Protection and White & Blue Lights. I also created charts for Vows; Chakras and Percentages. These charts made the dowsing protocol much quicker and easier for me. I have used them since I became a Soul Realignment® Certified Practitioner in 2014.

If you are comfortable with using “Fan” Charts already, then you can jump right in to using these charts, if you desire! If this is a totally strange concept, and you still would like to be able to use the charts, don’t worry! I had no idea how to use

any pendulum charts and the following directions had me using my pendulum like a pro in no time!

You will hear the term “Frame of Reference” used quite often throughout this program. We need an accurate mental framework of understanding. We also need to understand exactly what dowsing is and what role the pendulum plays. We need a “frame of reference” when it comes to dowsing, as well.

The following excerpt is from the book “The Pendulum: Bridge to Infinite Knowing” by Dale W. Olson. *“Often we hear people talking about their pendulum giving them the answers as though the pendulum is “picking up” information, or has some degree of mysterious independent intelligence. The pendulum does nothing in and of itself.”* A pendulum is nothing more than a tool – *“a communication device that gives your Intuition a language in which to communicate. It does this through micro-movements of the fingers or hand which are an extension of you. **You** are the one in charge of this skill.”*

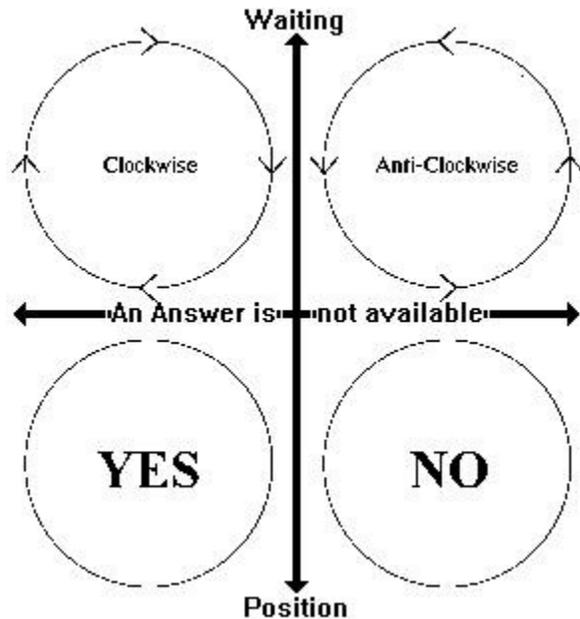
And like any tool, it takes time and practice to master. Just remember that you are the boss, not the pendulum! You are the one working in the Akashic Records and receiving the information for your client. Your pendulum is just a wonderful tool, one of many in your Spiritual Toolbox, that will assist you so that your work in the Akashic Records is extremely accurate.

### Step 1

Look at the diagram of circles and lines next to this writing. Hold your Pendulum above the middle of the 'up and down' line and make it swing along the line - towards you and away from you; this is the **"WAITING POSITION"** - ready for a question. Stop, hold your Pendulum still, and without making it move ask it to swing in the "waiting position".

### Step 2

Repeat this procedure explaining that if the question is poorly worded, is not understood, is beyond your Dowsing ability, or should not be asked, then the **"NOT AVAILABLE"** signal to be used is to slow down and stop along the "Waiting Position", and then to restart swinging on the "Not Available" line.



### Step 3

Hold your Pendulum over the clockwise circle, and tell it to move in a clockwise direction; if it doesn't move the first time, you can make it move - but keep at this until it moves without you forcing it. Repeat for the anti-clockwise circle.

### Step 4

Hold your Pendulum over the "YES" circle and ask your Pendulum to make a circle in the "YES" direction.

Do not make it move, just wait for it to move on its own! This is VERY important, since you are trying to find which is the "YES" direction for you - and if you force a movement it could be the wrong way!

### Step 5

Then hold it over the "NO" circle and ask it to make a circle in the "NO" direction. Practice these "YES" and "NO" circles to make sure that you have them correct - they are the key to being able to Dowse. If you cannot get sure answers about the circles, then define the "YES" circle as clockwise, and the "NO" circle as anticlockwise, and repeat the exercises to ensure they work.

Repeat steps 1 to 5 until you have success - then you can ask simple questions for practice (but remember to ask permission to practice first!), such as "Is today Wednesday?" - but wait until you have read all the instructions before asking any important questions.

