

## *Workshop 2*

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### **Moving Through "It"**

Energy Basics • Healing the Block • Let It Go

#### **Workshop Overview**

Uncovering the "it" is the focus for the second workshop in The Goddess You Principles. Now that the foundation has been formed, you will begin building the frame work by connecting to your soul self with Principles 4, 5 & 6.

Jeanne will bring you on a joyful adventure within the Moving Through 'It' workshop. Get ready to erase those icky cob webs of energy that have been blocking your path, while you begin to open a new view on forgiveness and faith. You are sure to be squeaky clean energetically and have your new tools ready for action before the workshop even ends!

## Day Outline

Introductions

Opening meditation: Setting the intent for the day

### Section 1 Energy and you

Talk: Energy and You

Handout: Psychic how to guide Energy Clearing

Group Meditation: Guided energy clearing & protection meditation

Group Activity: Clearing 101

Question/Answer: Open format

Break-----

### Section 2 Forgiveness, the magic wand

Talk: Forgiveness, compassion without compromise

Handout: Forgiveness how to's

Group Meditation: Guided meditation: opening your heart center to compassion

Group Activity: Run an addiction meeting in small groups

Question/Answer: Open format

Break-----

### Section 3 Releasing the past

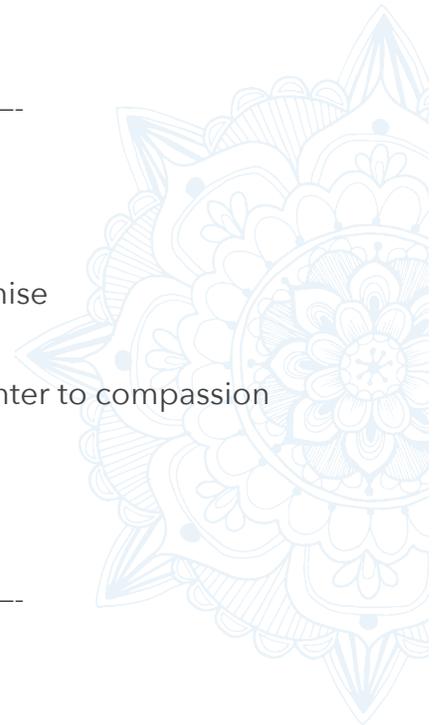
Talk: Letting it go

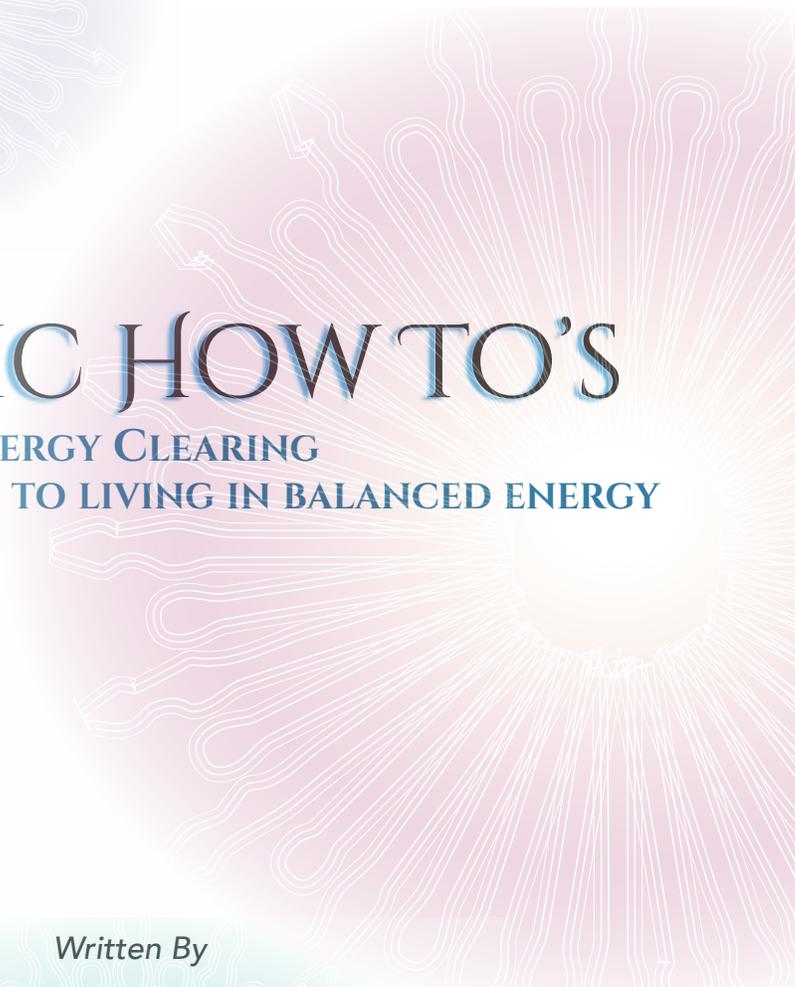
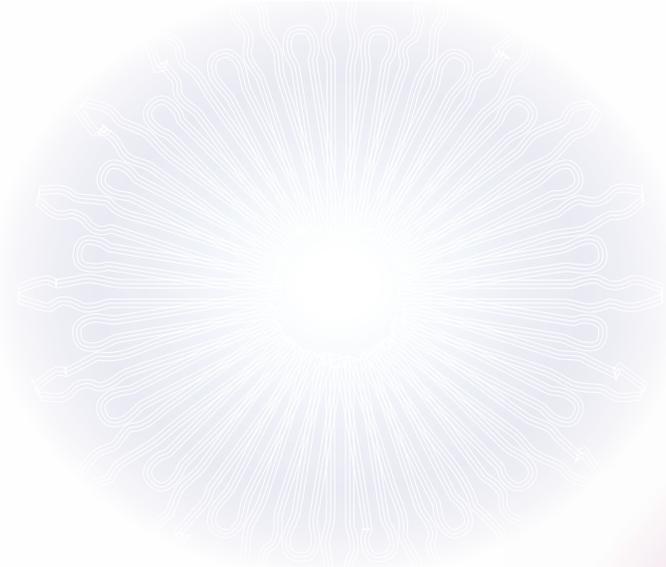
Group Meditation: Forward living view

