

THE

Intuitive Awakening

COURSE



CHAPTER 2 FAQs

ANSWERS TO FREQUENTLY ASKED QUESTIONS – CHAPTER TWO

AT A GLANCE:

1. I'm asthmatic and can't easily do the Breath-work Exercise (page 2)
2. Is it OK to invoke Archangels regularly? (page 2)
3. Does being ill negatively impact one's ability to raise one's vibration? (page 4)
4. Does career unhappiness negatively impact one's psychic development and ability to raise one's vibration? (page 4)
5. Does taking medications interfere with raising one's vibration? (page 4)
6. Can I use the earthbound spirit release prayer on my 6 year old son? (page 4)
7. Will the 21-day prayer for avoiding earthbound spirits cut me off from my deceased loved ones? (page 5)
8. A professional medium asks: Will the 21-day prayer for avoiding earthbound spirits cut me off from my clients' deceased loved ones? (page 5)
9. How do I protect myself from other peoples' negative energies? (page 6)
10. I have a question about other kinds of demonic or evil spirits that one sometimes hears about when people talk about psychic development. Do they really not exist? (page 6)
11. How can I protect myself from 'curses' or 'the evil eye'? (page 6)
12. Do I need to buy crystals for my psychic development? (page 7)
13. A question from a professional medium who has a stubborn spirit attachment that she feels unable to release (page 7)
14. How am I supposed to feel after the Breath-work Exercise? (page 8)

15. Can I call on more than one Divine being at a time for the Breath-work Exercise? (page 8)

16. In this chapter, you mentioned that other worlds exist. Can you elaborate? (page 8)

Question #1: For the Breath-work Exercise, exhaling to the count of eight hurts my body (I'm asthmatic). I exhaust air in my lungs at about the count of four. Does this affect my ability to raise my vibration?

Answer: If you can't exhale to the count of eight, that's okay. Just do what you can — some breath-work is better than none. If you shorten the length of your breath-work, you may find you need to do a few more rounds of your shortened breathing exercise in order to raise your vibration. However, always work within your physical limitations when doing this exercise.

Question #2: In the Breath-work exercise, you tell us to invoke an Archangel or Ascended Master. I wondered if it is okay to do this regularly? I wouldn't want Archangel Michael to leave someone who is in much more need (e.g. in conflict or a violent situation), to come and help me. I have read conflicting views about the capacity of Archangels. Some say they can be anywhere and everywhere at the same time, while others say that their capacity is limited. What do you think?

Answer: Do not worry about bothering the Archangels or creating extra work for them. When you look at it from that standpoint, you are coming from an earthly, third-dimensional perspective where everything we do here is something else to think about, and yet one more thing to add to the to-do list!

The spiritual world exists in a higher dimension (from the fifth dimension upwards, which is the realm of energy), and things move very quickly and effortlessly there. By contrast, here on earth, we are in the third dimension, which is the realm of matter, and moving matter takes effort. Because we are used to all this third-dimensional effort which dominates our human lives, we might assume that we are also creating endless work for spiritual beings, but it is actually no effort for Spirit to help you.

Question #3: I understand that when there are emotional issues such as depression, anxiety or discouragement, a person's vibration will be low. I was wondering if a person's physical state can affect the vibration as well. Is it possible to connect with Spirit when one is physically sick?

Answer: Remember that the most important thing is to raise your vibration (through the Breath-work Exercise) at the moment of tuning into Spirit. You don't have to be going round all the time with a high vibration. You only need to raise it at the point of tuning in. So any physical illness would need to be severe enough that you couldn't go through your vibration-raising process (e.g. if you are vomiting, or in severe pain, to the extent that you can't focus on anything else).

Question #4: I'm really miserable at work and I think my career unhappiness is lowering my vibration. Will it affect my psychic development?

Answer: Again, raising your vibration is most important at the moment of tuning in. It is okay if you have a low vibration the rest of the time.

Don't feel that your life needs to be perfect to be able to tune in to Spirit and engage in psychic development.

Question #5: Does being under the influence of pharmaceutical medication lower your vibration or interfere with your ability to connect with Spirit/higher self?

Answer: I wrote a response to this question here:

- [Does Taking Medication Harm Your Spiritual Connection?](#)

Question #6: Can I use the earthbound spirit release prayer on my 6 year old son?

Answer: Yes, you can definitely use the prayer and clearing for your son. Just make sure to add a part into the prayer saying that you would like to do this clearing, only if

his higher self agrees to receive it, so that you're still respecting his free will on the soul level.

This prayer can actually be used for any child who is under your care, up to the age of 16. However, I don't recommend trying to use it for someone who is not under your legal guardianship, or if your child is over the age of 16. Both scenarios constitute interfering with another's free will.

Your son doesn't need to be physically present for the prayer to work – it can be done at a distance.

