

7 Steps to Heal Yourself and Increase Your Clairvoyance



by Debi Emerson

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Are you wondering what healing yourself has to do with increasing your clairvoyance. Well...read on and you will soon find out!

Step 1 Grounding

If you have been playing in the realms of consciousness for even a little while, you have probably heard the term grounding or being grounded. You may have heard people who aren't grounded referred to as flaky, all over the place, they have their head in the clouds or they're not in touch with the 'real' world. All of these terms describe someone who is not fully present in their body.

You see, the body, being part of the physical world only exists in the third dimension. The third dimension is governed by the laws of time and space. Where as 'you', the owner of the body, as the eternal spiritual being that you are, are not bound by time and space. You are awareness, and as that awareness you can send your awareness anywhere; you can be aware of many things all at the same time. This is really cool, but if we forget to call ourselves back, to our home base, which is our human body for this particular life time and incarnation, then we truly are scattered. Our consciousness, our power and our potency is greatly diminished.

The truth is we have already mastered 'being' spiritual. We are here to master the challenges and the joys that come along with experiencing life here on Earth as a human being.

Now, what does grounding have to do with this? Most of us are aware of and understand the basics of grounding as it's related to electricity. The electricity is drawn into the Earth, where it is neutralized, and drained away so that it isn't harmful.

All of the energy of 'life' also has the qualities of electricity; positive and negative charges, that attract and repel. Each life form on the planet, is made of of life force energy. But even though we are all made up of the same life force energies, we are each unique. Our individual uniqueness also creates a unique energetic signature.

Our unique energy works perfectly in our energetic matrix. But, we live in a sea of energy so to speak. We interact with other lifeforms constantly, and in our modern age, we are also bombarded with radio, tv and microwaves. All of this affects the integrity of our own unique energetic matrix.

Is it any wonder that so many of us have physical, mental and emotional challenges? The beginning of the solution is actually very simple and it begins with grounding.

Grounding is connecting to the Earth. The Earth is a sentient being, with a female vibration. She does much the same as our own individual mother's did for us. She provides us with a beautiful home, food, water, entertainment, love and nurturing. Just as many Earthly mother's she is willing to give her all, for us. She is powerful and capable beyond measure. And most importantly she wants us to be more fully connected to her.

And yes we are all connected to her to one degree or another. If you weren't at least a little bit connected and a little bit in your body, you would have already made your exit from this human incarnation.

As you learn to ground, and practice connecting with awareness and intention, your connection to the Earth and your relationship to the Earth will grow stronger. Along with this your connection to your body and your relationship with your body will grow stronger. A better relationship is the same thing as saying better communication. Have you talked to your body lately? No, I didn't think so. That's not something that we are typically taught. I encourage you to give it a try. Your body has it's own unique soul and along with that it's own unique intelligence. It wants your love, attention and caring just like any other friend.

Tune into your body now. How is your body feeling? Does it feel neglected, abused, scared? Take a moment to simply say 'hello'. What happens? Say it again and again, until you feel some kind of response. Maybe it's just a lightness, maybe it's a tweak or a twinge. This is your body waking up and beginning to respond to your attention by simply saying 'hello'. What if you began to say 'hello' to your body each and every day. How would that change your relationship with your body?

So, here we go, I'm going to teach you the mechanics of grounding as I have been practicing it for 30 years. You may have a grounding practice and that is fantastic. Many people imagine roots growing out of their feet or something a little different. I encourage you to give my method a try. And there is a reason that I don't teach the roots growing out of your feet. There's nothing



wrong with that in any way, but in the method I use, there is a step that comes later in my more in-depth trainings that uses the feet and energy channels in the legs in another way. And I also don't teach sitting directly on the ground to do this practice, as it can sometimes be too much for the root chakra and cause some damage to that energetic structure, creating more problems. And my idea here is solve problems and challenges, not create more.

Grounding, the practice:

Sit upright, with your feet flat on the floor, your hands resting gently in your lap and your back comfortably straight. Notice your breathing, say 'hello' to your body. Put your attention on and be aware of the area near the base of your tail bone. This is where your root chakra lies.