Group Activity: Faith in a friend.

Break up into a 2 or 3 person group. One person will be the speaker the others will be the listeners. Listeners will listen with compassion without compromise while the speaker tells the story that they have been holding onto. As the story is told the speaker intends with full faith to release the story into the healing circle. The listeners hold this sacred space with love, support and connection.

Closing prayer circle



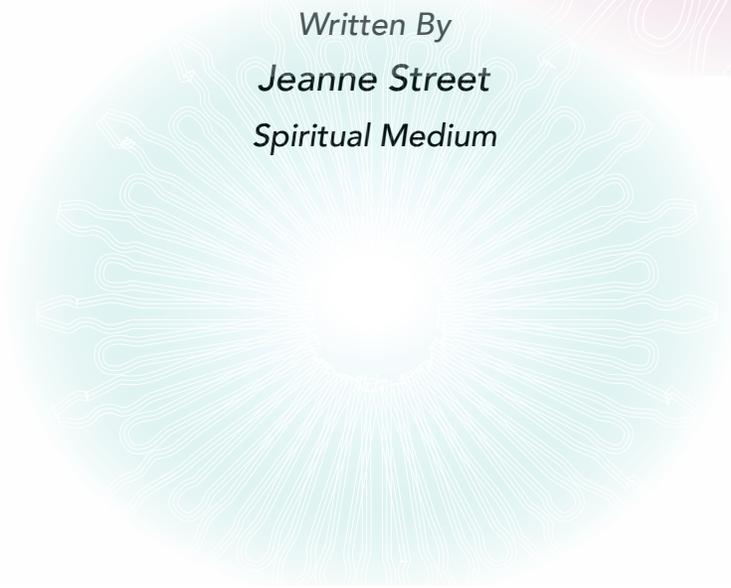


# PSYCHIC HOW TO'S

## ENERGY CLEARING

### AN INSIDER'S GUIDE TO LIVING IN BALANCED ENERGY

*Written By*  
**Jeanne Street**  
*Spiritual Medium*



# ENERGY CLEARING MATTERS

## TO UNDERSTAND ENERGY CLEARING YOU FIRST NEED TO KNOW WHAT ENERGY IS, HOW IT AFFECTS YOU AND YOUR WELL BEING

You are made up of energy. Your body omits energy outward creating an energetic Aura that surrounds you. You spend each and every day within your Aura. Your Aura can sponge up energy from other sources such as people, events, animals, and electronics. These energetic tones that you sponge up can then become part of your delicate energy system. Your Aura can also omit low or high vibrational energy, depending on your Energy systems health.

