

Hello and welcome to the space!

I am so happy you are here receiving...

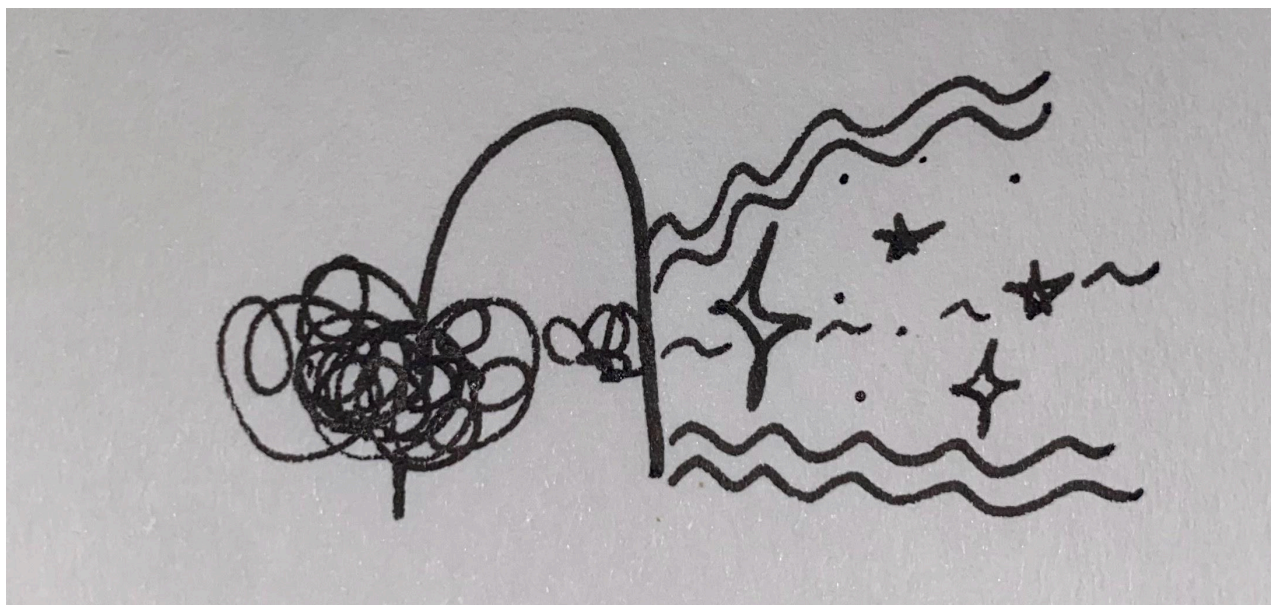
In this portal, we will be continuing to build upon our Basic energetic awareness through a deeper understanding of common types of foreign energy. Learn to spot foreign energy, collect info about how it affects your energetic space, upgrade your capabilities to soothe the experiences they may create, AND learn to heal them. Beginning the process of releasing other people's energy that crowds our own opens our ability to return back to our divine truth and all of our internal freedom and compassion. It is my intention that we realize how capable we are of releasing experiences of resistance, invalidation, and expectations that are not our own to reconnect with self- finally hearing our own voice in the darkness.

To participate with this lesson, take some time to read through the material. You can watch the corresponding guided meditation when it comes up in the lesson, or you can practice them when you are finished reading! This is a ~go at your own pace~ kind of space! The best part is, this material will always be waiting for you when it is in your affinity to dive in... So release any pressure and expectations you may have around how you learn now!

Great work!

Once you have completed the lesson, I encourage you to use the Guided Meditations as frequently as you like! Use them in your daily practice, use them as inspiration to create your own energetic healing process, or visit them once in a blue moon. Your learning and involvement are up to you.

And with that... let's dive into the Portal!



BASICS II:

Releasing Common Forms of Foreign Energy

When we first open up to self-agency and invite it into our physical and energetic spaces, we may go through a period where EVERYTHING feels foreign and not your truth. Suddenly there is so much energy to clear to reconnect you back to your center, your authenticity, and your agency. It can be exhausting! It can be disheartening! I hear you. Sometimes when we step into new frames of understanding, we go through a deep period of processing it in our day-to-day lives. Often that processing looks a lot more like validating what is NOT an expression of self-agency than what is. Now, hold your self-judgment... validating ~what is not~ is often equally as important as validating ~what is~. In my opinion, validating what is not your energy is the first valiant step towards any kind of energetic or physical redirection/change for the better. The truth of the matter is, seeing all of these energies, behaviors, thoughts, and emotions that are filled with energy that is not yours opens a very powerful doorway. This doorway leads to healing... to validation... to self-acceptance...to change... and to the core of your very being!!! It is okay if passing through this doorway feels like a terribly ungraceful and messy time. Most of the talented psychics and self-healers I know still find themselves diving through this doorway in a chaotic jumble of unconsciousness, mistakes, and feelings- myself deeply included. While this space of heightened awareness and perspective is full of opportunities for avoidance we can also validate its absolute potency for healing.