Imagine a nice big tree trunk, cut off so you can sit on it. Imagine yourself sitting on that tree trunk and your root chakra energetically connecting to the tree trunk. See the tree trunk extend all the way down into the center of the Earth with the roots connecting into the Earth.

Notice how it feels as you intentionally create that nice strong connection to the Earth. Say 'hello' to the Earth. Do you receive a 'hello' back? Bring your awareness back up through the tree trunk into your body.

You may notice that you feel more present and that your body has relaxed. Your body loves to be connected to the Earth, it makes it feel safe. And when you are more present in your body, your body feels happier. After all, when you ultimately make your complete and final exit from the body, since you are an eternal spirit, you will simply continue on to your next adventure. Not so the body that is mortal. It will die and return to the elements of the Earth from whence it came. When you're not fully there, the body tends to get a little nervous and misses you.

It's a good idea to update your grounding at least once a day. Look around and notice that you have a panel of buttons somewhere in your energetic space. Press the 'drop grounding cord button' and recreate your grounding just as we did above. Each time you re-create/re-imagine your grounding, it becomes stronger and more powerful.

Oh, and lighten up, have some fun, this isn't 'serious' work. Let go of effort. As you begin to work with energy in the realm of spirit, it's all about making a decision. Simply set your intention and it's done; it happens so fast, it's already done before you complete your thought.



Yah! You've completed the first step to healing yourself and increasing your clairvoyance!

Step 2 Releasing

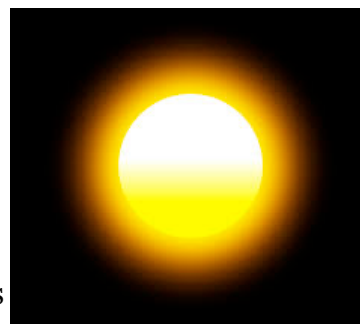
The second reason being grounded is so important is that it gives you a place to release foreign energies into the Earth to be recycled. On that panel of buttons, look for the one that says 'release foreign energies'. Press it. Your grounding cord, with the help of gravity will begin to gently release all the energetic debris that isn't yours out of your body and energetic matrix. How does that feel? Do you feel even lighter, calmer and maybe even a little bit happier?

We can carry around an amazing amount of stuff that isn't ours. It makes us feel heavy and interferes with the healthy, natural flow of our own energy. It has other peoples thoughts, feelings and problems in it. If we try to solve something that's not ours to solve, it creates discord and sometimes even dis-ease in our bodies. So now you know you can simply let it go and let more of your own life force energy and awareness flow. Doesn't that feel good?

Step 3 Replenishing

Do you remember that thing that you learned in science class that says, Nature abhors a vacuum?" Well it's true. You just released a whole bunch of energies, pictures, programs, feelings, emotions and problems that weren't yours. You now have more space available for you to bring in your life force energy and awareness. This next step is very important. You want to purposely and intentionally fill yourself up with your own energy.

Imagine a big golden sun above your head. This golden sun will call back, magnetize your life force energy from wherever you may have left it. It's like calling the kids in as the end of a game of hide-and-seek. Remember I said, you are spirit and in spirit there is no time and space? You can be anywhere, past, future, in the dream space. Well, often times you leave some of your energy, pieces of yourselves in those places and forget to call it home. The gold sun is a simple way to call your energy back to your body, where you are in present time.



Imagine this gold sun getting bigger and bigger as it fills up with your own beautiful unique brand of life force energy. Then imagine reaching up and bringing that gold sun in and through your physical body, your aura and all the aspects that make up your energetic matrix. Let that energy continue to fill you up until you are completely full. Then simply lean over at the waist and let any excess spill off into the Earth.

Ahhh! Doesn't that feel wonderful? You may feel as if you just had a really nice massage; quiet, peaceful, relaxed and more comfortable that you have felt for a long time. This is the beauty of having your own energy in your own space; (aka your body and energetic matrix).



Step 4 Neutrality

The next step in this healing process has to do with bringing yourself into a neutral space. Why you may be asking, would you want to do that? Isn't neutrality boring? In my experience coming from a place of neutrality is coming from a place of power.