- *Stuck energy means no room for new growth*
- *There are many different methods used to clear energy*
- *There are many different tools or items you can use to clear energy*
- *Energy can be felt and seen*
- *Clearing energy is a must for overall health and well being*

Think of your body as a furnace. Your body's furnace needs healthy energy to maintain the functioning of the delicate energy system

within your body. The energy system has many pathways that take the energy to different parts of your body. And just like a furnace, your body needs quality fuel to support this energy system.

A blockage in the pathway can cause energy to get stuck or blocked. Blocked energy can cause major disruptions in the healthy flow of one's life. Leaving a block for long periods of time creates a breeding ground for pain, illness, and disease to take root.

# FUELING YOUR ENERGY

## SAY YES TO THESE FRIENDLY ENERGIES

*Proper nutrition*

*Sleep and rest*

*Exercise*

*Speaking truths*

*Positive thinking*

*Praying*

*Meditation*

*Forgiving*

## SAY NO WAY TO THESE ENERGY STEALERS

*Processed foods*

*Alcohol*

*Drugs*

*Over use of electronics*

*Fearful thinking*

*Gossip*

*Lying*

# SETTING SACRED SPACE

SETTING SACRED SPACE STARTS WITH YOUR INTENT. INTENT LAYS THE FOUNDATION FOR ANY ACTION YOU TAKE.

*Begin by saying a prayer of your intent. You can invite your Angels, Saints or any deity you are drawn to in. Calling on our Spiritual team raises the vibration of the intent.*

*Take a moment to connect your energy to the Divine by doing the following meditation:*

## *Breath Awareness Meditation:*

*Breathe in through your nose bringing the breath into your belly, letting the belly fully rise. Allow the breath to stay there in the belly and invite the new oxygen to release any stuck energy. Slowly allow the breath to exhale out your mouth with a slow intent on releasing the old. Do the meditation for a few rounds of breaths.*

*Once you feel the old energy has moved out bring the breath to the crown of your head, this is known as the Crown Chakra. Feel the crown energy begin the circle and open. (You may feel your body move or vibrate.) As you feel the crown opening invite in the Divine connection by seeing your energy rise up and the Divine energy flowing into your energy. Connecting to God's Divine energy allowing it to fill your entire being, purifying and healing as it moves through you. Sit with this energy for as long as you need.*

*When you are done take time to journal your experience*

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# GROUNDING AND PROTECTING

WHEN ENERGY BEGINS TO MOVE, MANY HAVE A TENDENCY TO IMMEDIATELY FILL THE EMPTY SPACE WITH MORE MATERIAL ITEMS.

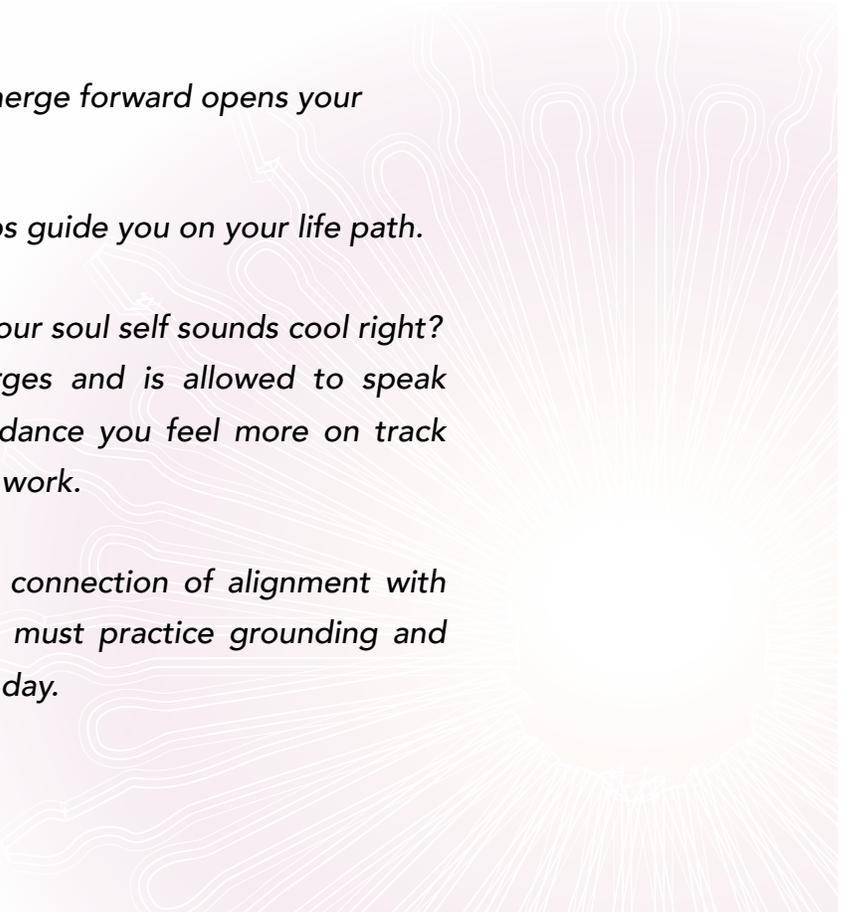
*When you begin the practice of setting sacred space you notice how the energy begins to shift and change. You feel lighter, less bogged down and a sense of freedom from the release of the old energy. When energy begins to move, you may have a tendency to immediately want to fill the empty space with more material items. This is where the practice of grounding and protecting becomes an essential part of your energy wellness.*