This information is from website [www.greatdreams.com](http://www.greatdreams.com)

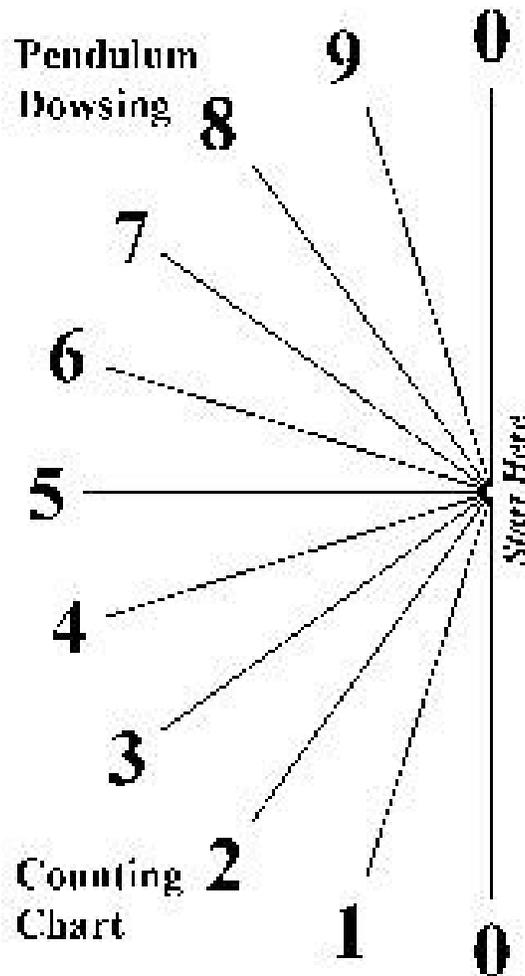
## DIRECTIONS

The other key to using your Pendulum is asking for directions; so hold your Pendulum over the center of the 'counting chart' (marked "Start Here") so that it is either still or making a small circle. Now tell it to move in the direction of the line marked "6". (*You can hold the chart either vertically or horizontally. The "fan" charts will be horizontal.*)

Your Pendulum should make a small "YES" circle, and then move along the line leading towards the number requested. If it makes a "NO" circle, be cautious - something may be wrong!

Repeat this with the other lines, marked "0" to "9", until it does them all correctly. You can use this skill to find lost and stolen items, read messages, seek treasure, and find your way home!

*(And of course, this skill will make it possible for you to utilize the "fan" charts!)*



## ACCESSING THE AKASHIC RECORDS

There are many ways to access or “open” the Akashic Records. Ultimately it is all about intent. The way that you have learned in this lesson is to bring your attention to the present moment and then imagine an elevator that you enter on the third floor. You punch the button for the fifth floor and up you go. The elevator door opens and you step out onto the fifth floor and you are now in that fifth dimensional consciousness.

The above procedure will work extremely well in combination with your Attunement. There is no other ceremony, procedure or protocol that is required. However, there will be people like me that desire something more. Let me explain.

When I first learned to access and read the Akashic Records, it was long before I discovered Soul Realignment®. I was on my Spiritual Journey and looking for “more”, for another way to connect even more powerfully with the Divine – with my own Spiritual essence. I have always used the power of prayer to connect to the Divine ... the Creator of All, or my own personal Angels and Spirit Guides.

The idea of “prayer” can carry a lot of baggage: The old religious energy of supplication and disempowerment and that human beings need to strive be “worthy of ‘God’s’ grace”. You understand what I mean.

However, I have always understood prayer to be asking for guidance and assistance. I am the one making the choice and taking the action and I just want to know that I have a spiritual “team” that has my back and is supporting me and loving me unconditionally. To know that I am never alone.

So the way that I first learned to open and read the Akashic Records was through the instruction of Linda Howe and her book “How to Read the Akashic Records:

Accessing the Archive of the Soul and its Journey”. She uses a “Pathway Prayer” to access the heart of the Akashic Records. This prayer worked perfectly for me and it totally resonated with my Divine Self-expression. I still use my own version of this prayer when working with my clients to open and close their Records during a session.

In 2014, I discovered Soul Realignment®. At that time, the procedure for opening the Records also was a type of prayer or verbal intention. It evolved over the first three years, but was an integral part of the process for accessing and opening the Akashic Records. For me, this wasn't just a procedure. It was connecting with those Divine beings that are my support team and assisting me with this work. No supplication energy. I am the powerful creator of my experience and have the intention to work in the Records of my clients, for their greatest and highest good, and requesting assistance and support.

