

THE
Intuitive Awakening
COURSE



CHAPTER 2

CHAPTER TWO

RAISING YOUR VIBRATION

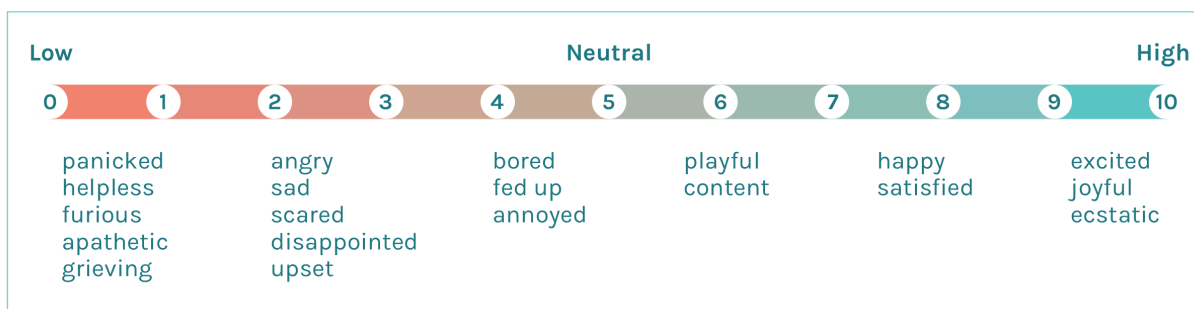
In this chapter, I am going to address two very important topics when it comes to psychic development: (1) **raising your vibration** and (2) **spiritual protection**. Let's start with the first topic.

WHAT DOES 'RAISING YOUR VIBRATION' MEAN?

Your 'vibration' is short for your 'current vibrational state'. Your current vibrational state is your current emotional state, combined with the kind of thoughts you're having at the moment.

It is the energy you emit as you move through life. Your current vibration can be positive – happy, relaxed, playful or excited, for example. Or, it can be negative – for instance, angry, scared or depressed.

Here is a diagram of the vibrational scale to illustrate this:



So, why am I talking about your vibrational state, and what does it have to do with intuitive development?

Vibrational state has everything to do with intuitive development.



Here's why: if you are in a negative vibration (feeling depressed, for example) it will be harder to connect with your Spirit Guides and higher self, and to receive guidance from them.

Unfortunately, many people attempt to connect with Spirit for the first time when they are in the middle of an emotional crisis and negative emotions are running high. This doesn't always work though, and most people need to be in an emotional state of 4 and above, i.e. mildly negative or higher, in order to receive spiritual guidance.

If you are on the far end of the negative spectrum, such as grieving, it may be extremely difficult to receive intuitive guidance. Conversely, if you are at the extreme end of the positive scale, such as blissful and very joyful, guidance will be more accessible because you are closer to Spirit.

You usually need to be at least a 3 or a 4 on the vibrational scale to receive intuitive information, and the best place to be to receive guidance is 6 or 7 onwards.

It seems back-to-front, doesn't it?

You may be thinking: *'Surely you should receive guidance most easily when you most need it, in states of depression or grief?'*

It would be great if it worked like that. But unfortunately it doesn't!

In order to access guidance when you are in a very negative state, you usually need to be quite practised in raising your vibration at the moment of 'tuning in' to Spirit. In this chapter, I am going to teach you how to raise your vibration before you tune in to Spirit. This is something you will do every time you tune in to Spirit - it is part of the tuning in process.

Below you will find an exercise to raise your vibration. This method is the one I often use to raise my vibration for readings:



