

Energy Medicine For Healthy Living™

Clearing and Manifesting Energies™

INSTRUCTIONAL BOOKLET TO BE USED WITH DVD

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Clearing and Manifesting Energies™

Releasing Energetic Blocks to Manifest Your Hearts Desire

Clearing and Manifesting Energies™: Releasing Energetic Blocks to Manifest Your Hearts Desire is an excellent tool to use for life transitions. Clearing and Manifesting Energies protocol is designed to assist you in clearing out emotional imbalances, stuck patterns, and limiting beliefs that are being held in your body's cellular memory. Use this technique to move your energy and clear the way to truly manifest the life you desire leaving your baggage behind.

You might choose to use Clearing and Manifesting Energies™ when:

- You are facing what seems like life's most difficult challenges.
- You have experienced loss of a job or you desire to make a career change.
- You are feeling broken hearted from the end of a recent relationship.
- You ended a relationship many years ago, but you are still stuck and unable to move on with your life or be open to a new relationship.
- You are holding on to anger or resentment or jealousy toward another.
- You have a physical or emotional illness that you have not been able to heal.
- You are grieving the loss of a loved one.
- You have moved to a new city and still aren't feeling connected or settled.
- Your children have left for college and you are left feeling lonely or abandoned.
- You are feeling pressured in your current financial situation.
- You are dealing with stress of any kind.

When you are having difficulty dealing with any of life's transitions, feeling stuck or can't move on with your life, it is important to shift the energy that is holding you back. Your own Limiting Beliefs may be the culprit, keeping you trapped in negative energy can block you from bringing in the positive things you would like and deserve. Combining what you know about The Secret and the Laws of Attraction with your own energy systems creates the perfect mechanism to remove these blocks and shift your energy patterns. Now you can use a simple exercise to help you clear out the energetic blocks to make room to manifest what your soul desires.

If you are ready to move on and make a change, ready to attract more prosperity, more happiness and the perfect career path into your life, then tremendous change and success begins with Clearing and Manifesting Energies™. With this technique you will learn:

- How to safely release old negative energies and counter productive thought patterns.
- How clearing negative energies improves your emotional and physical health.
- How to remember and tap into the joy in your life and to seal it into your energetic matrix.
- How to get in touch with the things you truly desire.

Learn how to clear out the blocks, bring in the joy and set your intention on what you desire to manifest. The foundation of this protocol incorporates simple, basic energy medicine exercises

that offer a new experience when put together in a specific sequence to create the things you want in your life by setting new intentions for manifesting, affirming and attracting your desires. This protocol can be shortened or lengthened based on time. It can also be done with music or without. Clearing and Manifesting Energies can be shared with a large group; can be used one-on-one with a client; or individually for self-care and your own personal growth.

The primary sequence described below begins with Energy Medicine preparing and balancing exercises; followed by Energy Medicine releasing techniques to clear out emotional imbalances or old stuck habits. Since we tend to focus primarily on the “bad” or “negative” occurrences in our life, it is equally important to use techniques for bringing in the joy. The Set Your Intention and Manifest Phase uses Energy Medicine techniques with affirmations and visualization.

Clearing and Manifesting Energies™ Protocol

I. Preparation Phase

Purpose: Bring your energies into balance as you ground, unscramble, integrate your left and right brain, move stress hormones out of your body, dissipate anger and release stuck energy.

Music: Celebrate Peace Track #3

Exercises:

1. 3 - Thumps
2. Hook Up
3. Homolateral Repatterning
4. Spinal Flush
5. Wayne Cook
6. Expelling the Venom

II. Release Phase

Purpose: The Release Phase is intended to reset the nervous system; decrease the stress response cycle; increase your peace of mind, vitality, and health. Your focus can be on anything: loss of a loved one, health crisis, financial difficulty, loss of a job, breakup in a relationship, difficulty coping, fear, anger, terrified, panic, furious, grief, anxiety, jealousy, you name it – anything. Note: For deeply seated emotional experiences like trauma, abuse and PTSD, refer to our Advanced Clearing and Manifesting™ Protocol.