SPOTTING FOREIGN ENERGY:

Foreign energy, or thoughts, perspectives, beliefs, and emotions that come from other people, appear in many different forms. However, from a clairvoyant perspective, they have a BIG tell. Say you are going about your day and you come across a sensation, an icky feeling, a horrible thought, a judgy self-reflection, anything that provides a deep reaction from your physical body. If you take a moment in meditation or gentle visualization to observe your aura space, you may notice opaque, non-see-through color blobs or vibrations. If you are not a visualizer, you may feel an energy that is dense, unmoving, or thick. These dense expressions of energies are the representation of other people's energy in your space which is a huge indication that this sensation, thought, or feeling is NOT YOUR TRUTH. Your energy, no matter the color or texture, will be slightly translucent or light. Some people see this as holographic, sparkly, or shimmery, some see it like stained glass windows...Feelers may feel it silky, fluid, or find it easily malleable. The way you see/ feel your authentic energy is deeply individual! You can always decide to see or feel foreign energy in super clear ways when you begin this work. For example, you may decide that seeing or feeling solid black blobs as the representations of foreign energy is way easier than opaque multicolored energy! When we tune into these moments and observe the energy creating them, more often than not we find that foreign energy is the cause of intensifying uncomfortable experiences and further separating you from your truth, empowerment, and agency to both care for yourself and make changes. This practice of locating foreign energies is one that can help you to get connected with the truth of the present feeling, thought, or belief coming up. In other words, sifting through what is foreign is a wonderful opportunity to reconnect with the compassionate and accepting truth or lesson that is deeply serving the self (and in turn others around you too!).

In order to observe your energetic space to find these energies, we may find that we have to disconnect ourselves from the task, conversation, or environment we are in.

Ideally, we will need a few things to honestly and neutrally observe our energy, 1. Time
2. Space 3. Presence.

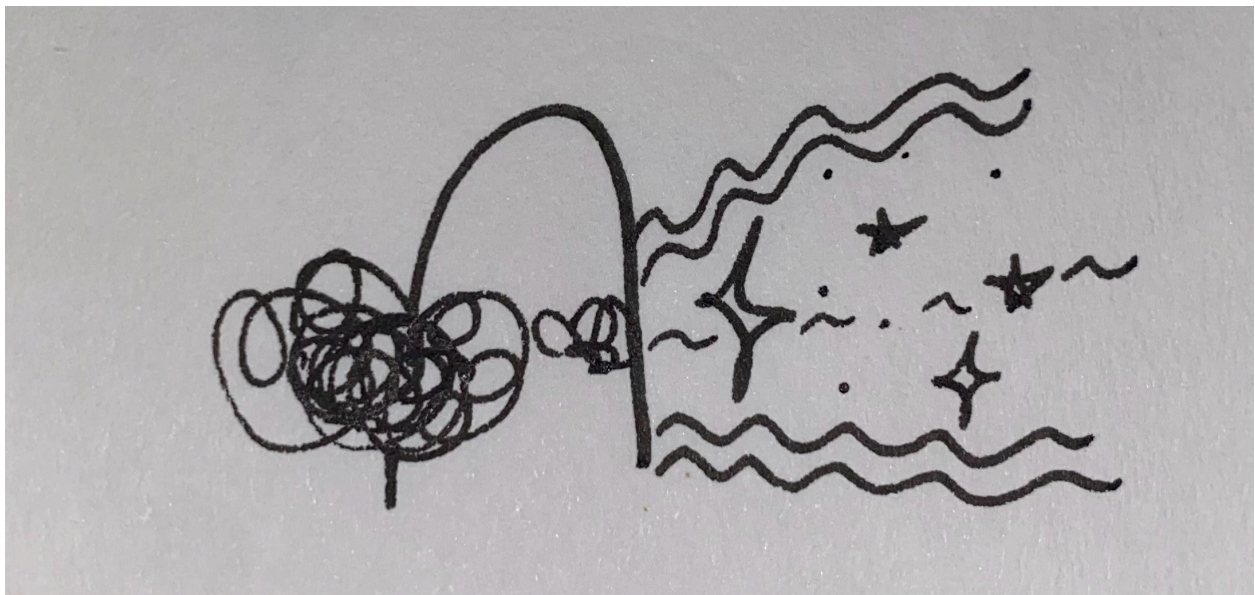
1. Time: I am a big fan of long meditation, but to be honest, it isn't sustainable for on-the-go energy reading and healing! Often when we are triggered or are alerted to foreign energy, we may be out and about and not have time to drop into 30 minutes of self-healing. This is okay!! This is why I validate quality over quantity as far as energetic observation time aka meditation! You would be surprised by the things you can spot and validate in 10 minutes, 7 minutes, or even 5 minutes! When starting the process of learning to locate the foreign energy affecting your space, allow yourself to take moments of pause to visualize or feel out your space, even if you aren't sitting down for a traditional deep meditation. A lot of info can be gleaned from a present and contained 5-minute gentle session as well as a deep 30-minute meditation! Dive in without expectation and don't let comparison of other people's meditation practices dictate how you interact with your energy! I really enjoy quick and gentle 5-minute meditational scans of my energy as well as my deeper meditation process. Find what works best for you and release the judgment!! It's what works best for YOU not what works best for others.
2. Space: When I discuss space, I do not mean you have to have a separate meditation temple to do your energy work in. Simply put, in order for us to gather information about energies that may be currently triggering our body-mind we need to feel safe to do so. Creating a safe space could look like you entering a bedroom or another space that feels more private, or it could be a process of energetically setting the space. As we discussed in Basics I, we know we can set the space around us for supportive energies to assist us with neutral observation, feeling safe, acceptance, and release. My favorite way of connecting to space when I am feeling foreign energy is to ground myself and breathe into my aura to see if I can expand my space energetically. Often times foreign energy can wack out our personal space, making our aura super tight and abnormal or we may not even be energetically connected to our body or aura at all. Before I open myself to information about what foreign energy I am dealing with, I often find a safe physical place to pause AND set my energetic space so that I am grounded and energetically spacious. I am able to receive more info and release more foreign energy when I feel held by my physical space and my energetic space. Sometimes we may find ourselves in environments that don't feel particularly safe, which is why the setting of our energetic space is super powerful in times of need. Learning about what kind of space you need to feel safe and held is another important factor to prepare you to learn from the energy we are now observing! It also deeply helps us feel safe enough to heal it as well. Again, the kind of space, energetic or