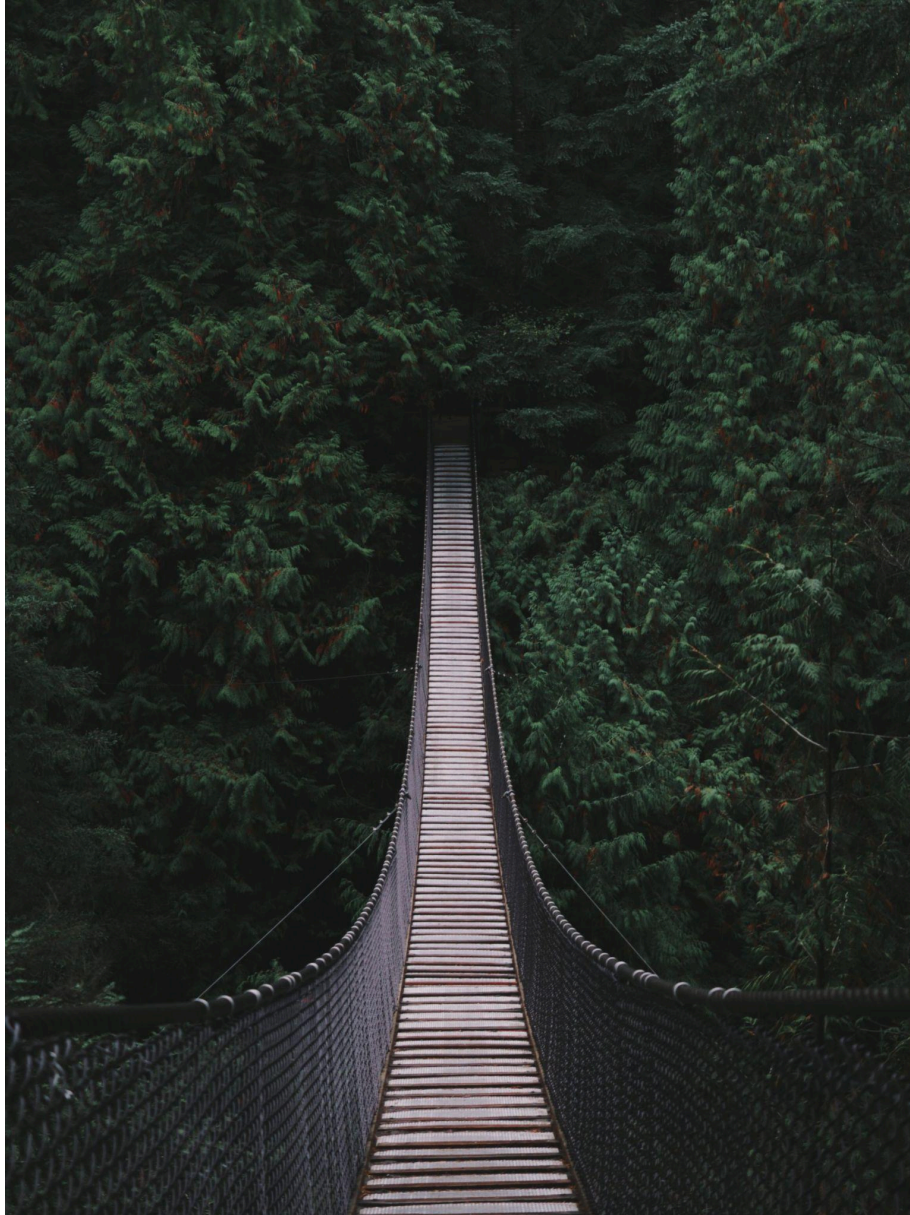
THE 'BREATH-WORK EXERCISE'

- Firstly, observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your emotional state.
- Now, choose an Archangel or an Ascended Master such as Jesus, Mother Mary, Buddha or Krishna. Anyone who appeals to you. Ask this Divine being to raise your vibration, from wherever you are on the vibrational scale to something higher. For example, you can say: "*Archangel Michael, please be with me and raise my vibration.*" Or you could just say "*Archangel Michael, please be with me.*" (Either is fine.)
- Next, do the following breathing exercise: inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
- Now, check in with your emotional state — how do you feel?

FURTHER NOTES ON THE BREATH-WORK EXERCISE:

By doing this exercise, you are effectively 'building a bridge' to reach Spirit. In fact, I should say you're building half of a bridge. You build your half of the bridge by raising your vibration, and your Spirit Guides and higher self build the other half. In times of negative emotion, your vibration is particularly dense, and you may find it harder to build your half of the bridge, so to speak. But the more you do the Breath-work Exercise, and the more habituated you become to building your half of the bridge, the easier it will be to connect with Spirit, even when your vibration is low.





