

Energetic Relationship Healing

Here is a script for doing Energetic Relationship Healing.

[Do not read text within the [parenthesis]

(Beginning test- Think of a person you want to have a better relationship with, and note how you feel about them before you start.)

Close your eyes, calm your mind

Construct a stage: It can be any kind of stage you choose, a grassy area, a theater stage, a cloud, anything you like. Invite the person you seek resolution with: It can be a family member, a friend, a workplace associate, a relationship partner....

[Change wording for places, things and Sub-conscious patterns]

Know, see & feel the Aka cord connection you have with this person that goes from your heart center to theirs..... Now imagine the infinite source of love, healing, forgiveness and understanding as a bright shining globe above your head.

Allow a ray, from the infinite source, to contact the crown of your head and fill your body with the light of love, healing, forgiveness and understanding. Feel the light relax all the muscles in your scalp, flowing down, relaxing all the muscles in your face and the back of your head. The light continues to flow down through your shoulders, down your arms to your elbows, down through your wrists and down into each and every finger.

The warm, calming light flows down into the lungs, your heart, all the internal organs, down through your hips, flowing and relaxing down into your legs, to your knees, down into your ankles, down to your feet, and down into each and every toe.

Like a pitcher of clean, pure water fills a glass, the light flows from your heart center, through the Aka cord, and into the person on stage. Soon they are filled with the light of love, healing, forgiveness and understanding, as you are.

Send your message with the light, through the Aka cord;

“If there was anything, I thought, said or did that hurt your feelings, crossed a boundary

or harmed you in any way, it was not my intention for you to suffer, please forgive me.”

See that they receive, and positively acknowledge, your message with something like;

“You are forgiven.” Allow their forgiveness to register within your heart. [slight pause]

Then, like clean water flowing, from them to you, positively receive their message coming into your heart:

“If there was anything I thought, said or did that hurt your feelings, crossed a boundary or harmed you in any way, it was not my intention for you to suffer, please forgive me.”

Allow their request for forgiveness to enter deep into your heart. When you are ready, send your reply to them; “I forgive you.” See them positively receive and accept your message of forgiveness.

Hear them say, “Thank you!” Allow your forgiveness to shine from your heart.

Now that the process is complete, cut the Aka cord close to your body and allow the stage, and the person on it, to float up into the light. Know that, when you reconnect with them again -with a thought, an email, a call or a meeting - you will reconnect with them at that higher level of consciousness, from a place of complete forgiveness. This process frees you from old, real or imagined, obligations and allows you to reestablish your connection based on unconditional forgiveness, which includes love. When you are ready, return to your body in the here and now, feeling free and refreshed.

END Test [do not read this in session, read after they open their eyes]: - Can you think of the person without feeling any emotional charge?

If you still feel emotional charge (no matter how slight) then do the process again.

Do the process until the feelings feel right in the mind, body and spirit.

END