

# **Descriptions of the Blasting and Mini Healing Sessions**

## **1. Divine Ideal Extract Blasting Session**

There are so many blasting or mini-healing sessions now that I often get questions from people as to which one would be best for them at any given moment. To help people I decided to create a Divine Ideal Extract for ALL of the Blasting Sessions so people who order it would receive whatever energies they are aligned with from ALL of the individual blasting sessions.

## **2. Anger/Impatience/Road Rage/Resentment Blasting Session:**

The purpose of this session is to clear out patterns, programs, beliefs, feelings, memories and behaviors around and associated with anger, impatience, rage, road rage, resentment and berserker genetics. This includes expressed, repressed and suppressed anger, rage and resentment. And some of it is genetic in that berserker genetics was considered highly desirable for past warrior civilizations here. It always amazes me at how easy it is for me to become angry and upset and impatient I get as soon as I get into my car. Just the thought of driving can get me anxious at times but then half the people who drive in Florida really should not be on the road in the first place and the other half seem to be talking on their cell phones while driving. This session also transmutes beliefs, feelings, memories and past experiences that may reinforce or support anger, rage, resentment, road rage and impatience.

## **3. Animal Clearing, Healing and Blasting Session**

I wanted to create a blasting session to assist animals. Several years ago I brought in an Energetic Tune-Up Program for humans and I got that in this session for animals I could download the equivalent thing for animals. This blasting session also helps clear the energetic spaces of animals; heals energetic weaknesses and imbalances; helps animals to clear out energies they take on from humans and the planet; releases EMF energies and has a lot of genetic healing profiles as well. The purpose of this session is to help restore animals to a state of energetic balance and optimal physical, emotional and spiritual health and well-being. When you order this **session please specify in the instructions section of the checkout form the name of the animal, species and breed** so the energies can be sent to that animal after the order has been successfully entered.

## **4. Bad Habits/Self Sabotage/Addictions/Cravings/Self Destructive Blasting Session:**

Almost everyone I know, including myself, have areas in our lives where we sabotage ourselves or engage in self destructive behavior or bad habits that are not aligned with our highest good and no longer serve our spiritual evolution. The most obvious example of this would be in the areas of addictions and cravings for substances that

## Blasting and Mini Healing Sessions Practitioner Manual

do not serve us in any way whatsoever. Everyone who orders this blasting session will receive a lot of healing but you do have the ability to add on to it if you are aware of specific things you want a blast of healing energy for. After you place an order for a Bad Habits/Self Sabotage/Self Destructive/Addictions/Cravings Blasting Session, I have asked the Creator to pulse energy to you to: Initiate a scan whereby the Creator and the highest level aspect of your monad look at the areas and ways in your life that you sabotage yourself, determine what addictions and cravings you have (some of which you may not consciously realize are addictions - especially in the area of food) and look at the bad habits and self destructive patterns, programs and behaviors you have that are not aligned with your highest good and which do not serve your spiritual evolution.

This session helps provide the energetic support and healing profiles you need in the NOW moment to:

- Release cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors with ease and grace;
- Reduce the energetic resonance you have with cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors with ease and grace;
- Deadened the craving for an addictive substance;
- Scrub and clear the brain chemistry of addictive substances;
- Boost your will power and align your will with that of the Creator and highest level aspect of your monad;
- Help to align yourself and deepen your spiritual connection with the highest level aspect of your monad which is the strongest and most energetically pristine part of who you truly are;
- Clear, heal and transmute any genetic dispositions to cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors with ease and grace;
- Clear, heal and transmute any energetic weaknesses, imbalances, illness or disease states that are promoting, enabling or reinforcing cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors with ease and grace;
- Clear, heal and release the energetic origins and sources of cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors with ease and grace from not only this life but also past lives, parallel lives and future lives;
- Angelic healing profiles for cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors with ease and grace;
- Holy Spirit Shekinah healing profiles for cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors with ease and grace;
- Angelic genetic healing profiles for cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors;
- Angelic love and healing washes for all areas in our body and life that are impacted by cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors;

## Blasting and Mini Healing Sessions Practitioner Manual

- Angelic healing profiles for forgiving our self, others and Spirit for cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors;
- Angelic healing profiles for all relationships impacted by cravings, addictions, bad habits, self sabotage and self destructive patterns, programs and behaviors
- and much more . . .