Remember that this exercise is for raising your vibration temporarily. That is all you need to aim for, in order to connect with Spirit. Do not worry if you do not remain in a positive or calm state; you do not need to have a permanently or consistently raised vibration to be psychic. Intuitives are not necessarily happier or more joyful



than others; they just know how to raise their vibration sufficiently in the moment, in order to reach Spirit.

HOMework EXERCISE:

Do the Breath-work Exercise once a day for the next seven days (or until you have it memorised). This is the beginning of the ‘tuning in’ process, so you will need to learn it off by heart!

NOT SURE WHICH ARCHANGEL OR ASCENDED MASTER TO CHOOSE FOR THE BREATH-WORK EXERCISE?

Below is a list of the Archangels and Ascended Masters who I like to call on for this exercise, with some information about each, to help you in choosing one to work with.

The Archangels

Archangels are angels of a high rank, much like Ascended Masters (the prefix ‘arch’ means ‘chief’ or ‘ruling’). My work in the Akashic Records has taught me that there are eight realms of existence in the Universe. Each realm holds a particular kind of energy that we associate with life here on earth. And each realm is ruled over by each of the eight Archangels respectively. Hence, we tend to associate a certain Archangel with a certain type of energy.

Archangel Michael

Archangel Michael embodies the energy of the spiritual warrior and protector. His energy is no-nonsense and fierce. Archangel Michael is a good Archangel to call on if you feel nervous, vulnerable or fearful in opening up to spiritual guidance, or indeed, in any other situation. He will dispel fear, and lend you strength and courage.



Archangel Raphael

Raphael means 'he who heals' in Hebrew – Archangel Raphael is a bringer of love and healing energy. His energy is strong, yet gentle and loving. This is the Archangel to call on if you need healing (be it spiritual, psychological, physical or emotional).

Archangel Gabriel

Archangel Gabriel is known as God's messenger, so this is an angel we associate with communication and self-expression. Call on Archangel Gabriel when you have to have a difficult conversation with someone, or if your work involves passing on information, knowledge or wisdom.

Archangel Uriel

Archangel Uriel is great to call on for emotional healing. He can help with difficult relationships by illuminating situations and enabling us to see through feelings that can make us feel stuck.

Archangel Uriel can also help with studies, tests or meetings by inspiring us with ideas.

Archangel Metatron

Archangel Metatron can be called upon for healing, and to help clear lower energies and replace these with higher vibrations. He can also help us to find balance in everything we do, by reminding us to give and receive in equal measure and to keep our boundaries in place.

Archangel Azrael

Archangel Azrael is sometimes referred to as the Angel of Death, although his name actually means 'whom God helps'. Archangel Azrael guides souls who have newly crossed over, assisting them through this transition. He also provides support to loved ones who may be grieving.



Archangel Azrael can assist during times of transition, whatever form this may take. He is a great Archangel for those working within counselling professions or support roles to call on.

Now, let's have a look at the Ascended Masters:

Ascended Masters

These beings are souls who have ascended beyond the need to incarnate here on earth. They may appear on earth in human form as healers, prophets, or teachers, but this is not for their own soul growth. Instead, it is for the benefit of humankind. Over many years, so many people have called on these masters that it has lent them energy, and they have become spiritual figureheads that we can call upon, to help us raise our vibration.

Buddha

The name Buddha means 'The Enlightened One' or 'Awakened One'.

Moderation is a key teaching in the Buddhist spiritual tradition. One can invoke Buddha whenever help is needed with balance or finding the 'middle path'.

Other energies associated with Buddha include love, respect, dignity and peace. Buddha's presence is known for its peaceful and serene energy.

Mother Mary

Mother Mary is an Ascended Master from the Catholic and Judeo-Christian religions. She often accompanies those whose life purpose is to work with or help children in some way. Mother Mary helps with all issues relating to children, including fertility, parenting and adopting, so it is not surprising that parents, and mothers in particular, often present with this energy around them.

Mother Mary is the archetype of the 'ideal mother'. She has kind, nurturing, patient, and loving energy. She can contribute a sense of peace and safety to your life.



