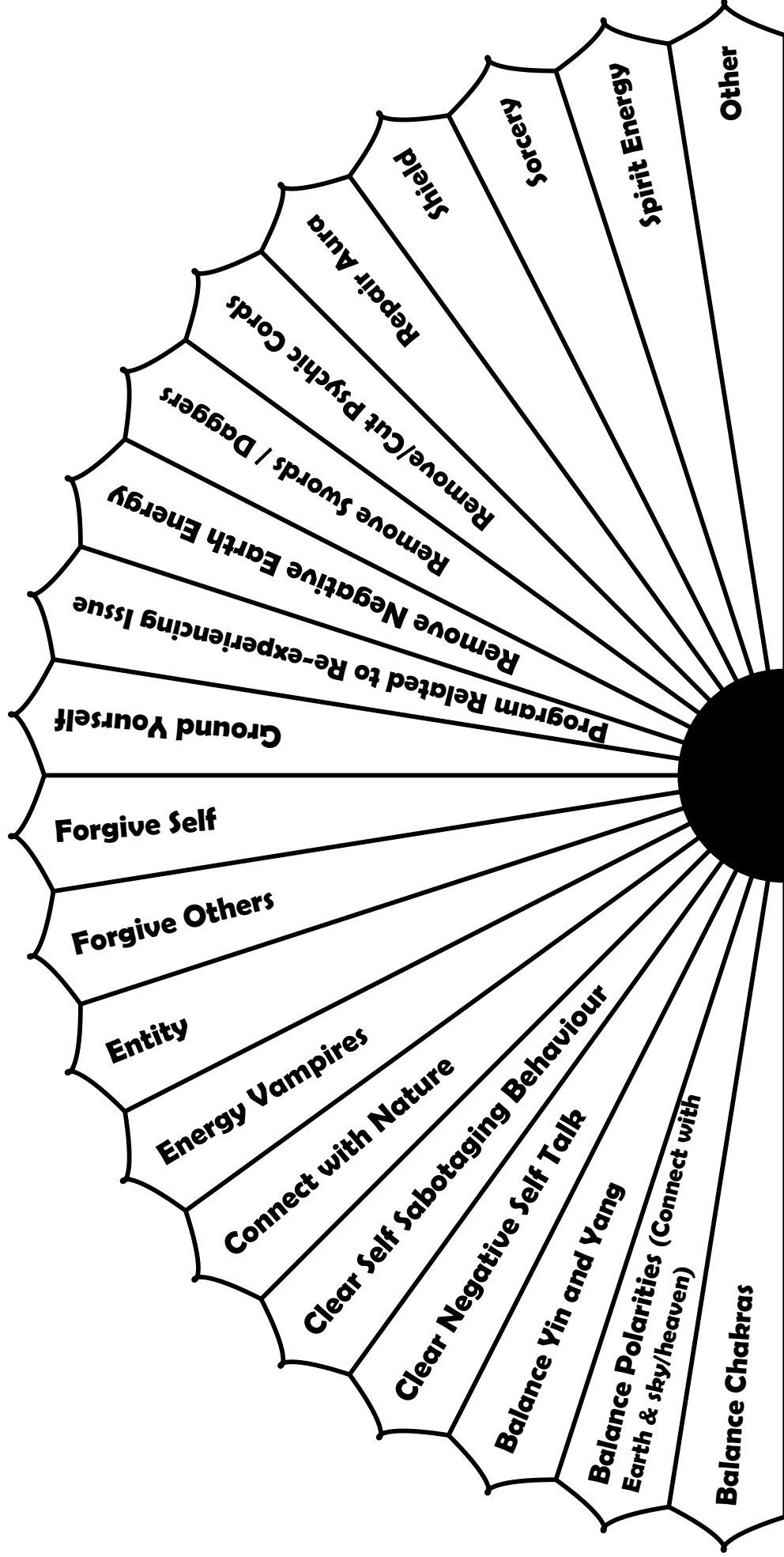


Something is Not Right

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Something is Not Right



SOMETHING IS NOT RIGHT

With all the changes going on right now it is certain that from time to time you may have the feeling that , well, Something is Not right. This chart is designed to help get some of the possible outside influences out of the way.