In 2017, Andrea Hess of Soul Realignment® made some rather radical changes to the modality. I would say that all of the changes were positive and were to move the modality forward. But the one big change that I couldn't wholeheartedly support was removing all semblance of “prayer” or any “religious” overtones. I was assured that I could “keep what works” of the old version and embrace what “works better” of the new version. I did that and all was well. But now teaching this modality creates a dilemma.

I want to offer my students the Soul Realignment® modality in its pure form while still being true to my own Divine Self-Expression. And I also want you, my student, to resonate with this modality in a way that is True for You.

The answer to my dilemma is to give you choices. If you feel very congruent with accessing and opening the Akashic Records without any “prayers” or acknowledgement of / connection to a “spiritual support team”, then you can ignore any optional “prayers” or intentions that I will be providing.

If, on the other hand, you feel the need to connect with those Beings and also to bring in a sense of “sacredness” to this process, then I am providing a type of prayer/intention that you can use to access and open the Records and also to exit and close the Records. (See below).

I will also be providing additional “prayers/intentions” to use with the Clearing Requests in Lesson 10 and also to include (if you choose) for your clients’ “homework” that you will also learn about in Lesson 10.

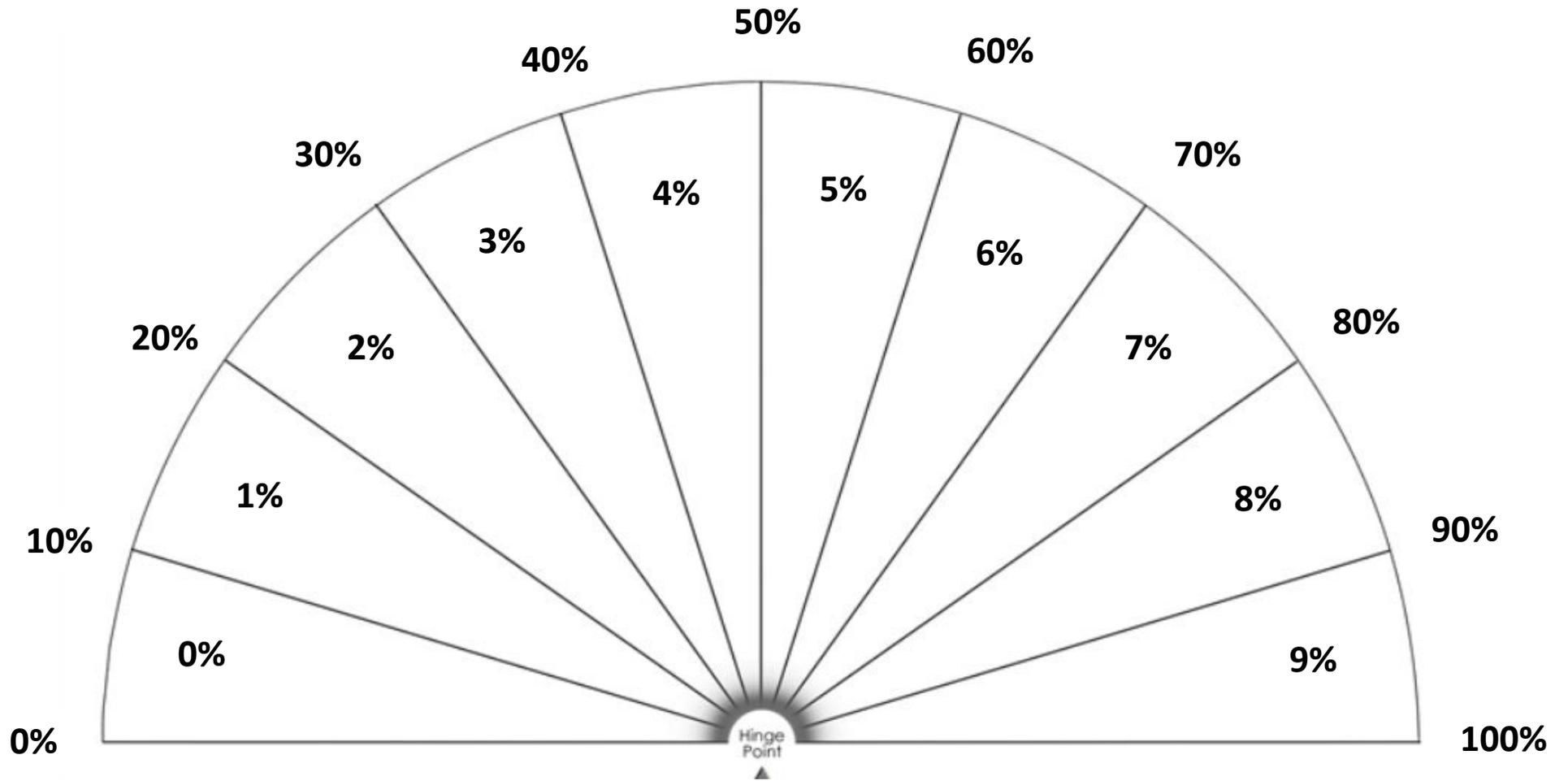
I don’t want to make this more complicated than it needs to be. But I do want this whole process to feel right to you. Not too much, and not too little. Just right!