Music: Celebrate Peace – Track #9

Exercises:

1. Crown Pull to open energy to the head and brain to increase effectiveness of neurovascular points.
2. Life Event Movie - Hold front and back Neurovascular Points as you focus on your difficult "life event" creating a movie in your minds eye. You are the star of this movie as you connect with and remember the emotional or physical event. Remember it is your movie and you are the "Star". Your movie may shift you to another situation, time or place. Allow your movie to unfold and take you wherever you need to go.

Note: for those more familiar with Energy Medicine, you may choose to hold a Neurovascular Point specific to the emotion you are experiencing or you can hold Elemental Neurovascular Points for the specific emotion. For a deep emotional release, refer to our Advanced Clearing and Manifesting Protocol.

3. Triple Warmer De-Stressors for calming the nervous system.
Choose from any of the following: Triple Warmer Smoothie, Tap TW3 on back of hand, Thymus Thump, Triple Warmer Thymus Tap, Triple Warmer Neurovascular Triangle, Triple Warmer Reactivity Pose, or hold Triple Warmer Sedating Points.
4. Strengthen Spleen to better process and metabolize the stressors you are releasing.
Choose from any of the following: tap Spleen Neurolymphatics, hold Spleen Neurovasculars, Trace Spleen Meridian forward three times, hold Spleen Strengthening Points or do the Spleen/Triple Warmer Hug to balance both energies.
5. Separate Heaven & Earth to clear out and release the stuck emotional stress energies.
Focus on sending energy out from your body through the palms of your hands. Sending it down into the Earth and up into the Heaven's to be recycled as positive healing energy and light.
6. Crown Pull to clear out the released emotions.

III. **Bringing in the Joy Phase**

Purpose: To create your own "Joy Movie". More frequently we tend to focus on the negative or stressful events in our life which we so commonly have chosen to store somewhere in our body's cellular memory. Often we fail to focus any attention to the joyful events, scenarios, people, etc. in our life. As you focus on your Joy Movie, feel the joy replacing your stressful memories in every cell of your being as you fill your heart with gratitude.

Music: Celebrate Peace – Track #1-3

Exercises:

1. Heaven Rushing In opens the Heart Chakra and an energy vortex over that area that helps us to open our hearts to love, healing, gratitude, joy, etc.
2. Tap into your 3rd Eye all of the joyful, positive events from your life or around this situation. You may even focus on accolades or accomplishments as you create your JOY movie.

- Trace 9 Hearts to open your Heart Chakra and Radiant Circuits. As you seal the deal with LOVE, the Hearts you create keep getting larger as you send energy from self out to loved ones and then to the Universe.

Expect your every need to be met.
Expect the answer to every problem.
Expect abundance on every level.
~ Eileen Caddy

IV. Set Your Intention and Manifest Phase

Purpose: To ask your Heart's desire. Focus on what you intend to manifest and see it happening now in its completely manifested form. Bring the energy of what you desire directly into your soul. Because of the Laws of Attraction and the power of energy you can infuse every cell of your being with what you intend to manifest and send that vibration directly out to the Universe.

Music: Celebrate Peace – Track #4, #6, #9
Celebrate Peace – Track #1 (As you begin Step #4 below.)

