



## **Neutrality –**

When becoming a student of energy, you quickly realize that you attract who you are. In other words, your energy participates in every interaction, whether you are conscious or unconscious of the themes, qualities, emotions and frequencies you're vibrating.

Think about a time when you were perhaps quietly seething about something that had occurred earlier in the day. You had your game face on, but perhaps had an altercation or tense interaction later in the day with someone in a parking lot, or at the grocery store. You may have overreacted, because you were seething, but perhaps the provocation was unconsciously co-generated and co-created because of the slow boil you thought was under wraps. The vibrations emanate into the field.

In energy terms, it's possible to attract someone to you who shares a similar story. When working clairvoyantly, that story can light you up, trigger the energies of your experience that are similar to the person whose story you're hearing and energy you're reading. It's often called getting 'lit up'.

For you to get lit up, you have to drop the elevated frequency of the reading and return to the matched frequency in your crown of the person that you are reading.

Once you're lit up, you've lost the ability to offer insight, information and observations that are clear of your own point of view.

The easiest way to extinguish the lit up energies is to Achieve Neutrality. To do so, leave your Clairvoyance System running and intact. Bring your awareness to your crown chakra, and flood it with golden, cosmic energy. Attend to the process and notice how your energy shifts as you move out of activation and into neutrality.

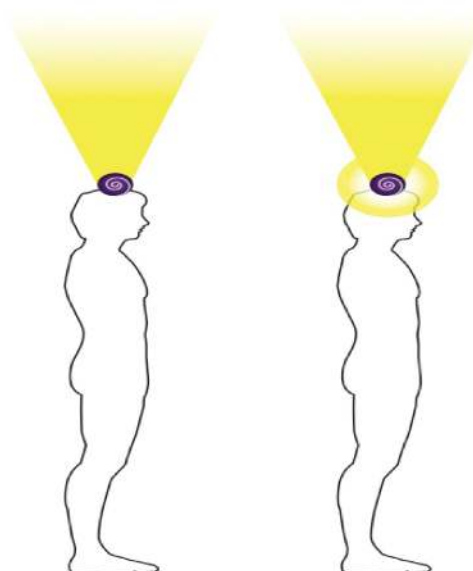


ENERGY HEALING INSTITUTE

Education for The Consciously Curious

## Achieving Neutrality

When you get 'lit up' when your energy resonates with your client's issues or concerns, flood your Crown Chakra with gold, cosmic energy. It is neutral and will disengage your energy from the 'match' with your client.



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Then, return your awareness to the Pineal, say hello to the golden and sapphire streams of energy activating your Clairvoyance System, check to be sure your Psychic Screen is in place, and Reset the Reading Frequency (using the same color as before, elevated two shades brighter).

You can then return to the work at hand.

In my opinion, there's no shame or lack of professionalism to tell a client that you've dropped the reading frequency and need a moment to reset your energy to be able to continue working on the issue at hand. You don't need to explain that you're lit up, finding your neutrality, etc. It shouldn't take more than a minute or so once you've developed facility with working in the system.

## Perspective

Remember that when you're reading a client's energy, you're bringing a light, playful energy to the work. You're not required to be perfect. Yet it is important to find ways to explain what you're perceiving that validate the client and his or her experience.

Clairvoyant perception can bring immense clarity to the client's awareness. When the information is shared cogently, and validates the client's experience, beingness, then the information can be used to shift and elevate his or her interactions and sense of self.

One way to do this is to remember the playful level of certainty that you read and communicate from, where you are sharing what you've perceived without an attachment to being right, the person accepting or agreeing with you, or needing to make a change based on what you've seen.

Another way is to find metaphors that communicate your message and illustrate the energetic perception without pointing fingers at the client.

Here's a couple of examples:

### *Maypole*

A woman held a pivotal role in the lives of her spouse, children, employees, clients. The entrenchment of other people's energy in her aura left her little room to pursue her own life as an autonomous being. She often felt torn between her needs, desires and ambitions and meeting the needs of others. When she would strike out on her own, the needs of others would overwhelm her best intentions for herself. The woman as a maypole with all of the people in her life dancing around her and wrapping their ribbons of need around her emerged as the way to describe the images perceived in her aura. She was able to clearly connect to her role at the center of many people's lives, and to perceive how she was "bound" by the needs of others, unable to meet her own needs. She could also imagine "unwinding" all of the ribbons of others needs and move into a different way of relating to those she loves and serves.

### *Mother Teresa vs. Dalai Lama*

Individuals who are heavily empathic and use their 2<sup>nd</sup> chakra as the means to engage with and understand others and their needs can be described as Mother Teresa's. They give selflessly, to be sure, however, their energy looks beaten down, wizened, wrinkled and hunched over. The 2<sup>nd</sup> chakra giver is one who depletes him or herself because energy is constantly draining from the chakra to meet other's needs.

Individuals who learn to engage the Compassion Center, and give from the overflow that pours from that energy center can be described as Dalai Lama's. As the incarnation of compassion, the Dalai Lama has mastered his ability to be present to the pain and suffering, the needs of others, and yet remains full within, self-sufficient and self-contained.

## **Integrity**

Please do not use the Clairvoyance System socially. For many years, I was asked to give on the fly insights when it became known that I am clairvoyant. It took a while to figure out the best way to deter these nervous inquiries...what do I look like? Am I ok? Or the salacious ones: is his or her energy as toxic as I think it is?

You'll perhaps need to come up with your own answers to these types of questions. I finally latched on to giving people my card and letting them know that I only did this sacred work in the container of my private practice.

Please do not read other people's energy without their express, overt permission. Do not read your friends, partner/spouse, children, family. While I can't enforce this request, I can say that we have an agenda for the people we're closest to, and even with the Clairvoyance System in place, our agenda can overtake neutrality and perspective.

Here's a blog post I've written on uninvited psychic awareness:

<https://energyhealinginstitute.org/psychic-awareness/>

Please do not teach the Clairvoyance System to other people. Master it as a resource to your work on yourself, and in your client practice. Think twice about turning this into a workshop that you're offering to others. People have all kinds of experiences when learning to work clairvoyantly, and you need to be prepared to navigate those experiences with full expertise of how energy works, what is being perceived, whether or not someone is conveying insights appropriately through the system or has the Analyzer and is out of relation to what has been perceived. Thank you for respecting this request.