Opening the Akashic Records: *“Creator of All That Is: Let Divine Truth, Light, and Love expand within me and guide me. I request my Masters and Teachers, Angels and Guides to please be with me, and for Truth and Accuracy to be obtained, in the Highest Good of All. Thank You, Thank You, Thank You.” (You can change “Creator of All That Is” to whatever term you choose: “Source / Universe / Infinite Intelligence / God / etc.”)*

Closing the Akashic Records: *“I thank my Masters and Teachers, Angels and Guides for your love and compassion. I thank the Akashic Records Team for your wisdom and higher perspective. And I thank the Creator of All That Is for all knowledge and all healing. The Records are now closed. And so it is.”*

Again, these prayers are suggestions that you can use if you choose. The whole point is that you find the process that works best for you and then use that same process, every time. The repetition creates a link between your subconscious and your Higher Self. Eventually, just the intention of the process is all that you will need. You will immediately be there!

# Percentages



## SOUL REALIGNMENT® SESSION DOWSING SHEET:

You are provided with a session sheet for keeping track of the answers to your dowsing questions. The one provided by Soul Realignment® is perfectly adequate and is the same sheet that I worked from when I was learning over 6 years ago.

But for me, that sheet didn't provide me with the organization I needed in order to make sense of all of the information that I was receiving. I needed space to write down the additional information that the dowsing questions required. I became frustrated and felt a bit disorganized.

So I decided to create my own session dowsing sheet. It has evolved over time and now is exactly what I need in order to do a reading in the most efficient and thorough way possible. It is two pages instead of just one. That is because I included room for all of those follow-up questions. When I am finished with reading a client's Akashic Records, everything is there on those two sheets. I can look at a client's reading from 3 years ago and all the information I need is still right there.

You are welcome to use either sheet. (Both are provided here). If you decide to use my sheet, you will notice that the Blocks and Restrictions are not in the same order. By the time you get to Lesson 8, you will understand why I arranged the B's & R's on the sheet in the order that I did.

Because of the re-ordering, I also re-ordered the dowsing protocol from what is found in the lesson notes. Again, you can use either of the dowsing protocols, depending upon which dowsing sheet you choose.

I don't want this to be confusing for you. You may not know which option is best because you are just starting! So I would suggest that you just take a look at

each sheet and let your intuition guide you. And of course, you can change your mind at any time!

If you choose to use my dowsing sheet, I will explain the bottom of page 2 as we get to Lessons 8 and 10, where we will be putting together the Soul Stories and then doing the clearing request work for the client and providing them with their clearing request “homework”. That is when you will understand that there is definitely a “method to my madness”!!

And of course, you can ask questions about the dowsing sheet and protocol by email or in one of your 30-minute mentoring sessions.

As an addendum to Lesson 7, I will provide you with my version of the Dowsing Protocol (all of the questions you will need to ask to fill out the Dowsing Sheet). The main difference between my version and the one provided in the written lesson notes is that I have rearranged the questions to coincide with my version of the Session Dowsing Sheet.

Until you get to Lesson 7, I suggest that you just ask the questions for each lesson that are provided in each lesson written materials. If you are using my sheet, just fill in the answers to the questions provided in each lesson for each of your Practice Clients. Don't worry about filling out the entire sheet. It will be completed by the time you have finished Lesson 8.

If you work through each lesson for all of your practice clients, you will see the puzzle pieces start to fill in the picture! And if you have any questions at all, don't wait and be confused. Please let me know!