Jesus

Jesus is unconditionally loving, forgiving, gentle and kind. Because his energy is so unconditional and accepting, it is a very healing energy too.

Krishna

Krishna is a Hindu deity. Krishna's energy can be defined by its happiness and joyful quality. His energy is warm, sweet and loving.

Quan Yin

Quan Yin (sometimes spelt 'Guanyin', 'Kuan Yin' or 'Kwan Yin') is a Buddhist Goddess. Her name means 'she who hears prayers'. Her energy is characterised by compassion and gentleness. She represents feminine power and beauty.

She also teaches harmlessness (i.e. doing no harm) and has a protective aspect to her energy.

Kali

Kali is a Hindu goddess associated with death, endings, transformations and destruction. Her nickname is 'The Dark Mother'.

Kali's energy is intense, ferocious, determined and courageous. She encourages us to live fearlessly, and has a reputation for being available to help us destroy that which no longer serves us. Call on Kali when you need help dismantling something in your life which no longer benefits you.

Lakshmi

Lakshmi is the goddess of abundance and good fortune in the Buddhist and Hindu traditions. Her energy is found around those who are striving for abundance, including material abundance, emotional fulfilment and good health. Call on her to help you to attract all kinds of abundance into your life.



Now that we've covered the Breath-work Exercise, I want to talk about spiritual protection.

SPIRITUAL PROTECTION AGAINST NEGATIVITY

I've often been asked whether spiritual protection before engaging in psychic development is necessary.

The answer to that question is definitely, yes, because there are earthbound spirits (also known as ghosts) that can hang around people and places, which we can accidentally channel. (In this chapter, I'm going to teach you how to avoid channelling this type of being.)

What about 'negative forces'?

Sometimes, people feel they also need protection against 'negative forces' in the spirit world (such as evil spirits and demons).

Through my professional and personal experiences in this area, I have come to the conclusion that we do not need to be afraid of 'negative forces' (such as demons) on our path of psychic development.

I personally feel that negative forces exist (1) in our own minds, and (2) on the earth plane. They don't exist in the spirit world (or at least in my 20 years of experience channelling Spirit and working with students on their psychic development, I haven't seen any credible evidence that demons or truly evil spirits exist).

There is clearly good and evil on the Earth plane. Here on earth we, as souls, evolve through the contrast of light and darkness. Other worlds exist where there is only light and no darkness, but that is not how this world is constructed.

Most of us chose to incarnate here partly because our souls wanted the chance to evolve by grappling with both the light and the shadow. The fact that everyone in this world has a shadow is the reason why there is both good and evil in this world.



When we have a great deal of fear – unconscious or conscious – in our waking lives, we often project those earthly fears outward onto the spirit realm during our exploration of it. (Fears almost always result from trauma, either present life or past life.)

The more fear or trauma we hold in our unconscious mind, the more we encounter things which scare us in the spiritual realm. When we are fearful, we interpret and see the spirit world through a fearful lens, which can distort our view of that realm and the beings in it.

I will give you a specific example of how this can play out for people in practice. There is a low-vibrational type of spirit that exists called an **earthbound spirit** (also sometimes referred to as a ghost).

Earthbound spirits are dead people who have not fully crossed over after death, and so a part of their consciousness is still on earth.

These spirits are lost and stuck, but they are essentially benign. They are like you and me, except that they are trapped, frightened, depressed and dead. On occasion, they can be the beings who answer us when we try to communicate with the spirit realm (*but don't worry – later on I will teach you how to make sure you don't accidentally channel these beings!*)

When viewed through a lens of fear, these mildly unhelpful spirits (who have no relevant guidance to offer us) may – because of their low vibration – appear to be frightening and menacing beings.

When I started out on my path of intuitive development, I was in a fearful place, and I viewed the spirit realm through fearful eyes. I very much wanted to re-awaken the psychic abilities which I'd had on and off since childhood, but I was too afraid.

I believed that if I opened up to Spirit, my Spirit Guides would appear in front of me in a vision and startle me.