Create a sacred space for yourself and quite your body and mind. Make sure that your pendulum is clear.

Focus on a particular issue or ask what is interfering with your state of balance now.

Trust the order that you are being shown to clear, there is a natural order of operations that will occur. Clear each obstacle as it is presented to you.

For example: Cut or remove Psychic Cords. This may come up before balancing chakras as the cord may be affecting one of your chakras. Cut/clear the cord first so that the chakras can be balanced.

I always ask "**please fully and completely clear/cut/remove, on all levels of myself, in any direction in time, in this lifetime or any other** (not sure if this has an impact but like a lucky rabbits foot, I'm not leaving this out) **from me now**. When you are sure that the aspect is complete say **Thank you** and ask what you need to do next. Keep going until the session is done.

At that point I thank the Universe, God for this healing and that it take affect right now.

Glossary

Balance Chakras: your energy centers that assist your body to be healthy, balanced, calm and resilient.

Balance Polarities: keeps you sure footed and helps you to keep sure footed. There are may other benefits such as strengthening your protection barrier as well as unadulterated guidance.

Balance Yin and Yang: Male and female energies within your energy system.



Clear Negative Self Talk: Negative self talk can interfere with clear thinking and you may find yourself being concerned about something. Clearing your negative self talk can be such a peaceful experience allowing you to listen to your own true feelings.

Clear Self Sabotaging Behavior: this can be your ego trying to cloud your thinking and preventing you from achieving whatever it is that you desire. It can also be preventing yourself from growth.

Connect with Nature: This can mean that you are working too hard and need to be balanced with the earth, that you need sunshine or just to see the beauty of this world. None the less. Say thank you and get outside.

Energy Vampires: this is not as scary as it sounds but it sure can drain you. People or situations that drain you of your energy. Now you can't get mad at them because there is a part of you that has allowed this to happen. That's ok, however time to stop that connection. Try to avoid those that make you feel weak.

Entity: An entity can be of spirit and in some modalities also a strong unhealthy emotional attachment from a living being. This can cause personality changes, mood swings and affect your energy system.

Forgive Others: Forgiveness can set you free and sometimes we think that we have forgiven someone, something but still feel the pain from the situation. There may be an aspect of forgiveness that is still underlying and you are being guided to let it go. It is always in your best interest.

Forgive Self: Sometimes we can forgive others but still blame ourselves.

Ground Yourself: Grounding with the earth to regain or keep balance.

Program Related to Re-experiencing Issue: This clears the program that we create to re-experience that issue. Be thankful for the experience and let it go. This will reduce the frequency that the issue occurs and in the event that it does happen again it will be far less of an issue.



Remove Negative Earth Energy: This is negative energy that does not belong to us but we pick up in some fashion. You can recognize it by being in a great mood and then feeling the opposite.

Remove Swords and Daggers: This could be energetic Swords / Daggers such as strong emotion being directed at you in the distant past or recent past or even a past life energy remnant of an actual wound. They feel like they are described as a sword or dagger in any area of the physical body.

Remove and Cut Psychic Cords: cords are like tubes that drain our natural vitality and energy. They can also provide a direct connection to another person. Cords are not helpful and can be quite painful.

Repair Aura: over time your aura can become uneven, thin and even have holes and tears in it. Your aura is another level of protection for you very much like the ozone for the earth. Repairing your aura is very simple and easy to maintain, it is an excellent practice and will help to repel negative energy.

Shield: Shielding is an excellent practice and can help you to remain comfortable in difficult situations and surroundings. Shielding can also help when changes are going on that cause emotional shifting to respond to our current environment.

Sorcery: There are many forms of sorcery it can be as simple as being manipulated. Telling yourself that you can not do something and it can even be quite purposeful. None the less it can interfere with your free will.

Spirit Energy: This is a little more complicated to explain however, spirits can leave energy trails the very same way that negative energy can. It is another form of cleaning that can really boost your vitality and clear away common illnesses.

Other: when other occurs ask yourself what else you need to work on and usually the first thing that pops into your head is exactly what needs to be done. Also when I get "other" I ask if I need to use one of the other charts from <http://www.mirrorwaters.com>