



ENERGY HEALING INSTITUTE

# Let's Get CLEAR: Workshop & Group Clearing

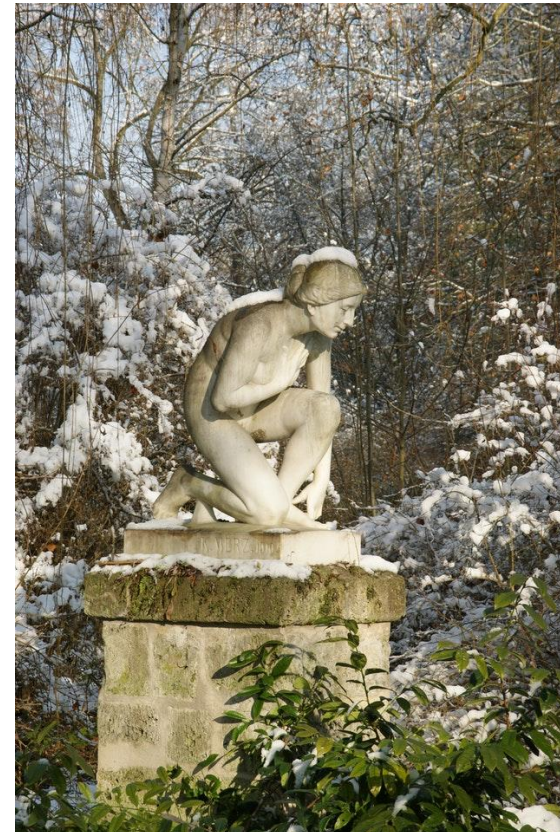


Jill Leigh,  
Founder & Director

# Identifying Your Issue & Owning Your Evolution

What do you want to evolve? Let go? Release? Shift? Change? Heal?

- Name it - the fewer words, the better
  - anxiety
  - perfectionism
  - caretaking
  - rage/anger
  - low esteem
  - invalidation
- Where did you acquire it?
  - family of origin
  - trauma
  - early childhood
  - precipitating event
- Where do you feel it in your body?
  - close your eyes
  - sense in
  - put your hand where you feel it
  - correlate it to a chakra



# Chakras, Locations, Functions

## 7<sup>th</sup> – Spiritual connection

Top of the head

## 5<sup>th</sup> – Self-expression

Notch of the neck

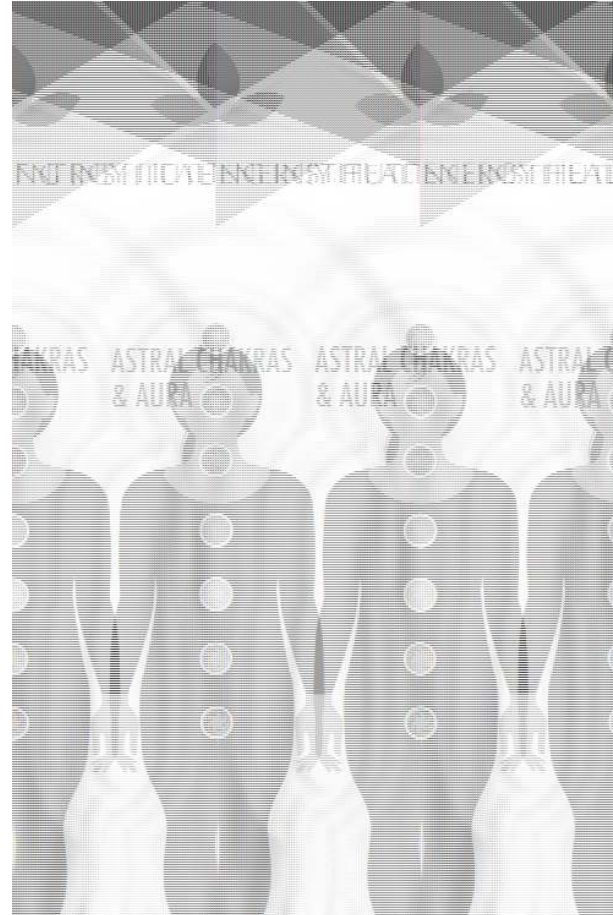
## 3<sup>rd</sup> – Volition

Notch of the ribs

## 1<sup>st</sup> – Physicality

Base of the spine (M)

Between ovaries (F)



## 6<sup>th</sup> – Belief Systems

Center of the head

## 4<sup>th</sup> – Communion

Center of the chest

## 2<sup>nd</sup> – Emotion

2 fingers below navel

# Develop Your Intention



I Am statement

Claim it now

(not I want, I will, I hope). NOW.

Positive intent vs. negative intent

Targeted, crisp, clean, one sentence

What are you planting & nurturing?