### 5. Cold/Flu/Virus/Fever/Bacteria/ Microorganisms/Sore Throat/Immune System Blasting Sessions:

This was inspired by one of my favorite clients in London who always asks me to blast him healing energies when he feels he is getting a cold or virus. The purpose of this blasting session is to enhance and boost your immune system so you are resistant to illness and disease. Good for people with ongoing health challenges as well as for people who want to maintain optimal health and well being. **Please note that this blasting session has a lot of healing energies in it that everyone can benefit from even if they do not feel that they are getting sick.**

After you place an order for a common cold/flu/virus/sore throat blasting session, I have asked the Creator to pulse energy to you to:

- Clear, heal, purge, transmute and dissolve all less-than-love colds, flu energies, fevers, viruses, microorganisms, parasites, free radicals, etc. from your energetic bodies and physical organs, systems and cells;
- Clear your home, real and personal property of any all less-than-love cold and flu energies, viruses, microorganisms, parasites, free radicals, etc. from your energetic bodies and physical organs, systems and cells;
- Boost your immune system;
- Heal, clear and release any energetic weaknesses, imbalances, illnesses and disease states associated with the common cold, flu, virus and sore throat;
- Clear, heal and release any all less-than-love illnesses, viruses, microorganisms, parasites that you took on from other people especially co-workers and children;
- Shielding from taking on any all less-than-love viruses, microorganisms, parasites, free radicals, etc. from your energetic bodies and physical organs, systems and cells from other people.
- Clear out any energetic resonance with colds, flu, fevers, less than love bacteria, organisms, viruses and free radicals;
- Angelic genetic healing profiles for the DNA/RNA, chromosomes and genetic predispositions to imbalances, illness and disease;
- Angelic healing profiles for all energetic weaknesses and imbalances; damage to energetic bodies, organs and systems and illness and disease states;
- Angelic healing profiles for pain, suffering and headaches;
- Overlighting Deva of DNA genetic healing profiles;
- Overlighting Deva of Health healing profiles for optimal physical, etheric, emotional, mental and spiritual health and well being;

## Blasting and Mini Healing Sessions Practitioner Manual

- Angelic love and healing profiles for the immune system; physical and energetic bodies, organs and systems; quantum fields, parts and particles and much more.

### 6. Detoxification Blasting Session:

We live in a world where we constantly are exposed to and absorb into our bodies and blood systems substances that are toxic to our well being. While most things are eliminated through the elimination and endocrine gland systems, some things are retained by the body indefinitely. **If you order this session for yourself, PLEASE DRINK LOTS OF WATER AND WAIT AT LEAST FIVE DAYS BETWEEN ORDERING IT to give your body time to fully process the energy transmission and to release toxins and heavy metals.**

After you place an order for the Detoxification Blasting Session, I have asked the Creator to pulse energy to you to:

- Initiate a scan of the physical body to identify toxicity, alkalinity, oxygenation and deposits of heavy metals to determine how much detoxification the individual can handle with ease and grace in the NOW;
- Gently flush out toxins and heavy metals from the physical body without going through the endocrine gland system;
- Healing profiles for all the physical body organs and systems especially ones to strengthen and upgrade the central nervous, circulatory, elimination and endocrine gland systems and all organs and glands;
- Holy Spirit Shekinah cleansing of toxins and heavy metals with ease and grace;
- Purification of the blood;
- Healing profiles to upgrade the water component of the physical body;
- Clearing and healing the brain chemistry and cleansing the minds and brains;
- Healing profiles for the chakras, meridians, strange flows, nadis and energetic systems;
- Healing profiles to clear out and heal negative, dark, heavy, slow-moving, stuck, congested, damaged, blocked energies from the physical and energetic bodies, quantum fields/particles and energetic spaces;
- Healing profiles to heal any blocks people may have to the optimal circulation of prana/chi/life force energy throughout their energetic bodies, organs and systems;
- Healing profiles to help restore the most perfect possible level of alkalinity and oxygenation;
- Angelic love and healing wash for areas where toxins and heavy metals are released and for the entire quantum fields, parts and particles; energetic bodies, organs and systems; genetics and DNA blood;
- Integration profiles for ease and grace and much more.

### **7. DNA/RNA/Genetics Blasting Session:**

One of the biggest blocks we have to healing ourselves is locked into the DNA and genetic codings we are born with. People who are born with genetic predispositions to illness or disease or who believe that they have this pattern often feel trapped in a no win situation. This blasting session helps to heal, clear, transmute and release less-than-love genetic programming and genetic dispositions to disease. Also clears out a lot of self sabotage and limitation profiles that are stored in the DNA, chromosomes and genetics. This session also helps to upgrade the functioning of the endocrine gland system and especially the pineal gland that holds the master cell for the DNA and realigns genetics and DNA to divine ideal blueprints for each individual.

### **8. Downer Emotions and Fear Blasting Session:**

We all have days that begin well but go awry. This session helps you to reset the energy of your day by blasting out downer emotions like fear, stress, anxiety, worry, grief and depression so that you can function from a state of emotional positivity and inner peace. After you place an order for a downer emotion blasting session, I have asked the Creator to pulse energy to you to:

- Clear stress, fear, sadness, sorrow, guilt, grief, depression, worry, tension, disappointment, neediness – all fear-oriented and fear-based emotions;
- Reset the energy of your day;
- Heal emotional wounding, trauma, armoring and damage;
- Restore you to optimal physical, emotional, mental and spiritual health and well-being;
- Healing for your inner child and personality self;
- Boost your level of emotional positivity and sense of joy, balance, groundedness, inner peace, sense of well-being and positive mental attitude;
- Clear energetic blockages, imbalances and weaknesses so your life force energy can flow better;
- Transmute any energetic resonance with fear-based, downer emotions;
- Angelic love and healing wash for your feelings, emotions, memories, emotional body, physical heart and circulatory system, multidimensional heart;
- Angelic love and healing wash for your thoughts, beliefs, memories, mental body, minds and brains, DNA and genetics;
- And much more . . .

### **9. Energetic Systems Upgrade Session:**

Many people are now familiar with the importance of the chakra energy centers and the meridians and strange flows to establishing and maintaining optimal physical, emotional, mental and spiritual health and well-being on all levels. Less well known are the nadis, acupuncture points and the chakra energy centers for the emotional, mental and spiritual bodies. This session helps to clear blocked, stuck, damaged, slow, dense, less-than-love, negative, dark energies, patterns, programs and influences from the chakras, meridians, strange flows and nadis. It also works to heal

## Blasting and Mini Healing Sessions Practitioner Manual

and repair the aura, multidimensional heart, our connection with universal mind and the energy systems not only in the physical body but also in the etheric, emotional, mental and spiritual bodies as well. Helps restore balance, beauty, harmony and order to the energetic bodies, organs, systems and the quantum fields, parts and particles - restoring them back to the optimal health and well-being of the original Creator blueprints. Helps to encourage energetic flow and balance.