Exercises:

- Connecting Heaven and Earth is used to bring energy into every cell of your being. Focus on bringing energy into your body through the palms of your hands. Pulling it up from the Earth and down from the Heaven's to manifest as positive healing energy and light. Through nature your vision becomes grounded and possible.
- Tibetan Prayer Pose takes the grounding into a deeper meditative state allowing you to bring in Universal Love as you visualize the end result of your intention.
- Zip Up, Breathe and lock it in as you repeat your preferred affirmations. Zipping Up your Central Meridian is a powerful way to consciousness. It is the meridian that is responsive to self-hypnosis. It becomes an avenue to implant affirmations deep into each chakra and the soul right down to the cellular level leaving you feeling more confident. The Central Meridian is highly sensitive to thoughts and feelings both yours and others. It also increases your energy and vitality as you zip them into every cell of your body allowing you to think more clearly. Tap into your inner strengths by Zipping UP as you protect yourself from negative emotions or outside influences. Focus on your breath as you Zip Up, repeating the Affirmation on the exhale for women and on the inhale for men.

Affirmations to use while zipping up - choose any or all from the following pages.

4. Tone three OM's to bring balance into your chakras.
5. Weave Figure 8's to seal in and integrate the changes
NOTE: If you are in a group setting, you can also send Figure 8's out to each person in class to help raise the frequency of their affirmations as well.
6. Celtic Weave and Fluffing the Aura will increase protection to your Auric Field that surrounds your body. A healthy Auric Field is necessary for you to be a powerful point of attraction to manifest what you desire in life. Your Auric Field is the energy capsule that you exist in. It is designed to hold you in an energetic casing, like an energetic eggshell to support you in feeling safe, vibrant, and well in this world.

Clearing and Manifesting Energies can be repeated as often as needed as you face life's interesting transitions. Focusing your intention on what you desire is one thing, working with your body's energy systems to clear, shift, and move your energy to align you with your soul's purpose is another. Infinite possibilities abound!

Disclaimer: The audio used with the Clearing and Manifesting Energies™ technique is intended to raise and accelerate the energetic vibration allowing stuck energy to shift at a much faster rate. This technique can be done with or without music in the background. Music of your choice may be used for each Phase in the protocol. The CD we used with this workshop Clearing and Manifesting Energies™ is Celebrate Peace by Snam Kaur. This CD is used with written permission from the artist and Spirit Voyage Records. www.spiritvoyage.com

The Deepening Journey

What amazes me is that before we can count we are taught to be grateful for what others do. As we are broken open by our experience, we begin to be grateful for what is, and if we live long enough and deep enough and authentically enough gratitude becomes a way of life.

~ Mark Nepo

Affirmations

Affirmations for Daily Living

- I fill myself with peace, love and joy.
- I deeply and completely love, honor, accept and forgive myself.
- I am a prosperous, intelligent, capable individual who can do anything.
- I deserve health, wealth, love, and happiness in my life. I thank the universe for my opportunities.
- I joyfully release all of the past.
- I am worthy.
- I am focused, centered and clear thinking.
- My mind and body perform optimally at all times.
- I can do anything I desire to do. I can be anything I desire to be.
I can have anything I desire to have.
- I communicate clearly, confidently and successfully every time.
- I live in a friendly Universe.
- I am focused, grounded and fully able to do all that is necessary to create my unlimited success.
- I easily ask for what I desire. Life supports me completely.
- I am a vibration match for unlimited Abundance, Awesome Success and manifestation of all I desire.
- I radiate Joy and gratitude. From this vibration everything else I desire flows easily to me.
- I trust that Divine action is taking place at all times.
- I am safe and protected at all times. The Universe supports me completely.
- I am at peace with the Universe
- I love and accept myself.
- I am unique and loving, loved, and free.
- I am safe and always feel protected.
- I acknowledge all of my feelings because I am in touch with my feelings.
- I am surrounded with loving, caring people in my life.
- I am loving and accepting of others and this creates lasting friendships for me.
- I trust my inner being to lead me in the right path.
- I do all I can every day to make a loving environment for all those around me, including myself.
- I am always connected with the Divine Love in the Universe.
- My inner vision is always clear and focused.
- I am grateful to be alive - **I SAY YES TO LIFE!**