Date \_\_\_\_\_

Session Date \_\_\_\_\_

**Present Full Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Name at Birth:** \_\_\_\_\_ **Place of Birth:** \_\_\_\_\_

**LOCATING THE SOUL & SOUL STATUS**

- Soul Located Y/N
- Mono-Souled / Soul Shifting: How many souls? \_\_\_\_\_ One-time/ On-going  
If One-time: Is 1BOLS earthbound? Y/N  
If On-going: Intended soul \_\_\_\_\_ Percentages for all souls \_\_\_\_\_ How often? \_\_\_\_\_
- Blocks to Truth Y/N Shell/ LPI/ Changeling (*Shell/LPI: Clear 1st. Change: ends*) LPI: How long? \_\_\_\_\_  
For Shell: Protection/Deception? Originate from Positive/Negative Soul? %of ident. w/other Soul \_\_\_\_\_
- Positive Soul Y/N (*If the answer is NO then this is a Negative Soul and the reading ends.*)

**DIVINE SOUL BLUEPRINT**

- Soul Group: \_\_\_\_\_ Overtone/Underlay: \_\_\_\_\_
- Energy Center-Primary: \_\_\_\_\_ % \_\_\_\_\_ Energy Center-Secondary: \_\_\_\_\_ % \_\_\_\_\_

**SOUL PROFILE**

- Soul Vibration: \_\_\_\_\_
- Spheres of Protection: Now \_\_\_\_\_ At birth \_\_\_\_\_
- Second Godspark? Y/N Chakra: \_\_\_\_\_ Candidacy for 2<sup>nd</sup> Godspark? Y/N Chakra: \_\_\_\_\_
- White Lights: \_\_\_\_\_ Blue Lights: \_\_\_\_\_
- Spirit Guides: # \_\_\_\_\_

**SOUL REALIGNMENT**

- Negative Guides: # \_\_\_\_\_ Which position(s) \_\_\_\_\_  
Program(s) \_\_\_\_\_ Chakra(s) \_\_\_\_\_ Emotional/Mental
- Implants: Negative Etheric # \_\_\_\_\_ Program \_\_\_\_\_ Chakra \_\_\_\_\_ Emotional/Mental  
Negative Physical # \_\_\_\_\_
- Contracts: Protection/ Healing/ Soulmate Past/Present  
Created: One-sided/Mutual Currently: One-sided/ Mutual
- Karma: Negative Unjustified Karma Energetic statement \_\_\_\_\_
- Negative Intention: Placed Upon/Placed By Past/Present Energetic statement \_\_\_\_\_
- Bargain: Past/Present -- Energetic statement \_\_\_\_\_
- Constraint: Placed Upon/ Placed By -- Past/Present -- Energetic statement \_\_\_\_\_

- Vow to: PSA # \_\_\_\_\_ Past/Present \_\_\_\_\_ Another person # \_\_\_\_\_ Past/Present \_\_\_\_\_
- Attaching Souls: # \_\_\_\_\_ Past/Present (usually past)  
     Program(s) \_\_\_\_\_ Chakra(s) \_\_\_\_\_ Emotional/Mental \_\_\_\_\_
- Godspark: Is primary damaged? Y/N    If Secondary, is it damaged? Y/N
- Golden Web Tears # \_\_\_\_\_ Chakra(s) \_\_\_\_\_ Scars # \_\_\_\_\_ Chakra(s) \_\_\_\_\_
- Soul Memory Issues: Loss/ Added/ Clouded/ Programmed/ Highlighted
- Soul Loss: % lost: \_\_\_\_\_ Holding another's Soul Loss: % of another's held: \_\_\_\_\_
- Negative Thought Forms: Directed at / Created about / Created by  
     Directed at: # \_\_\_\_\_ By whom \_\_\_\_\_ Age \_\_\_\_\_ Energetic Statement(s) \_\_\_\_\_  
     Created about: # \_\_\_\_\_ By whom \_\_\_\_\_ Age \_\_\_\_\_ Energetic Statement(s) \_\_\_\_\_  
     Created by: # \_\_\_\_\_ Age \_\_\_\_\_ Energetic statement(s) \_\_\_\_\_
- Anger Spears: Who directed anger spears? \_\_\_\_\_ Age \_\_\_\_\_
- Independent Neg. Thought Forms: # \_\_\_\_\_ Energetic statement(s) \_\_\_\_\_ Chakra(s) \_\_\_\_\_ Age \_\_\_\_\_
- Compassionate Connections: # \_\_\_\_\_ To whom are they offered? \_\_\_\_\_
- Earthbound Souls: # \_\_\_\_\_ Who: Male/Female? Family member, etc? Same gen./1 or 2 gen removed?  
     Independent Earthbound Souls: # \_\_\_\_\_ / Disruptive Earthbound Souls: # \_\_\_\_\_
- Portalways: # \_\_\_\_\_ Astrals/Past Lives/Subconscious    Opened at what age \_\_\_\_\_
- Negative Astral Travel: If Yes: Which dimensional intersection? 3<sup>rd</sup>/4<sup>th</sup> 4<sup>th</sup>/5<sup>th</sup> (can be both)  
     Currently engaged in incomplete astral travel? If Yes: Coming in/Going out 3<sup>rd</sup>/4<sup>th</sup> / 4<sup>th</sup>/5<sup>th</sup>
- % Mental Life Occupied: \_\_\_\_\_ % Emotional Life Occupied: \_\_\_\_\_