In addition to this intense fear of being startled by spirits, I had a fear of ‘negative beings’. I had dreams where negative beings would chase after me. Those dreams were a reflection of the frightened and traumatised place I was in at the time. At that time, I called on the angels for protection, because it made me feel safer. Several months later, I stopped having those dreams and my life had changed. I had become less fearful and felt more in control. I had relinquished that lens of fear and what I discovered when I did (and many of my clients and students have discovered, too) is that how we see the spirit world is very much dependent on our own earthly ‘lens’.

So, in summary, I believe that evil and negativity are features of our earthly world – not the spirit world. Or as my dad used to say to me when I was a child who was very afraid of ghosts, “It’s not the dead who can hurt you, it’s the living.”

But if you are in the same place I was back then, and your vibration is a bit low because of your fears, in the short term you will benefit from some of the exercises I share in this chapter.

In the long term, the best way to protect yourself from experiencing anything that scares you in the spirit realm is to examine and conquer as many fears as you can in your waking life, so that you no longer see the spirit world through that lens of fear. Self-exploration through psychotherapy, trauma healing, shadow work or meditation can help you to clean up your own ‘lens’.

If you have a lot of fear in your life, it is likely that you are carrying trauma in your etheric and physical body. This may come from events which occurred in this lifetime or past life events. **Trauma and fear go hand in hand.**

(As an aside, if you sense you have past life traumas, I recommend you read this article: [How to Heal Past Lives](#). And if you feel you are being affected by present life traumas, I have some suggestions for healing at the end of the Chapter Six FAQ document.)

I am aware this can sometimes be a lifelong process of conquering fear (and in some cases, trauma) for some people. If you’re not there yet and you feel a bit scared of the spirit realm, I have a couple of tools which can help you to feel secure and protected



in the meantime, as you navigate the spirit realm. I will pass those on to you in a moment.

But first, let's find out whether you really need spiritual protection.

QUIZ: DO YOU NEED SPIRITUAL PROTECTION?

If you are undecided as to whether you need to use spiritual protection in your intuitive development, take this quiz and note down how many of the following questions you answer 'yes' to:

1. Do you regularly feel as if your life is not within your control?
2. Do you feel as if 'negative forces' or entities are currently victimising you in some way?
3. Are you consistently at a 3 or lower on the vibrational scale (according to the diagram on page 2)?
4. Do you sleep with the light on out of fear?
5. Are you afraid of spirits?
6. Have you had one or more encounters in the last six months with something you would consider a 'negative being' or spirit?
7. Do you have nightmares where you are chased or otherwise victimised (or have you had one some time in the last six months?)

If you answered yes to two or more of those questions, you should use the spiritual protection exercises that I give below. (Remember, though, that your need for spiritual protection when exploring the spirit realm may disappear after a while.)

Here is the first spiritual protection exercise I recommend for anyone who feels the need for it:



HEART CHAKRA VISUALISATION

Begin by inhaling to the count of four, holding your breath to the count of four, and exhaling to the count of eight. Repeat twice more.

Next, call on a Divine-level being, such as an Archangel or Ascended Master. Again, my favourite is Archangel Michael, the spiritual warrior who embodies protection, but you can choose anyone you like – for example, Jesus, Mother Mary, Archangel Gabriel, or Buddha. Or you could even call on God or Source.

For example, say, *“God/Source/Creator of all beings, please be with me and lend me your energies of Divine protection.”*

Allow the essence of the Divine being into your heart chakra by visualising a bubble of strength, courage and power taking residence in your heart chakra. Give it a colour of your choice. See that bubble of strength and power present there. Next, see that bubble of strength and power expand to fill the rest of your body. See the colour you chose entering each part of your body and you can also narrate it as it happens, for example: *“Power and strength are entering my arms, going down my arms, and into my hands, and all the cells of my body are filled with power and strength.”* Take some time to breathe in those energies and meditate on them. (This exercise can be done daily if you feel a lack of control or power in your life.)

Here is the second prayer you can use for spiritual protection:

ENERGETIC SOVEREIGNTY PRAYER

(This prayer was passed on to me by one of my students.)