# Positive Intention Inspires Evolution



*I am self-aware, self-contained and committed to exquisite self-care.*

*I am aligned with tasks and activities that are mine to complete, acknowledging my own and others autonomy and self-responsibility.*

# Negative Intention Creates Stasis

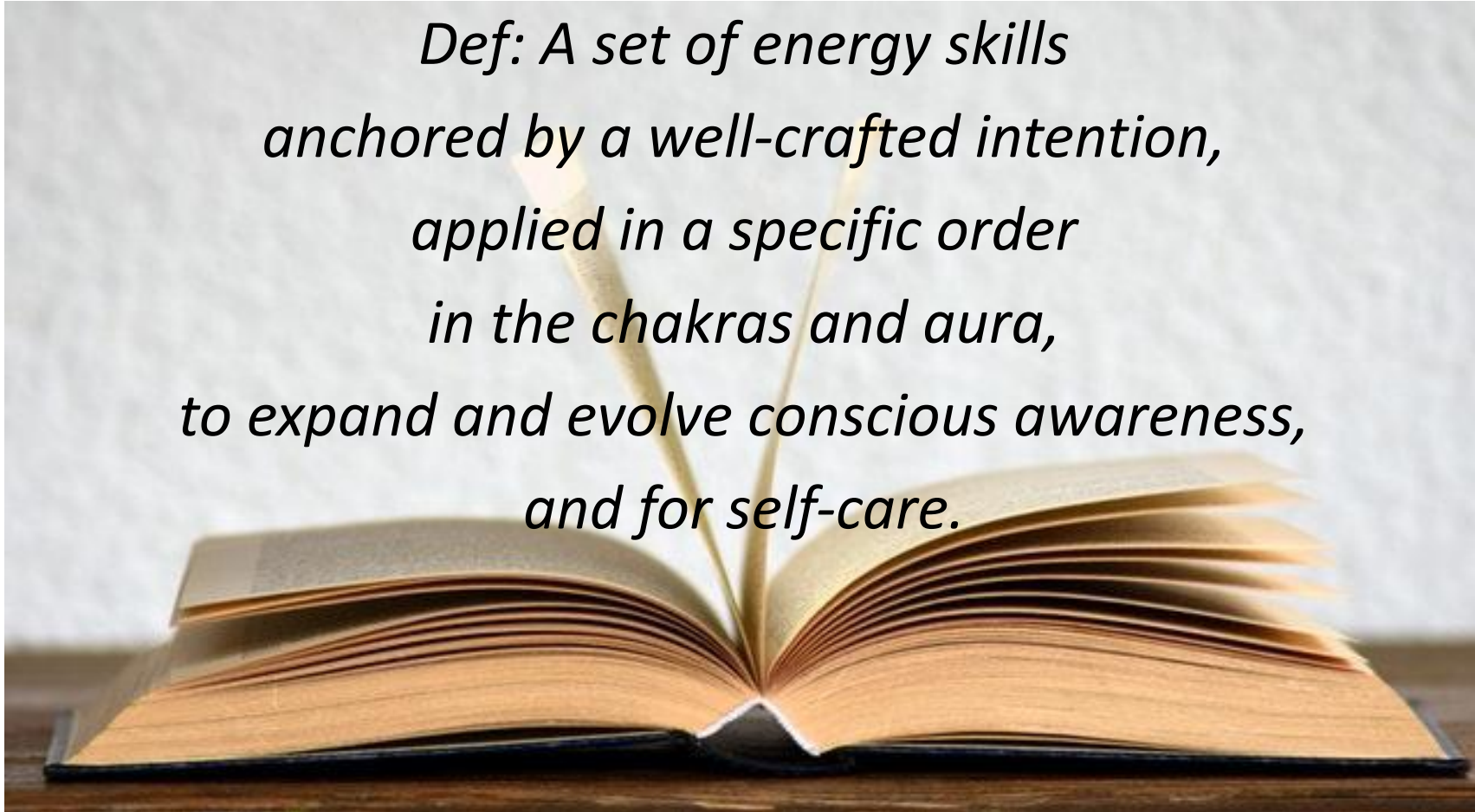
*I am no longer anyone's caretaker.*

*I don't want to take responsibility for other people's stuff.*



# A Protocol for Evolution

*Def: A set of energy skills  
anchored by a well-crafted intention,  
applied in a specific order  
in the chakras and aura,  
to expand and evolve conscious awareness,  
and for self-care.*



# Create Your Protocol

## Essential Opening

Grounding

## Which CLEAR skills?

Say Hello - who & what

What order?

## Essential Closing

Running Energy

Setting Chakras

Partnering Chakras

Setting Auric Boundaries

Grounding

## CLEAR SKILLS

Mine vs. Not Mine & Clearing Emotional Energy

Clearing Cords

Repairing Rips Tears & Holes

Clearing Obstructions

Releasing Weapons

Releasing Beings & Entities

Clearing Karma

Releasing Programming

Tearing up Agreements

Destroying Contracts





# Formula for Evolution

Observe yourself. Are you in stasis or evolution?  
Acknowledge. Own. Presence  
Stop. Spiritual warriorship.  
Choose. Intention.  
CLEAR. Skills, protocol, repetition.  
Reset. Run Energy. Set & Partner Chakras. Set Auric  
Boundaries. Ground.  
  
Lather. Rinse. Repeat.