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- Clearing Requests: Done \_\_\_\_\_
- \_\_\_ Basic Soul Realignment Request
  - \_\_\_ Spirit Guide Team Reassignment
  - \_\_\_ Removal Request for Attached/Earthbound
  - \_\_\_ Godspark Reweaving Request
  - \_\_\_ Implant Clearing
  - \_\_\_ Independent Neg. Thought Form Clearing
  - \_\_\_ Negative Astral Travel
  - \_\_\_ Negative Unjustified Karma

- “Homework”:
- |                        |                               |
|------------------------|-------------------------------|
| Delivered: _____       | Attaching Soul removal        |
| In-person/Email        | Earthbound Soul removal       |
|                        | Independent Neg. Thought Form |
| Anger spears           | Godspark repair               |
| Bargain removal        | Golden Web                    |
| Compassionate Connect. | Implant                       |
| Constraint removal     | Negative Astral Travel        |
| Contract removal       | Negative Guides               |
| Neg. Intention removal | Negative Karma - Unjustified  |
| Negative Thought forms | Portalways                    |
| Vow removal            | Soul Memory                   |

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Soul Loss Restoration:  
 Instruction sheet delivered: \_\_\_\_\_ In-person/email  
 Video delivered via email: \_\_\_\_\_

**Present Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Name at Birth:** \_\_\_\_\_ **Place of Birth:** \_\_\_\_\_

Soul Located Y/N

Soul Is Positive / Negative

Mono-Souled/Soul-Shifting

Shell/LPI/Changeling

Blocks to Truth Y/N

### Divine Soul Blueprint

Energy Centers(s): \_\_\_\_\_

Soul Group: \_\_\_\_\_

\_\_\_\_\_

Overtone/Underlay: \_\_\_\_\_

### Soul Profile

Soul Vibration: \_\_\_\_\_

2nd Godspark \_\_\_\_\_ Candidacy \_\_\_\_\_

Spheres: Now \_\_\_\_\_ At birth \_\_\_\_\_

White Lights: \_\_\_\_\_ Blue Lights: \_\_\_\_\_

### Soul Realignment

Godspark(s) Damaged Y/N

Neg. Unjust. Karma Y/N

# Spirit Guides: \_\_\_\_\_ # Neg. Guides: \_\_\_\_\_

Golden Web Tears \_\_\_\_\_ Scars \_\_\_\_\_

Implants: Physical/Etheric

Memory:

Soul Loss: % lost: \_\_\_\_\_

Loss/ Added/ Clouded/ Prog/ Highlighted

% of another's Soul held: \_\_\_\_\_

Attaching Souls: \_\_\_\_\_

Portalways: Past Lives/ Astrals /Subconscious

Earthbound Souls/ Independent / Disruptive

Neg Astral Travel: \_\_\_\_\_

Neg. Thought Forms/Anger Spears

Neg. Intention / Bargain /Constraint

directed at/created about/created by

Vows \_\_\_\_\_ To another? \_\_\_\_\_

Ind. Neg. Thought Forms: \_\_\_\_\_

% Mental Life Occupied: \_\_\_\_\_

Compassionate Connections: \_\_\_\_\_

% Emotional Life Occupied: \_\_\_\_\_

Contracts: \_\_\_\_\_

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# Energy Centers