Say the following:

*“According to the universal law of creation
My body and my energy field were given to me and only to me,
<say your full name>,
To hold only all that is me, all of my energy, all of my power*



*And all that benefits me.
My body and my energy field inherently are not designed
To hold anything that is not me or does not benefit me.
Anything that is not me, or may be harmful to me,
Is automatically rejected by my energy field.
I have ultimate control over what my energy field holds.
In my body and my field I, <say your name>, RULE.”*

You can say the above prayer as often as you like and if you feel that you need help with spiritual protection, I recommend that you memorise it.

So, now that we’ve looked at spiritual protection exercises for those that need them, I want to cover another aspect of spiritual protection that is relevant to everyone. That is, avoiding **earthbound spirits**.

Earlier in this chapter, I introduced the concept of the earthbound spirit (otherwise known as a ghost). Next, I am going to give you an exercise for clearing earthbound spirits out of your aura and your home. I want everyone doing this course to complete this exercise for releasing earthbound spirits, so that you don’t accidentally channel this type of spirit.

But before we go into the exercise, here is some more background information about earthbound spirits, so that you can understand them in more depth.

ALL ABOUT EARTHBOUND SPIRITS

Earthbound spirits are the mental and emotional bodies of deceased people who have not fully crossed over after death.

When we incarnate into a new physical body (at the beginning of an earthly life), the soul projects just a portion of itself into that body. Our soul always stays on the ‘other side’. So, our soul can never technically be completely ‘lost’. But if the soul’s energy (that it projected into that body) does not fully cross over after death, that means there is a fragment left behind on the Earth plane, in the form of the emotional or



mental body (or both). This is what an earthbound spirit is – it's a fragment of the soul's energy that is stuck, and it constitutes 'soul loss' to a small degree.

The common feature all earthbound spirits have is that they do not want to cross over to the other side for some reason, and because of this they resonate with negative energies such as 'stuckness', fearfulness and pain.

Here are several reasons why earthbound spirits don't fully cross over:

- Fear of God's judgement/a fear of going to 'hell' (which doesn't exist)
- An extraordinary level of attachment to one's loved ones or home
- Lack of awareness of having died
- No belief in the afterlife and shock upon encountering it
- Guilt over having died by suicide
- A lingering need for vengeance or some other unfinished earthly business
- Dying when under the influence of a drug
- Addictions (when a person is very dependent upon a physical substance, such as alcohol or some other drug, the emotional and mental body may be so attached to that substance that the soul may be reluctant to leave the Earth plane upon death.)

Earthbound spirits are commonly found in public places that have experienced a lot of sadness and pain, such as hospitals, funeral homes, cemeteries and police stations. Some may also be drawn to places which serve alcohol, such as bars and clubs.

Earthbound Spirits are Most Drawn to the Following People:

- People who use cannabis (which opens up a person's energy field and attracts earthbound spirits – more on this at the end of this chapter)
- Those who get very drunk (so drunk that they lose control and don't know what's going on anymore)
- Those who open themselves up to channel without considering who they might be channelling
- Empaths

Next, let's talk more about why exactly we should avoid earthbound spirits.



The Negative Effects of Earthbound Spirit Attachment

There are three main reasons why you want to avoid inviting earthbound spirits into your energy field.

The first is that they drain energy. One of these spirits will drain a very small amount of energy, but the more attaching spirits you have, the more draining it gets. For example, 200 earthbound spirits would be a sizable drain on your energetic resources. 2000 would be a massive drain on your energy.

Negative Emotions & Earthbound Spirits

The second reason earthbound spirits are to be avoided is because by their nature, they are very unstable and susceptible to negative emotions. When earthbound spirits attach to a person, they amplify and echo any pain and negative emotion in that person's energy field.

So if you feel angry and have 100 earthbound spirits attached to your energy field, that anger will be very much amplified. Negative emotions can be reduced by removing attaching earthbound spirits, but removing them will do nothing to remove the actual root cause of the negative emotion. Earthbound spirits simply echo negative emotion that is already there, but they do not create it.

Earthbound Spirits & Intuitive Accuracy

The third reason we want to avoid earthbound spirits is because they can affect your intuitive accuracy. If you have an earthbound spirit in your aura, you could end up channelling that spirit, wrongly assuming that it's your Spirit Guide.