### 10. Enlightenment Blasting Session:

A lot of my clients feel stuck on their spiritual path or in limbo or transition. Many of them are not happy with where they are but their world service path has not clarified so they are in limbo. When people order the Enlightenment Blasting Session, I have asked the Creator to automatically pulse energy to people to help you:

- Align with the highest level aspect of your monad (the soul of their soul);
- Clear any blocks you have to awakening and opening your heart/ heart chambers and living with passion from your heart;
- Clear any blocks you have to aligning with the most loving destiny and world service contracts you made with the Creator prior to incarnation;
- Awaken and activate your spiritual and healing gifts to the extent that is aligned with your highest good and supports your spiritual evolution;
- Connect you more deeply with your intuition and inner guidance; Live more authentically, to be true to yourself, to trust yourself and your path and to speak your truth with love;
- Clear, transmute, dissolve and release fear, core fear, fear-oriented emotions, thoughts, genetics, programs and memories;
- Release self sabotage; doubt and limitation;
- Clear, heal and transmute your shadow;
- Clearing your energetic spaces and less-than-love things you took on from others and the planet;
- Release and forgive your past so you can live in the NOW moment; Heal your relationship with the Creator;
- Transmissions to help you unplug from the third dimensional matrix and mental paradigm
- And much, more . . .

### 11. Home, Land, Car and Personal Property Clearing & Blasting Session

This is something that would be good to do every week or month to keep your home, land and personal property cleared out energetically. After you place an order for a home clearing and blasting session, I have asked the Creator to pulse energy to your home, real and personal property to:

- Clear the energetic spaces of your home, car, real and personal property and personal office/work spaces;
- Cleanse, transmute and dissolve less-than-love stuck, congested, blocked energies, beings and influences from your home and car as well as all of your real and personal property;
- Heals your land and all other real and personal property including your car;
- Heals and clears less than love energies from your food and water;
- Feng Shui healing profiles to energetically upgrade your home, car, real and personal property;
- Clears out less-than-love energies that originate from other people that are in your home, car, real and personal property;
- Bring in the shielding, filters and protective energies that are aligned with your highest good at the time the order is placed;
- Angelic love and healing wash for your home, car, real and personal property;
- Holy Spirit White Gold Flame Cleanse for your home, car, real and personal property;
- Archangel Zadkiel Violet Gold Flame Cleanse for your home, car, real and personal property;
- Archangel Michael Clearing and Shielding for your home, car, real and personal property;
- And much, much more. . .

**Important Note: You must be either the owner, renter or living in the space to request this healing.**

### 12. Karma Healing and Amelioration Blasting Session:

In order to complete the planetary ascension process, people have to heal and ameliorate 50% of their planetary karma. During this time of accelerated spiritual evolution, there are cosmic dispensations of grace to help people to clear and transmute their karma in order to help Gaia and humanity to ascend. This blasting session is one way to work with and interface with the Karmic Councils of Love to heal and ameliorate your karma. This is a blasting session you may want to do when you are having relationship challenges in your life because many of the important actors in your life script are people you have karma with or they have karma with you.

### 13. Money Blasting Session

After you place an order for a money blasting session, I have asked the Creator to pulse energy to you to:

- Clear less-than-love, stuck, congested, blocked financial energies;
- Dissolve any less-than-love energies around money we take on from other people, mass consciousness, media, planet, etc.
- Transmute, release and dissolve blocks to attracting money, success, wealth, prosperity and abundance to you on all levels;
- Dispel, transmute, clear, release and dissolve financial stress, chaos, fears, karma, neediness, worry, anxiety, etc.;
- Heal, clear, transmute, release and clear out financial adversity, bad luck, interference, reversals, curses, spells, hexes this type of thing;
- Embody the attributes of generosity, thankfulness, appreciation, fulfillment, contentment, etc.
- Heal past incidents and memories of financial adversity, bad luck, reversals, etc.
- Healing your relationship with money profiles;
- Transmuting negative self talk or random inner dialog around money;
- Clear, heal, release and transmute any energetic resonance with less than love financial frequencies, influences, conditions and emotional states;
- Blasting financial interference and manipulation;
- Angelic abundance, success and prosperity reinforcing profiles;
- Angelic healing profiles for lack and scarcity consciousness;
- And much much much more.