When you are neutral, you can look at and access the information that is coming in. You can make better decisions. If you are caught up on an emotional roller coaster, it's more difficult to make clear, rational choices.

So how do you place yourself in this space of neutrality? Put the pointer finger of one hand on the bridge of your nose, now place your other pointer finger on the back of your head. Imagine a light shining directly through your head from finger to finger. Next, move your fingers so that they are touching each temple. Again imagine a light flowing from finger to finger. Notice where those lines of line cross; x marks the spot as they say on a treasure map.



You have found your own personal treasure. This is a sacred, energetic, sanctuary that exists in the very center of your head, in the center of your brain; basically inside the center of your pineal gland. The pineal gland looks like a small pine cone in the very center of your brain. It is also known to be the source of your clairvoyance or clear seeing.

You will find this place and space of neutrality by 'being' in the center of your head. When you first start to go into the center of your head you may notice that you're not



alone. You may find other energies that are hanging out there, because this is a way that you can be controlled. The more you occupy the center of your head space, the more you will push out these other energies. You will begin to re-own this space for yourself; the energies that have been exerting their influence on you will have less and less power over you.

They may kick and scream a bit at first, but the bottom line is they don't belong there. This is your territory and yours alone, nothing and no one has any right to be there, so feel free to give them the boot; kick them out!

With a little practice you may notice your thoughts are clearer and more ordered. You may also notice that it's quieter with less mind chatter. Yah! you're making great progress on owning your space and healing yourself.

Step 5 Amusement

I briefly mentioned lightening up and having fun awhile back. I would like to talk about the importance of amusement. There's a reason that the saying says, "Laughter is the best medicine."

Everything is vibrational. It has a unique energetic frequency or signature. Emotions vibrate at different frequencies also. There are the lower level emotions such as anger, fear, apathy, boredom, and seriousness. They vibrate at low, slow frequencies. Consider how many times you've been told to 'be serious' about something. The vibration of seriousness is just a little bit above the vibration death! So what do you think, is that a great vibrations to hang out in?

I would tend to say no!



As you continue your exploration of energy and consciousness you will begin to realize more and more that the predominant programming in the collective consciousness of humanity isn't there to set us free and empower us; quite the opposite.

Now let's look at the emotions of joy, happiness, enthusiasm. They vibrate at a much higher frequency. Take a moment to read the previous list or say the words out loud. How does this make you feel? Do you notice the difference between the lower level emotions and the higher level emotions?

The point I'm getting to is that when you are vibrating at the lower level emotions, aka low frequencies, it's very difficult to let go, release energies, and heal yourself. Since everything is frequency and vibration, the strongest most predominant frequency will influence all other frequencies within its realm of influence. And by their very nature, the higher, more positive emotions are stronger and more powerful than the lower level ones. Have you heard it said that one loving thought has the power to cancel out 100 negative thoughts? This is a demonstration of the power that positive, high frequency emotions contain.

As you practice letting go of what's not you, (aka foreign energies) and bringing in what is you, (aka gold suns filled with your life force energy and awareness), you will continually raise your vibration and be able to consistently hold a higher and higher frequency. And the beauty of this is that you will become the strongest most predominant frequency within your sphere of influence. It also means that you will be less affected by other lower vibrating energies as they won't be able to 'stick' to the high frequency vibrations that you are running. The picture that I see is that when the lower level emotions and energies try to find their way into your energetic matrix, they will be zapped, like hitting a powerful force field. I think that's pretty cool!!

So back to amusement. Putting your attention on amusement and intentionally generating feelings of amusement, will go a long way to assist you as you begin to let go of the old heavy debris that you've been carrying around, thinking it was yours to heal, solve or bear the burden of. Whew!! I think that's pretty exciting. It's like being given permission to drop that giant stone you've been carrying around because somewhere you got the idea that was what you were 'supposed' to do. So just 'drop it' now!

As you consistently raise your vibration by coming up to amusement, all of the lower vibrating frequencies start to be catapulted out of your space, simply and easily. So...being in amusement makes it simple to release all of the junk you've been carrying around for way too long.