The earthly equivalent of channelling and consulting an earthbound spirit is like approaching someone with significant life problems or issues that keep them very stuck (for example: someone in the throes of a severe addiction), and asking for advice. As you can imagine, the advice is less likely to be helpful or high-vibrational, because it may be coming from a place of 'stuckness' or pain.



An Important Note on Negative Entities

One of the biggest myths about earthbound spirits is that they are somehow negative. Indeed, some healing modalities refer to these spirits as ‘negative entities’.

Earthbound spirits are not inherently negative. The trait that they all have in common is that they are reluctant to cross over to the other side. This can make them seem negative, but this is a state of mind, not a permanent, soul-level trait.

TO SUMMARISE: FIVE PIECES OF HOMEWORK FOR THIS CHAPTER:

(Yes, there’s a lot of homework to get through for this chapter!)

1. Set aside the last several pages of your notebook and label this section ‘New Psychic Experiences’. This is your section for logging and journalling about any new experiences that you have around opening up your spiritual connection, in the chapters to come. Experience has taught me that it is particularly useful to keep a log of these events, because otherwise you are likely to forget them later on. They can also be useful to refer back to when you’re doubting yourself and your abilities!

For example, if you do the Earthbound Spirit Release Prayer given in this chapter, and you ‘feel’ something leaving you when you do it, make a note of that, and in particular write down the details of what happened and how you experienced it. *(Although as mentioned in the last chapter, don’t fret if you don’t have any experiences to report. It is normal for people not to have any until after they finish the course. No pressure and no expectations!)*

2. Do the Breath-work Exercise once a day (on page 4) for the next seven days, or until you have it memorised. This is the beginning of the psychic ‘tuning in’ process so it does need to be memorised.

3. Complete the one-off Earthbound Spirit Release Prayer (on page 19) which is at the end of this chapter. Everyone doing this course should complete this prayer unless you have done it before as part of one of my other online programs. It will make your path of psychic development safer and more effective.



4. Complete the 21-day prayer on page 22 for avoiding earthbound spirits, which you will find right at the end of this chapter. This is also an essential piece of homework.

5. If you decide that you need spiritual protection, practise one (or both) of the spiritual protection exercises once a day over the next seven days, until you have it/them memorised (on page 14)

The reason I'm giving you so many homework exercises is that I want you to continue with this course feeling confident that you are channelling the right sources of guidance. Lots of psychic developers make the mistake of accidentally channelling earthbound spirits and then wondering why the guidance doesn't make any sense. **This is one of the biggest 'potholes' on the journey of psychic development. It is one you will avoid!**

So let's get started with releasing any earthbound spirits from your aura and home.

The Earthbound Spirit Release Prayer

This is a beautiful healing process which helps earthbound spirits to return to the light, while simultaneously clearing your auric field of foreign energies and helping you to feel lighter.

You only need to do this prayer once, and the things you need to say for this process are bolded and in italics.

Here are the steps:

1. First, call in Archangel Michael by saying: ***Archangel Michael, please be with me.***

Next, do the following breathing exercise: inhale to the count of four, hold to the count of four, and exhale to the count of eight. Do this a total of three times.

Now that you have called in an Ascended Master/Archangel, it is time to prepare your space energetically for the healing:



2. Ask for violet flames and white light for the room you are in. The violet flames are a receptacle for cleared negative energies, and the white light is to protect your space:

Archangel Michael, I ask that you fill and surround this place with your violet flame, removing and neutralising any negative energy, and raising the energy in these places to a high vibration of love. Thank you.

Please place your white light of protection around this place, so that only high-vibrational energies may enter. Please also place this light of protection around my energy field. Thank you.

I ask for a temple of love, light, healing and transformation to be anchored through me now and I send my root chakra energy to the core of Mother Earth, to ground me.

3. Next, say the following prayer:

I call forth all earthbound spirits attached to my energy field/home/vehicle/workplace, for healing now. This is a ceremony to bring you release from the earth plane, so that you can move on to a much better place.