### 14. Negative Self Talk Blasting Session:

We talk to ourselves all of the time and the quality of our lives is largely determined by what we say to ourselves. This is one reason why so many people struggle to work with the law of attraction – they focus on good affirmations and positive thinking but their self talk is so continuous and strongly engrained and so negative and basically on auto pilot that it negates all of the conscious inner work they do. And then people get frustrated and discouraged and say it doesn't work which increases the negative self talk and digs them deeper in the hole. Anyway the purpose of this session is to help blast the cycle and power of negative self talk or random inner dialog - to break it up energetically so that it is easier for you to create a life that works for you and supports you energetically on all levels.



### **15. Not Living Authentically Blasting Session:**

I have spent a lot of my life trying to identify areas of my life where I am not true to myself and not authentically being who I really am. And not surprising in most of my sessions with clients this comes up over and over and over again. We live in a very dysfunctional world and we are trained at an early age to seek approval from others and to basically validate who we are internally by how people externally respond and react to us. We try to please others beginning with our parents so that we will be loved and honored for who we are. Whereas the only way to be truly loved and honored for who you really are is to love and accept yourself unconditionally. We pay an energetic price for not living authentically in that we close down our hearts and become numb and emotionally disconnected and lose the sense of joy and passion and wonder and magic in our lives. Anyway the point of this blasting session is to help you clear out the areas, patterns, feelings, beliefs, memories, programs and behaviors that block you from living authentically and being true to yourself. This session also has energies to help you to align with your I AM Presence or the highest level aspect of your monad that is the real you.

### **16. Procrastination/Confusion/Scatteredness Blasting Session:**

In a way I view procrastination as one of the most common forms of self sabotage and self destructive behaviors. A lot of times people do ninety percent of the work of bringing something in and then they falter in the last leg. This session helps clear out patterns, programs, beliefs, feelings, memories and behaviors around and associated with procrastination, confusion, scatteredness and self sabotage. Helps to boost and strengthen clarity and the ability to concentrate, focus and persevere. This session helps you to align your will to the will of the highest level aspect of your monad. Clears any blocks, resistance and obstacles you may have to setting and achieving your goals and objectives and completing the projects you start. Heals distortions in brain chemistry that may prevent you from being able to concentrate, focus and persevere. This session also transmutes beliefs, feelings, memories and past experiences that may reinforce and support procrastination, confusion, scatteredness and self sabotage.

### **17. Relationship Clearing, Healing and Blasting Session:**

I tried to package everything people come to me around relationships into this session. Helps you heal your relationship with your parents, siblings, less-than-love, negative, dysfunctional and toxic family of origin stuff as well as healing for "in-law" relationships and "in-law" toxic family stuff. Has past life, parallel life and future life healing profiles for your most important relationships. This session also helps you to heal your emotional and mental bodies. If you are working on a specific relationship, please mention the name of the person in the Special Instructions section of the checkout order form.

## **Blasting and Mini Healing Sessions Practitioner Manual**

Some of the energies in the relationship blasting and mini healing session address areas like:

- Helps you to clear blocks you have to speaking your truth with love and living authentically with passion from your heart.
- Clears and transmutes judging, comparing, criticizing, blame, shame and guilt.
- Clears and transmutes patterns, programs, influences and behaviors around neediness, codependency, abandonment, betrayal, desertion, broken heartedness, cheating, dishonesty, sadness, sorrow, depression, jealousy, lust, possessiveness, anger, people pleasing, seeking validation and approval from others.
- Healing, karma amelioration and forgiveness profiles for relationships with family members, sexual, romantic and intimate partners and the people you work with or for.
- Includes lots of healing profiles for the inner child and personality self/selves and the healing of emotional wounding, harm, damage, armoring.
- Helps you to open your heart/mind and to be calm, neutral and detached no matter what is going on around you.
- If you are working on attracting or creating a romantic relationship, it helps clear any blocks you have to attracting the most perfect possible partner into your life. If you are in a relationship, it works to help heal your relationship with your partner and take it to the next level. Healing profiles around grief and grieving for important people in your life transitioning on.