Affirmations for Health

- I am in control of my health and wellness.
- I have abundant energy, vitality and wellbeing.
- I am healthy in all aspects of my being.
- I do not fear being unhealthy because I know that I control my own body.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.
- I am happy, healthy, and whole in every cell of my being.
- Every Cell in my body vibrates with energy and health.
- Loving myself heals my life. I nourish my mind, body and soul.
- My body heals quickly and easily and I have the power to control my health.
- I am Grateful for my healthy body - which is healing and growing stronger every minute.
- I am fit and healthy.
- Stress is leaving my body now.
- I am glowing with health and wholeness.
- I behave in ways that promote my health more every day.
- I deserve to be in perfect health.
- I am highly motivated to exercise my body because I find exercise as fun.
- I am healthy since my practices are healthy.
- I let go of the past so I can create health now.
- I create health by expressing love, understanding and compassion.

Affirmations for Weight Loss

- I am always able to maintain my ideal weight.
- I love and cherish my body every day in every way.
- I love and care for my body and it cares for me.
- I am the perfect weight for me.
- I choose to make positive healthy choices for myself.
- I choose to exercise regularly.
- I love nutritious healthy food, and I enjoy eating fresh fruits and vegetables.

Affirmations for Abundance

- I trust that I am now open to an abundance level of prosperity.
- I accept abundance.
- I am an abundant person.
- I create abundance in all that I say and do.
- I am a success in all that I do.
- Everything I touch returns riches to me.

- I feel my work is always recognized positively.
- I respect my abilities and always work to my full potential.
- I am constantly adding to my income.
- I always spend money wisely.
- I always have enough money for all that I need.
- I am rewarded for all the work I do.
- I am grateful my business is flourishing and I have more than enough money for my needs.
- Abundance and money flow effortlessly into my life.
- I believe in infinite Abundance. The money is always there.
- Money flows to me in expected and unexpected ways.
- I prosper wherever I turn and I know that I deserve prosperity of all kinds.
- The more grateful I am, the more reasons I find to be grateful.
- I pay my bills with love and joy as I know abundance flows freely through me.
- I see the abundance in the universe everywhere I go. I see it in myself.
- I am my divine self and I choose to demonstrate my highest good. I prosper everywhere I go because I love life.
- I am a loving individual, who is part of unlimited creation; I am unlimited in what I can do.
- I am an open channel to receive my abundance from the universe.
- I am open to new opportunities.
- All the things I want and need come to me.
- I always receive more than what I need.
- I have a bank account with more than enough.
- I welcome, and am open to receive all abundance that comes.
- I draw abundance to myself today and every day.

Affirmations for Peace, Harmony, Joy and Happiness in your Life

- I am at peace with myself.
- I am always in harmony with the Universe.
- I am filled with the Love of the Universal Divine Truth.
- I am at peace with all those around me.
- I have provided a harmonious place for myself and those I love.
- I joyfully release all of the past and let only love surround me.
- I express anger in appropriate ways so that peace and harmony are balanced at all times.
- I am at one with the inner child in me.
- Whenever I believe in myself, so do others
- I express my needs and feelings.
- I breathe in peace.
- I am my own unique self - special, creative and wonderful.
- All of my relationships are loving and harmonious.
- I trust in the process of life.
- Life is a joy filled with delightful surprises.

- My life is a joy filled with love, fun and friendship all I need do is stop all criticism, forgive, relax and be open.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.
- I am ready and willing to release the past, now.

Affirmations for My Spiritual Growth

- I am free to be myself.
- I am a spark of the Divine; therefore I am of the same soul substance as everyone else.
- I am a forgiving and loving person.
- I am responsible for my own Spiritual Growth.
- I have given myself permission to be at one with the Universe.
- My strength comes from forgiveness of those who hurt me.
- I nurture my inner child, love her and have allowed her to heal.
- I am responsible for my life and always maintain the power
- I need to be positive and have joy.
- I know nursing this hurt is holding me back from fully being with others; therefore I choose to thank the universe for giving me another opportunity to develop my soul by knowing another person.
- I move easily through this experience.
- Today I take time to notice how I have bloomed so beautifully despite my circumstances. I am capable of reaching for the sun and sky because that is my natural state. I am reaching upward every day and do so joyfully, knowing I am grounded in the life cycle of spiritual development.