Dear souls, you are healed and forgiven (repeat the words “you are healed and forgiven” until you are sleepy, sigh, yawn or until you sense that the spirits have released resistance to crossing over to the other side. This usually takes somewhere between 10 seconds and five minutes).

Know that your life on earth is over. It is completely finished. It was whatever it was, and it is time to let it go.

You are completely safe and the presence of the Divine is with you. You are filled with Divine Light to illuminate the way forward to your next right place of expression. You are filled with Divine Love as you are beloved by the Creator and worthy of love. You are filled with Divine Truth as you realise that the earth plane is no longer your home. There is a much better place for you to go to.



You are free from fear, suffering, and any other heavy emotions which have kept you stuck.

Dear souls, it is now time for you to move on to the other side, where your loved ones are waiting for you to join them in Spirit. Archangel Michael will guide you now to your own personal heaven. The energies of love, joy and peace await you there.

I ask Archangel Michael to bring down a stream of golden light to guide each of you back into the light of Spirit now.

4. Cut all psychic ties

I also call on Archangel Michael to hereby cut all psychic ties between me and any and all of the earthbound spirits being helped today. Please also cut any psychic ties between these spirits and my home/vehicle/workplace (or wherever you cleared these spirits from.) Please dissolve these ties of energy in every dimension with a golden light beam.

Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done.

5. Close off your aura

I call on Archangel Michael to fill and surround me with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my higher self and those beings of the highest consciousness who are meant to be with me on my spiritual path. Thank you Archangel Michael.

Explanation of the Prayer's Wording

Everything in this prayer is designed to soothe the earthbound spirits and encourage them to cross over. The repetition aspect to the prayer "You are healed and forgiven" is quite important. This repetition is soothing, and it helps the spirits to relax and release any resistance to crossing over to the other side.



The underlying emotion of the prayer is one of peace and love. Through this prayer, the lost spirits are reminded that they are Divinely-created beings, with another place to be. They are reminded that the Creator loves them. They are reminded of the truth of who they are, and that they do not have to be tied to the earth's vibrations any more. And finally, they are reminded that they are forgiven for anything they feel they did wrong in their most recent lifetime. With the help of the Divine being, any resistance to crossing over is healed.

Now that you have completed the Earthbound Spirit Release Prayer, you need to complete the 21-day prayer below, which keeps these earthbound spirits out of your aura for good!

AVOIDING EARTHBOUND SPIRITS - 21-DAY PRAYER

Here is the prayer for closing your energy off to earthbound spirits permanently:

“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.”

I recommend saying this prayer over and over for 3 minutes per day for a total of 21 days. This will reprogram your subconscious mind and set up new boundaries so that you don't engage with earthbound spirits, when you do open up to 'tune in' to Spirit.

It does not need to be done at the same time every day, but if you forget the prayer or skip it for one day, please go back to the beginning and start the 21 days again until you have completed it.

Please ensure that you cannot hear any other voices when you are using this prayer (so, no TV or radio on in the background).

A FINAL NOTE ON CANNABIS USE

If you are a regular cannabis user and plan to continue using it regularly, you will need to use the Earthbound Spirit Release Prayer every time you tune in to Spirit (so, whenever you use the techniques given in Chapters Five, Seven, Eight and Eleven)



and I recommend using this prayer right before you take any steps to tune in. I would also recommend that cannabis users do the 21-day Prayer for avoiding earthbound spirits, as this could also be helpful.

I wrote a couple of articles on this topic that may interest you if you are a cannabis user:

- [How to Protect Yourself Spiritually While Using Cannabis](#)
- [Am I Anti-Cannabis?](#)

I have been accused in the past of claiming that cannabis users need to take extra steps for spiritual protection because I'm prejudiced against cannabis users or against the legalisation of cannabis. This is not at all the case. I have good reasons (based on years of experience) for making the recommendations that I do and the articles linked to above cover that in more depth.

If you have a question after finishing this chapter, please refer to the FAQ document for Chapter Two.

Please note: **The only piece of homework you need to have completed before moving on to the next chapter is the Earthbound Spirit Release Prayer.** You can continue with Chapter 3 while you are in the process of completing the other homework exercises mentioned above.