### **18. Releasing the Past Blasting Session:**

Most people on Gaia live out and replay the patterns of their past over and over and over again - no matter how painful they may be. It is sort of like that movie Groundhog Day where the actor spent the entire movie playing out the same day with different choices. This session helps clear out the less than love energies, programs, patterns, memories, attachments and behaviors from our past history so that we can live fully present in the NOW moment where we can influence the course of the rest of our life. It clears out the dysfunctional programs we received and believed in at a very early age from our family of origin, friends, schools, churches, mass consciousness, media, movies, television, music advertisements, etc. Helps you to release the stranglehold of the past so that you can energetically begin over without a lot of the garbage from the past to hold you back. Also has energies to help people forgive themselves and others and to heal past relationships as well. So has lots of energies to heal sadness, grief, grieving, that type of energy as well. Carpe Diem!!!

**19. Self Love/Esteem/Worth/Acceptance Blasting Session:**

I am a firm believer in the power of self love. I feel it is impossible to create a life that works unless it is built on a firm, solid core foundation of self love, esteem, worth, acceptance, trust and confidence. When you order this session, energies will be sent to you to heal, clear, transmute the areas, beliefs, feelings and memories that block you from loving, accepting and believing in yourself 100%. The more you love and accept yourself the better your relationships and ALL areas of your life will be. The purpose of this blasting session is to help you to love, trust, accept and believe in yourself to the fullest extent you can at the moment of ordering.

**20. Soul & Heart Fragments Return/Retrieval Session:**

In many shamanic traditions on this planet, shamans would do soul returns or retrievals. A lot of times when we have karma with someone or an important relationship like parent and child often we take on part of their energy and they take on part of ours. With our mothers there is an actual exchange of blood between mother and child which strengthens the energetic connection. Often when we give our power away to others or take power away from others there is an exchange of heart and soul fragments. This exchange keeps us intertwined or intertwined energetically with people even when the association no longer serves our highest good or spiritual evolution.

**21. Transmuting Less-than-Love YOU Energies Blasting Session:**

As I was contemplating the Blasting Non YOU Energies Session, I realized that most of my personal healing and clearing work is focused around healing and clearing my shadow side, adversary within, personality self/selves, mental body, ego mind and random inner dialog or negative self talk since these areas are the biggest source of energetic weaknesses and imbalances. So I focus a lot on healing, clearing and transmuting the less than love energies that originate from within myself. So I thought it would help me personally a lot to have a Blasting Less-than-Love YOU Energies Session so I downloaded one.

**22. Transmuting Non YOU Energies Blasting Session:**

A lot of healers, teachers, channels and starseeds on this planet are highly evolved souls who do not always have the best energetic boundaries with other people. Many of these beings are very strong empaths who take on the energies of the people around them - from family members, friends and co-workers and planetary energies as well. When you take on energies from other people, you do not help the other person so much as you take on more stuff for yourself to clear and transmute.

## **Blasting and Mini Healing Sessions Practitioner Manual**

The more energy you take on from others, the harder it is to stay calm, clear, neutral, balanced and present in your own energy. This blasting session helps to clear out any energies that are not aligned with your highest level aspect of your monad - the ones that are not aligned with the highest good of all, the ones that no longer serve your spiritual evolution and the ones that can be integrated now with ease and grace. It also helps to release any discarnate beings that are in your energetic spaces and send them on to their next step in their spiritual evolution.

**Please note that this blasting session can help everyone since people who are not empaths take on other people's energies and are impacted by other people as well they just don't feel it as much.**