*When you practice grounding and protecting yourself, you will notice some of the following changes in your life.*

- 1. You feel a sense of calm and clarity. This makes way for your soul self to emerge.*
- 2. Having your soul self emerge forward opens your natural intuitive abilities.*
- 3. Using your intuition helps guide you on your life path.*

*Being in the groove with your soul self sounds cool right? When the soul self emerges and is allowed to speak through your intuitive guidance you feel more on track and in tune with your life's work.*

*To keep that groovy new connection of alignment with your soul-self healthy you must practice grounding and protecting each and every day.*



## GROUNDING WORK

### **All work starts with intention.**

1. *Set your intention to be grounded within your life. Your body aligned with the Divine and to be connected to your soul self.*
2. *Rooting your self. By placing your feet firmly on the ground.*
3. *Breathe in through your nose, allowing your lungs to fill and your belly to expand fully with the breath. Allow the breath to reach as far down in your being as possible. Hold the breath for the count of 10 and slowly release it out your of mouth again to the count of 10. Controlling the breath the entire time.*
4. *Invite the connection to the Divine in through the breath connection. Cycle the breath several times until you feel the connection to the Divine.*
  - A. *The connection is similar to goose bumps. It is a heightened sensation.*
  - B. *The sensation can be on the crown of your head, or on the back of your neck. Occasionally your the entire body can feel as it is elevating or lifting from the energy.*
  - C. *It is normal to feel as if you're flying out of your body during the connection to the Divine.*
5. *Let your body resonate with the Divine energy.*

## GROUNDING AND PROTECTING

### **Protecting yourself from other's energy is essential to your energetic well being.**

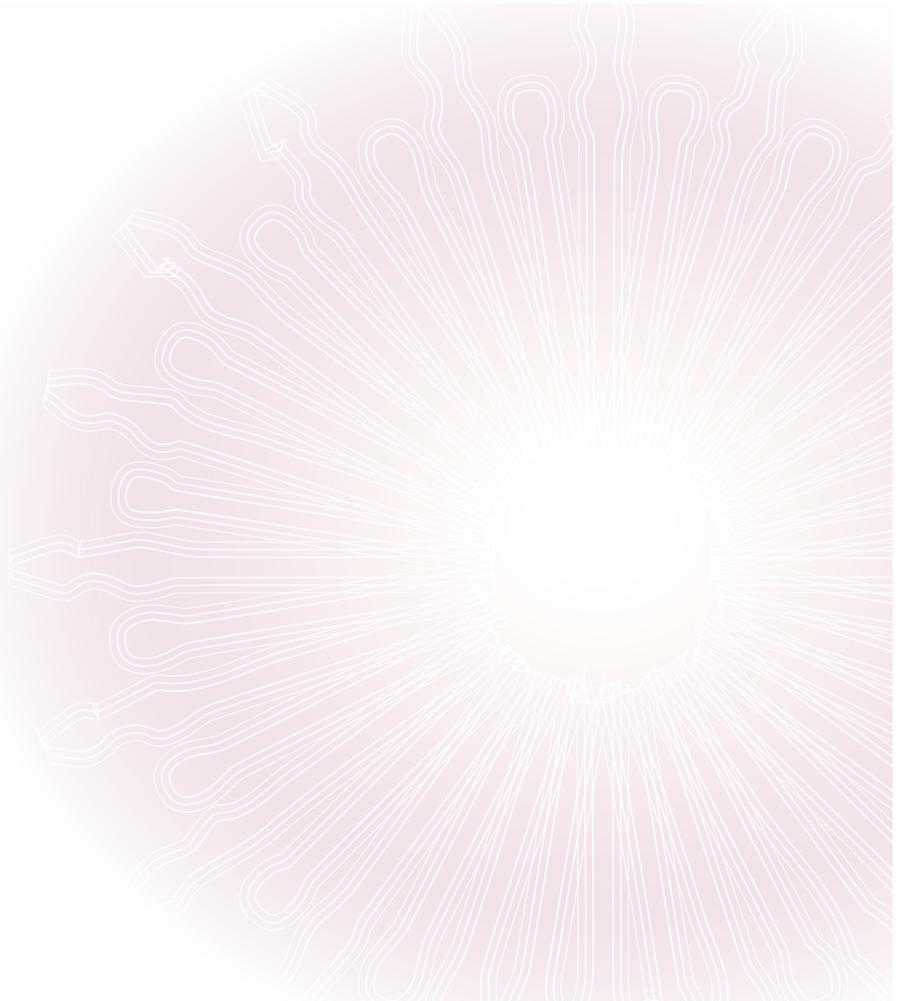
*Now that you are connected and in the groove of the Divine energy it is the time to protect yourself. Since we are all energetic beings we can pick up others energy along our daily routine. Being wide open to others energy can affect our well being. Picking up low vibrational energy can leave us feeling depleted.*