Affirmations for Self Esteem

- I am sure of my ability to do what is necessary to improve my life.
- If I make mistakes, I am able to give myself the benefit of the doubt.
- I feel basically worthy as a person.
- I am able to take risks and try new things without fear.
- I feel good about the way I do my job.
- I feel about myself pretty much what others think of me.
- I have compassion for myself and the way my life has developed.
- I am deserving of all the good things in my life.
- I am a child of the Universe, no less than the trees and stars; I have a right to be here.

Affirmations for Love

- I know that I deserve Love and accept it now.

- I give out Love and it is returned to me multiplied.
- I rejoice in the Love I encounter everyday.
- My heart is open to love. I give and receive love.
- The more honest I am with those around me, the more love is returned to me.
- I am worthy of love.
- The more I love, the more that love is returned to me.
- Love is eternal and ever-lasting.
- I have a wonderful partner and we are both happy and at peace.
- I release any desperation and allow love to find me.
- I attract only healthy relationships.
- I learn through my relationships because that is how I begin to define who I am.
- I am worth loving, I am a wonderful miracle of Life.

Affirmations for Relationships

- I am a confident and positive person, and confident and positive persons gravitate toward me everyday.
- I know who I am and what I like in personal relationships.
- I am attracting powerfully positive and healthy people into my life.
- I am caring, smart, supportive, loyal, and fun to be with.
- I feel completely at ease and comfortable with all types of people.
- I am winning in all my relationships.
- I am a positive and valuable contributor to my relationships.
- I possess complete ability to articulate my thoughts and feelings to everyone, and I express myself wisely.
- I facilitate healing by taking time to ask for divine assistance for my family's difficulties
- Every loving and positive word I speak about my family helps to generate more healing.

Affirmations for Difficult Times

- Challenges help me grow and bring opportunities.
- I can choose a positive frame of mind.
- Today has infinite possibilities.
- I can find balance in my life.
- I can find love and support.
- I can accomplish anything I desire.
- I can handle whatever comes to me.
- I can create inner peace as I breathe in this moment.
- I am strong.
- My intentions create my reality.

- Today I choose joy.
- I make healthy choices today.
- Today I do my best.
- I am in charge of my life.
- I have many options.
- I can create positive change.
- I am wise.
- My happiness comes from within – Be Well Within.
- I start healthy habits today.
- Each moment brings choice.
- I can stay calm under pressure.
- I choose happiness and healthy relationships.
- I can find my happy place.

Affirmations for Success

- I am successful.
- Everything I do turns into success.
- I am filled with success.
- Success comes effortlessly to my direction.
- My success is contagious, other people like it, seek it and respect it.
- I attract positive-minded people to me; I draw all things positive to myself.
- I am very fortunate to work at what I love to do.
- I create powerful and enjoyable business relationships.
- Today I am the ambassador of positive thinking.
- I spread health, wealth, love, and happiness wherever I go.
- I love watching how my positive statements dissolve negativity in others.
- Every positive statement I make is rewarded.
- I am committed to changing my behavior, attitude, and negative belief systems. I learn from past mistakes.
- Life is a self-educational process and I am a perceptive individual.
- I love all my talents as well as my imperfections because that is what makes me the beloved person I am.

Affirmations if You Have Trouble Forgiving

- I forgive because I am capable of expressing compassion.
- By forgiving, I release this situation from my energy field and feel clear-headed and full-hearted.
- I forgive because I am able to rise to my higher self and feel lighter.
- My light knows no boundaries when I forgive.
- Life feels lighter when I forgive.