Question #7: I'm concerned that the 21-Day Prayer for avoiding earthbound spirits (*"I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul"*) will block me off from communicating with my deceased loved ones, because I'm not sure if my deceased loved ones have the highest of vibrations.

Answer: In my experience, this prayer does not cut us off from any deceased loved ones who are with you at the choice of your soul. However, if you are worried about this, you can add adapt the prayer so it reads:

"I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul, including my deceased loved ones."

Question #8: I'm a professional medium. Will saying the 21-Day Prayer for avoiding Earthbound Spirits block other people's deceased loved ones from contacting me? (I'm not sure if my clients' deceased loved ones always have the highest of vibrations.)

Answer: This prayer is designed to block you off from earthbound spirits only. I have had many professional intuitives (including mediums) do this prayer in the past (it's a prayer I also give out in my professional-level programs) and none have reported that it interfered with their ability to connect with the deceased.

If you're a medium, Spirit knows this is part of your purpose and will not block you off from those you are here to help. But if you are still worried about it, you can adapt the prayer as follows:

"I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul, including my deceased loved ones and those of my mediumship clients."

Question #9: In this chapter, you talk a lot about spiritual protection from energies such as earthbound spirits. But what about spiritual protection from other people's negative energies? I'm very empathic and sensitive, and I feel as if I need to ask for protection from those, too.

Answer: Protection from other people's energies is another topic entirely, and it is such a large topic that I wrote a book about it. You can find that book here: [The Empath's Toolkit - A Guide to Recovery for the Overwhelmed Empath](#).

Question #10: I have a question about other kinds of demonic or evil spirits that one sometimes hears about when people talk about psychic development. Do they really not exist?

Answer: I dealt with this in Chapter Two but you can also read this article for some extra info:

- [Why I Don't Believe in Psychic Attack](#)

Question #11: What about spiritual protection from curses and the 'evil eye' (i.e. the capacity of one person to harm another by sending harmful energy)? How should we protect ourselves from this, as I've heard that psychic development could make us more sensitive to receiving such energy?

Answer: In my opinion, this is not something you need to concern yourself with. I wrote two blog articles which answer that question in more detail:

- [Are Curses Real?](#)
- [Curses, Witchcraft & Psychic Scams](#)

Question #12: My world is opening up to all the tools out there to help in my evolution. I am wondering if the crystal world can truly help raise my vibration and assist me to connect with angels to help my spirit evolve. I am asking because there are some very beautiful and spiritual stones for a lot of money out there. Do I really need them?

Answer: In this course, there is one exercise for clairvoyance (in Chapter Four) that utilises crystals but it is completely optional. You don't need to spend much money on that crystal and you don't have to choose that exercise – there are others you can try instead.

Question #13: I am a medium who has had an earthbound spirit (a male) with me for many years. I have tried all sorts of techniques but cannot get this spirit to cross over.

Answer: To help this 'visitor' to cross over using the prayer given in this chapter (which is a very effective, tried and tested prayer that has been in use for a long time), you have to be very assertive about it and you have to 100% want it to happen. It may be that you are as equally attached to this spirit as he is to you.

You do need to repeat the line "you are healed and forgiven" over and over until he's gone. It might take several minutes, or even longer, but it does wear down the spirit's resistance and has a hypnotic quality. Don't take no for an answer, and honestly ask yourself if you want this spirit to leave you. The logical answer should be yes, simply because you are in danger of channelling this spirit. As a medium, you should only be channelling other people's deceased loved ones.

There is another type of spirit attachment scenario that I see very rarely called an enmeshed earthbound spirit. You can read about that [here](#). If you know you have an earthbound spirit attachment but you can't get it to leave, it could be enmeshed.

I have trained healers in releasing this kind of spirit attachment for people. If you are concerned about having an enmeshed earthbound spirit attachment, you can find a list of those healers I've trained on [this page](#) of my website, under the heading "Intuitive Healing Program Graduates". Any of those graduates will be able to tell you whether or not you have an enmeshed earthbound spirit. It is very rare and not something most people need to worry about.

Question #14: How am I 'supposed' to feel after doing the Breath-work Exercise? How can I know if I have raised my vibration sufficiently?

Answer: Once you have raised your vibration, you should feel a bit lighter, and as if you are shedding some of the cares and concerns of your day. If you feel as if this has not occurred for you, you can repeat the exercise over and over, until you feel more like this. (There are no limits as to how many times you use that exercise.) You don't need to reach an ecstatic state or even feel happier afterwards. Feeling just a bit lighter, calmer or clearer than before you did it, is enough.

Question #15: Can I call upon more than one Divine being at the same time for the Breath-work Exercise? Or must I only work with one Archangel/Ascended Master at once?

Answer: Yes, you can call on more than one Divine being for this exercise.

Question #16: In this chapter, you mentioned that other worlds exist. Can you elaborate?

Answer: You can find out more about this concept [here](#).