*Especially if you are an Empath, like myself, you can literally feel others feelings, pains, illnesses and stress as if they are you own. Protecting yourself from other's energy is essential to your energetic health as you open to the knowledge of what is your energy versus what is another's energy.*

*Protecting your space is equally important. Asking the Divine to surround your space with protecting and healing energy raises the vibration of your space, and enhances it's energetic flow. Protection helps maintain the higher vibrational energy you are connecting with. You can ground and protect yourself at any time, wherever you are.*

## PROTECTING WORK

1. *Set your intention to be surrounded by the Divine energetic flow of light, love and protection.*
2. *Ground yourself. ( See step 2 in grounding work)*
3. *Cycle breathe to connect. ( See step 3 in grounding work)*
4. *Invite the light of the Divine through the crown of your head. With each breath feel the energy of this light begin to fill your being.*
5. *Once your are filled with the Divine energy, feel the energy begin to flow all around you, surrounding you in a bubble of high vibrational energy.*
  - a. *This energy can have color, tone, sound, smell, shape and depth to it. It can feel warm, light full of love and grace.*
  - b. *The energy is pure, so your energy will begin to cleanse, lift and shift.*
6. *You are now grounded and protected with Divine love.*



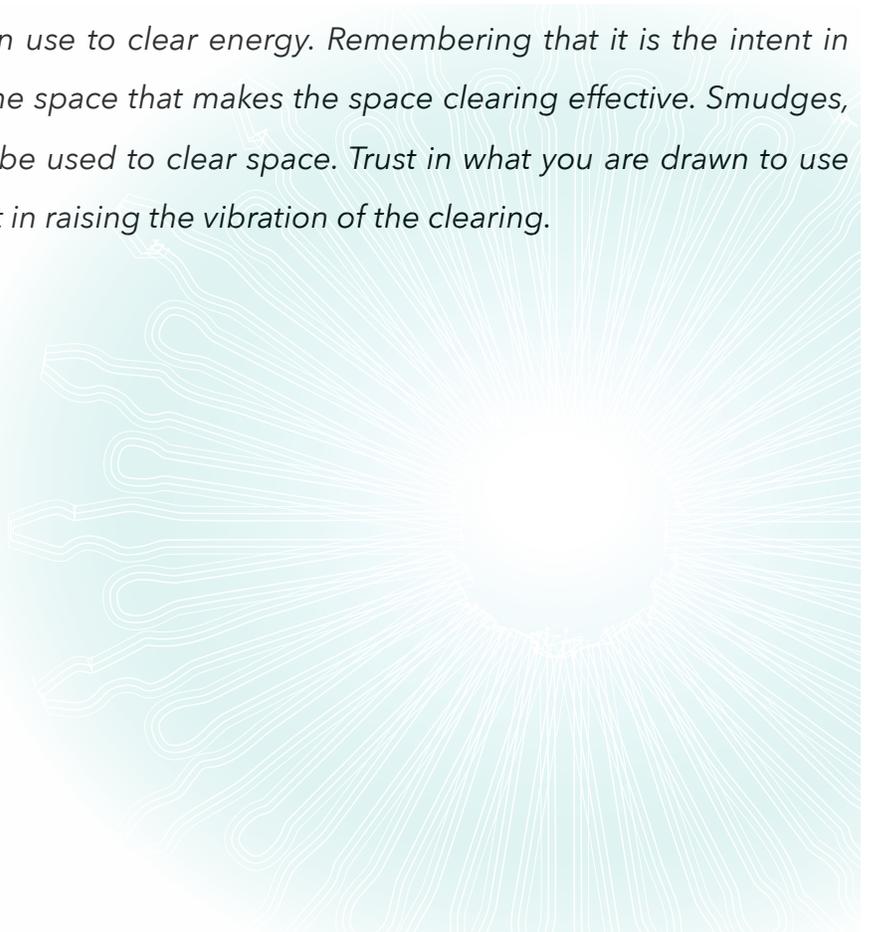
# CLEARING SPACE

**CLEARING SPACE MAY BE THE LAST STEP IN ENERGY BASICS BUT IT IS THE STEP THAT SEALS THE DEAL.**

*You are made up of energy and so are your belongings. You come in contact with energy every day during our normal routines. It is no surprise then that you feel the benefits and detriments of the energy that you pick up and bring home with you. Your loved ones can also bring in energy from their encounters as well. Your home then becomes a mix of all the different energies. You can see and feel the affects of having all this mixed energy that is not yours, take up space in your life.*

*Clearing energy lifts the debris of the mixed up energy, allowing you to reclaim the space as your own. Cleaning up the yucky energy that is stuck within your space and depleting you of energy is vital to your energetic health.*

*There are many tools that you can use to clear energy. Remembering that it is the intent in which you use the tools to clear the space that makes the space clearing effective. Smudges, essential oil sprays, or music can be used to clear space. Trust in what you are drawn to use for your personal clearing to assist in raising the vibration of the clearing.*



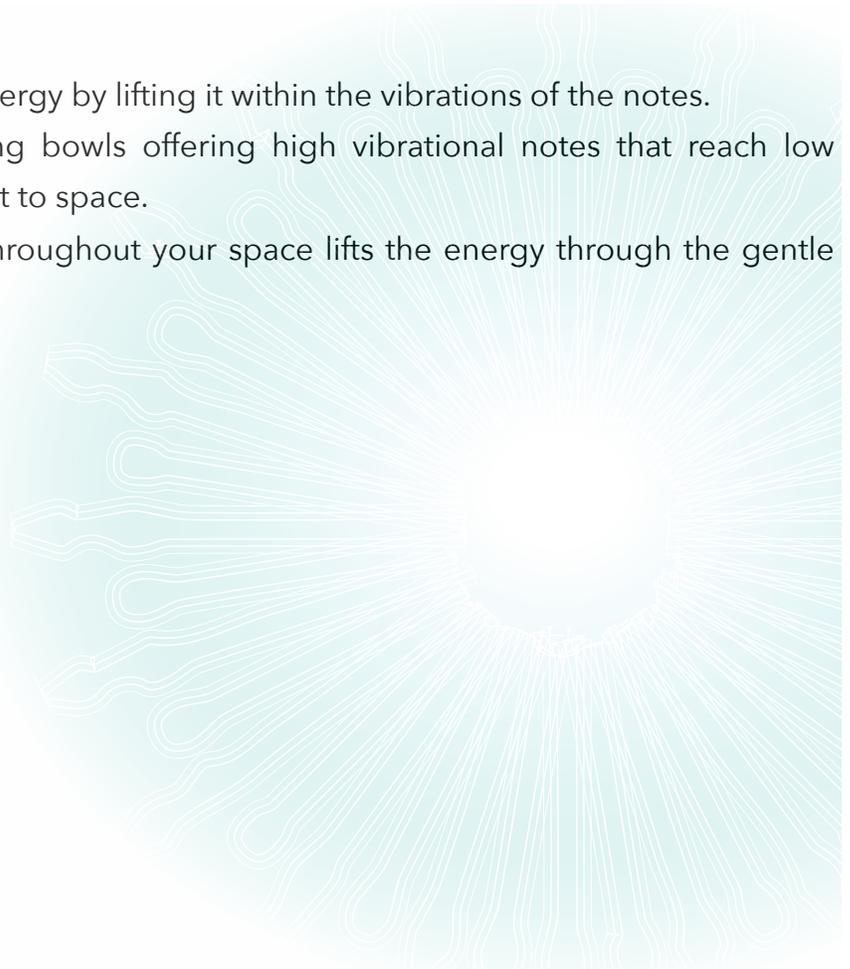
## THE TOOL YOU CHOOSE TO USE TO CLEAR YOUR SPACE WILL BE THE FOUNDATION TO THE CLEARING.