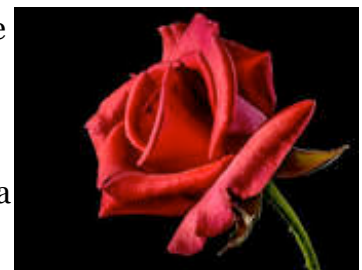
Step 6 Boundaries

As you continue this process, you will find that your personal boundaries naturally will get stronger and stronger. In the beginning of your practice it is helpful to use a tool that will remind you and others that you have the right to your own energetic space. A simple way to do this is to place an image on the outside edge of your aura, the energetic bubble that surrounds your body.

Imagine a beautiful rose right outside of your aura. Take a moment to admire it and your ability to simply, easily and effortlessly create this beautiful rose. Take a moment to acknowledge that you are a powerful creator. Woo hoo, how does that feel?

Extend the stem of the rose all the way into the center of the Earth so that it is grounded. Now this rose will be doing several things for you. It will mark the boundary of your energetic space and remind others not to enter in uninvited. It will 'catch' energies that come your way, kind of like a baseball catcher's mitt catches a ball. And it will release the energies it catches into the Earth to be recycled and returned to from whence they came. Essentially, it will prevent you from getting re-programmed by other energies that may want to exert their influence over you.

It's a good idea to update this tool at least once a day. Simply imagine putting a bomb under the rose and exploding it. Or you can imagine popping it like a balloon, or hitting the delete button. Play around with what's most fun and works the best for you. Remember you are a powerful creator and you can do it 'your way', as the old Frank Sinatra song says.



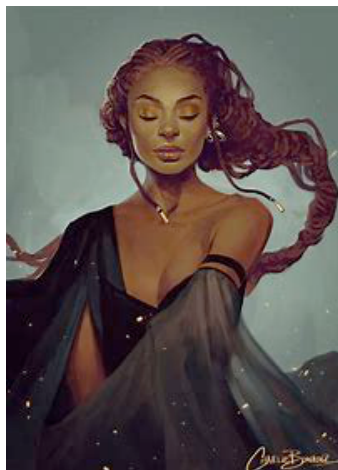
Step 7 Present Time

We are here on Earth in this particular human incarnation for reasons that our soul has chosen. The more we can be here, in our bodies, the more we will be in present time. The more we are in present time, the more we will be able to fully experience our humanity. The more we bring our Divinity into our humanity, the more we bring heaven to Earth.

So the key to being in present time, is to simply be more focused and present in your physical body. As I mentioned earlier, the physical body is bound by time and space, so it is our anchor to present time.



As you continue to use these simple and powerful tools, you will open up more space in your energetic matrix that had been occupied by all of the clutter that wasn't even yours. You will bring more of you, your divinity, your life force energy, your consciousness and awareness into the body. This way you will have greater and greater access to all of the information and experiences that you as an eternal spiritual being has accumulated.



So now, to increasing your Clairvoyance. As you have been putting these tools into practice, you've been asked to imagine things quite a bit. What happens when you imagine something? You 'see' an image, a mental image picture in your 'mind's eye'.



This has been waking up your clairvoyant muscle so to speak. The leap from intentionally creating or imagining something in your mind's eye such as a memory from the past, to asking a question and receiving a picture in response, isn't really a leap at all. It's as easy as simply placing your foot on a stone in a narrow bubbling creek and crossing over.

Imagination and clairvoyance is so closely linked that it truly isn't even a crossing over. It's like anything else that is so much a part of you that you take it for granted. You have been naturally using your clairvoyance your entire life. So relax, play, have fun, let go of effort. Practice these simple, yet extremely powerful tools on a regular and consistent basis. And your life will change.



These are the tools that I began using almost 30 years ago to increase my clairvoyant abilities. I have taught these tools to hundreds of students over the years. They are the foundation of the clairvoyant training classes that I offer. They have helped hundreds of my students simply and easily develop their clairvoyance and become more confident in the information they receive.

I hope you have enjoyed this little ebook. And I hope that as you incorporate these tools into your spiritual practice, they become a valuable asset in your life as they assist you in healing yourself, developing and trusting your clairvoyant abilities.

I would love to hear from you...questions, comments, aha's and insights.

Sending you much love and many blessings,

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