

Lighting Up Your Boundaries

Session 4



Awakening Your Psychic Senses &
Support System

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Awakening Your Psychic Senses & Support System

The psychic senses function at a higher level when you clear all of the lower functioning mentalities, divisive patterns and prejudices.

You must exercise your aura and establish your right to Be, simply by stating your claim to truth and living your truth. Living with a fortified aura and chakras creates a confident spirit. Being connected to the Divine through the Golden Grid will have you living every moment of your life...

It means that you will be living closer to your highest potential and not like a victim to others energies, psychically crippled. Your powerful aura and flowing chakras will keep you from many sources of possible harm. The more confidence you have in your aura, the stronger it becomes... the stronger your aura becomes the more powerful you become.

Shifting from your human senses based on survival, to your psychic senses based on Intuitive perception and Unity consciousness, will lead you to healthier boundaries by avoiding the energetic enmeshments with energies that no longer match you.

Freed up and Whole, living confidently as the Higher Self, you will lead a life that attracts positive, uplifting, inspirational people and experiences. You will live as your Powerful Divine Self.





Aura Check

Set an intention to openly communicate with your aura...

Just like the Body Scanning exercise, we will scan the aura for deviations.

Is your outer boundary full of deviations?

Close your eyes. Imagine the outer edge of your aura...

Ask your higher self to show you the condition of your Ketheric template.

Do you see, know of or sense any?

Dents? If so, what area? make a note...

Tears? If so, what area? make a note...

Holes? If so, what area? make a note...

Bulldges? If so, what area? make a note...

Elongations? If so, what area? make a note...

Flimsy? If so, what area? make a note...

Check the conditions with what you know about the meaning of the deviations and their location in the aura. Start to come into awareness of a pattern that you may have, the belief and emotional attachment. Use your Energetic Management System and clear the issues.

Do the aura renovation exercise and Emotional Security System, Lighting up your boundaries for completion.





Chakra Check

Set an intention to open to the communication of all of your chakras...

Just like the Body Scanning exercise to discover trapped emotional energy in the body we will scan the chakras for their condition.

Close your eyes. Imagine your chakra system...

Ask your Higher Self to show you the condition of your chakras (#1-7).

Do you see, know of or sense that this chakra is:

Sprung?

Pulled out?

Clogged?

Torn?

Pulled to one side?

Wedged open?

Make a note... then ask: What is the meaning of this... What lesson am I to learn to heal this chakra? Is there an emotional attachment? Is there an image/memory held in this chakra that needs clearing? Reform the chakra after getting your lesson and make sure it's edges are circular and well rounded.

Do the Chakra balancing exercise for completion.





Tower of Light

Close your eyes and place your attention at your heart space. Breathe deeply and evenly throughout this exercise...

Progressively relax your entire body from your head down to your feet.

Stand up straight with your arms at your side or if sitting, sit erect with your spine as straight as possible, hands palms down on your thighs.

Visualize all around you a long ellipsoid of bright blue light. It extends 9 inches beyond the surface of your body and to about 16 inches above your head and below your feet.

Within this field of bright blue light imagine a globe of brilliant white light above but not touching your head. When you place your attention on this globe it starts to glow and becomes brighter.

Aspire to the Highest good that you can attain, receive and experience. This globe contains the Divine Light Force. Feel the effulgent white globe sending down glittering white light filled with silver sparkles.

Allow this light to flood your aura and at the same time it completely permeates you... coursing vibrantly through you.

Maintain the awareness of the tower of blue light all around you, containing your energy within as well as a continuous flow of Divine Light Force energy.

Be aware of yourself absolutely alert to your Divine Power.