### Clearing Tools

1. Smudges are used to remove low vibrational energy from your personal body or space. The smudge or smoke lifts the energy and moves it out within the smoke. Creating an opening for new energy to move in.

#### Smudges

1. Sage: Sage is a sacred smudge used in clearing low vibrational blocked energy.
  2. Palo Santo: Is a sacred healing wood smudge that is used to heal one's energetic life. The power of this wood can reach healing on a soul level.
  3. Sweet Grass: A powerhouse of smudges. It offers clearing, healing on many levels.
  4. Smokeless smudge spray made from essential oil and purified water.
  5. When using any of the burning smudges be sure to have a clay bowl or cast iron pan for the ashes to fall into. Have a water source close at hand. Carry a lighter in your pocket in case the smudge goes out. Move quickly so you don't set off the fire alarm.
2. Music or sound can clear energy by lifting it within the vibrations of the notes.
1. Bells, symbols or singing bowls offering high vibrational notes that reach low energy within hard to get to space.
  2. Playing healing music throughout your space lifts the energy through the gentle tones.



## EACH CLEARING IS A SACRED CEREMONY.

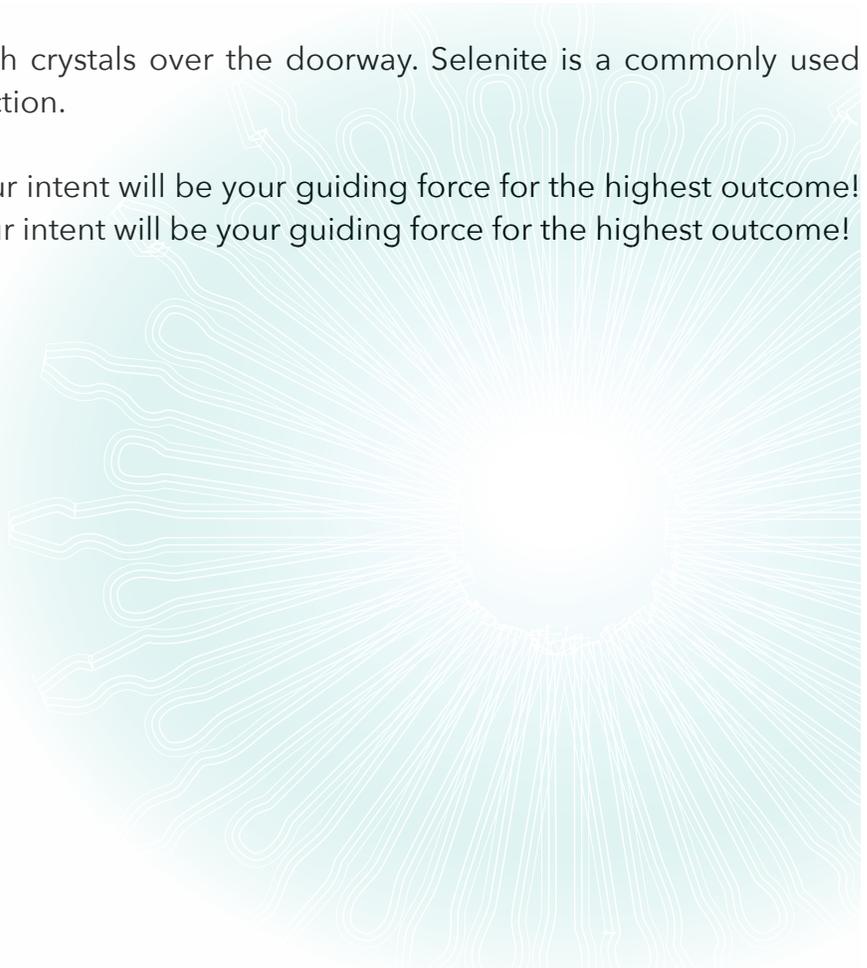
### Clearing Ceremony

1. Set your intention to clear and balance the energy of the space intended.
2. Invite your Angels, Guides or other spiritual helpers in for support and guidance in your clearing.
3. Open some windows and doors as a pathway for the low energy to leave. As well if you are using smudge, your smoke will need an exiting point. Be sure to move quickly when using a smudge.
4. Say a prayer to open the ceremony.
5. Start at the front door and work your way from bottom floors to top floors. Be sure to get in all closets, drawers and corners. Clear all furniture and items.
6. End at the front door or where you started.
7. Finish with a prayer of thankfulness and gratitude.

To finish the clearing you can take salt around the outside perimeter of your home. The idea behind this is that you are sealing in all the new energy while offering protection from lower energy re-entering your space.

You can also add protection with crystals over the doorway. Selenite is a commonly used stone used for this type of protection.

Remember that the power of your intent will be your guiding force for the highest outcome!  
Remember that the power of your intent will be your guiding force for the highest outcome!



## Forgiveness how-to's

Forgiveness sets you free, plain and simple. The truth is that most people don't think they have anything to forgive. Understanding your Shmego frienemy and his constant need to instill fear within you is what's been keeping you from healing from your grief.

### Moments lost from Grief

Loosing your way happens so quickly, you may not even notice. You just know something is not right. Being lost can leave you feeling lonely, sad; and even depressed. You can feel this way even though you're surrounded by friends and family. Feelings of being less than slip in; out of the blue. Your happiness seems far from your reality. You may smile your way through a family gathering, holiday, party or outing, missing the value of the Joy within moments you've just lost.



