

Integrative Soul Technology



Energetic Management System
Your Transformational Tool Kit

By Christel Hughes, C.Ht.



Energetic Management System

- Grounding Technique -
- Body Scanning -
- Emotional Clearing Exercise -
- Emotional Replacing Exercise -
- Inner Imaging -

Grounding

**Find a comfortable place to sit and relax...
close your eyes and go to the space that allows
your imagination to fully open.**

**Bring your attention to the base of your spine.
Begin to visualize and imagine a vertical line moving
from the base point of your spine up into the sky...
connecting with a star.**

**Next visualize and imagine this line from the
base point moving way down deep into the ground...
connecting with a ball of light in the center of the Earth.**

**Turn this line into a Magnificent tree that
is solid and rooted into the ground...
with it's roots wrapping around the ball of light
and is expansive and flexible...
with it's branches reaching high into the sky.**

**Use this tree to support you in staying strong,
yet flexible throughout the day. Allow it to gather
high, vibrational energy from the clear blue sky for clarity.
And use it to assist you in sending down any unhealthy
energy into the ground for recycling.**

Body Scanning

Start by getting into a comfortable position and closing your eyes.

Dis-associate from your body by imagining that you are looking at your twin outside of you or looking at yourself in a mirror.

Start by asking yourself these questions:

- *Where am I storing the emotion related to this event?*

- *What part of my body am I holding the emotion?*

Now start scanning your body in sections...

From your head, neck, shoulders

To your torso and arms

Then, your waist to your feet

Notice if your attention is being pulled to any one area... or it may be drawn to a couple. You might have a moment of instantly “knowing” as you ask the above questions.

Finally, identify the emotion by asking:

- *What is the emotion that I am holding concerning this event?*

Emotional Release Exercise

For this exercise it is important to be in a safe space with little activity in the surrounding area... if at all possible. Ask yourself these questions about the emotion(s) you would like to release:

- *What does the emotion (anger) look like?*

Color, Shape, Size

- *What does it feel like? What is the texture?*

Goopy? Slimy? Hard? Prickly?

- *How am I storing the emotion?*

Is it locked into place? On the surface? Or is it Loose?
Tight? Free-flowing?

- *How do I want to remove this emotion?*

Use your Imagination... there are endless possibilities.

Do you want to blow up the energy? Dissolve it?
Burn it up? Shift it? Ground it out? Pull it out?
Send it into a safe place in the Ocean?

Make sure to be responsible with your energy... don't just throw it anywhere and leave it... really see it totally transformed into a higher quality, vibrational energy.

Emotional Replacing Exercise

It is vital that we replace the old emotion with a new, fresh, clean emotion for supporting our system with change. Again, use your imagination. Make it congruent with your intention.

- *What is the emotion that I want to replace the old one with that would support me most?*
- *How do I want the emotion to appear?*

Color? Sound? Texture? Shape? Bright? Dim? Warm?

Check on it and make sure it feels right... make any necessary adjustments.

Make sure you are fully associated to this new vibrational energy that you have placed in your field. See it through your own eyes and experience it with all of your senses.

Inner Imaging

Bring up the memory & picture in your mind that you wish to change.

Check on the sub-modalities of the picture: Is it black & white or color? Is it framed or panoramic? Is it movie or still?

Shift the sub-modalities: If it's black & white shift it to color. If it's framed, then open it up to panoramic. If it's a movie, then stop it.

Notice the location of the picture in your field with your mind's eye.

Is the picture directly in front of your face? Is it to the left or right of you?

How far away from your body is it? Is it 2 inches, 3 feet away or farther?

Imagine taking the picture, detaching the emotions attached to it and clearing it from your field. You can send it out onto the horizon and drop it into a safe place in the Ocean, burn it, shred it or tear it up... whatever makes you feel the best.

Create a new positive and powerful picture. Use all of your senses to make it real and lively. See yourself in the picture. Lock the new picture into the same place where you took out the other one.

Now associate fully to the picture by looking through your own eyes and imagining the scene.