Being lost can come from a grief you are carrying around. Grief is complicated. You don't just grieve loved ones or pets you have lost . You grieve lost childhoods, regrets, failures, illness, divorce, life events and or situations. Grief may always be there, but the energetic tone of it can lessen when we learn to recognize the pain caused from grief. Allowing yourself to move through life after grief can take time, energy with your willingness to rediscover a new way of processing and living with the grief felt by your loss.

### Grief truths

- Your grief is very personal and emotional.
- You set yourself up to hold onto these griefs as reminders of your loss or because you don't know how to allow yourself to release the grief.
- Grief is never ending but can lessen in intensity.
- Grief does not define you but is a life event that you are working through.
- Grief can offer you many lessons.

What you may not realize is that the grief that you hold onto has an energetic affect in your life and within your body. The energetic tone that runs through your body is the tone that you live in. Your life then is a reflection of the grief's energy.

## Becoming one with your self

Becoming one with your self, helps you to recognize and heal the grief. The first step to recover the sense of who you are is awareness.

**Exercise:** List the griefs in order of the most painful to the least painful in your life. Notice if there are any correlations to the way your griefs are listed.

- Examples:
- Loss of a loved one then a divorce
  - Childhood trauma then an illness
  - Divorce then an illness
  - Trauma then a regret

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Understanding the energy of the grief is the next step. A quiet mind is needed to reach the energy. Breath awareness helps quiet your mind.

Breathe in through your nose into your belly for a count of 10, exhale out of your nose to the count of 10. This helps you quiet your mind while connecting to the grief.

Next to each grief write the tone, color or energy the grief possesses.

- Examples:
- Anger can be red in color with a hot, sparky tone
  - Sadness can be yellow in color and feel withdrawn
  - Loneliness can be pale blue in color and feel like isolation
  - Disconnect can be white in color and feel like poor judgement

Next to the grief write down where in your body you feel the energy of the grief.

- Examples:
- Loss is felt in my heart
  - Childhood trauma is in my lower back
  - Divorce is felt in my gut
  - Trauma is felt in my head

Healing can only occur with your permission. Free will to heal. Inviting God in with prayer and an open mind creates space for healing. Releasing allows the healing to take hold. For every action there is a reaction.

**Forgiveness** is the foundation to all healing. Forgiveness frees the body, mind and spirit from the energy of holding on.

Now you can ask the grief what is needed in order to heal. Connect to the grief with a pen in hand. Close your eyes and allow your breath to bring you to the center of the grief. When the connection is made allow the pen to write or draw any impressions that come forward.

Grief can be the catalyst for change and growth. You can move forward in your life without missing the moments of your life.