physical, you may need to do so is completely individual, and may change! Take some time asking yourself what kind of spaces feel safe to you. How you can create those spaces when it comes time for energetic observation and healing? Just like no two people are alike so are their preferences for safe spaces! Ask your body and experiment with what kind of space you as a soul needs for this work.

3. Presence: Oftentimes, foreign energy comes from the past or projected fears of the future, so in order to view these energies clearly, it helps to view them from the present moment. This looks like energetically gathering up all of your focus, from wherever it may be, and honing it into the space and time you created! I know a lot of perfectionism comes up when concepts of presence are discussed, just know that the more of yourself that is in the present moment, the more that you will likely receive from your observation and healing. If that presence that you have gathered is smaller than it usually is or you struggle with being present... breathe... it is okay! Often times the foreign energy in our space makes it difficult to be present. Presence is often one of the first things to go when it comes to foreign energy in our spaces. With all of that foreign energy floating around making it uncomfortable to be yourself, being present can be hard, it can feel gross, however, without presence, these foreign energies will go unchallenged- So bring as much presence as you can to this activity...it will deeply serve you in your ability to shift these energies. The very act of validating and releasing foreign energies will even help you gather up MORE of your presence as that energy clears- Moral of the story is bring as much of yourself and focus to this task as you can, you may find yourself growing your ability to be present with your meditation, body, and energy while you do. In a world that validates us for being avoidant and disconnected from our bodies, a lot of us can use to strengthen our ability to be present with ourselves. I am no different! Working on my ability to hold presence has been the most important aspect of improving my energetic observation skills AND self-healing abilities. This journey has been a long one, but so beneficial. There is no one way to measure the presence, and the degrees of how much we can become present are varied for different reasons. Nonjudgmental practice will deeply help you show up to your energetic observation in whatever capacity for presence that you have and... in time... with some space... you may notice this capacity growing. Yay :)

Ultimately with a combination of time, space, and presence, we will be able to become receptive to our intuition to be able to first see the energies that are in our space without shutting down. This will deepen our ability to receive information from a neutral place as well as improve our ability to shift it with energetic tools!

When do we know to tune into this observation you may ask? Often the best time for observation and healing is when the trigger is hot and the feeling is active! Subsequently, this is also the most difficult time due to the foreign energy's intensity. However, because of this intensity, the energy is super clear to see because it is at the surface and activated in your physical body. It's often obvious what needs healing when it is loudly screaming in your energetic space. In the next sections, I will be going over three common foreign energy "alerts" to notice when they are screaming in your space, where to look for the connected foreign energy, and provide you with an energetic process to release that energy and return to agency.



SHOULD ENERGY: clearing people out of your energetic mental space

Should energies come up every time you feel like you “should” do or be something that you currently are not doing. Feeling like we “Should do more” “should eat better” “Should clean the kitchen” can be frustrating because we usually do not want to do these things. We often wonder why... because a lot of these things can

offer us healing, ease, or even joy... but why in this moment does it seem so difficult to actually do these “shoulds”?

Because you aren't the person who thinks you Should be doing it. That “Should” highlights that there is someone else in your energetic space, pressuring you, punishing you, and invalidating you, your choices, and your desires. Foreign energy alert!

You know when... you see someone who is in deep need of healing and changing their mindset, but every time you come in and try to provide them with what they need they shut down harder and sink into their struggle more? This is because we as souls need to be the ones to decide and act on our own movement in growth.

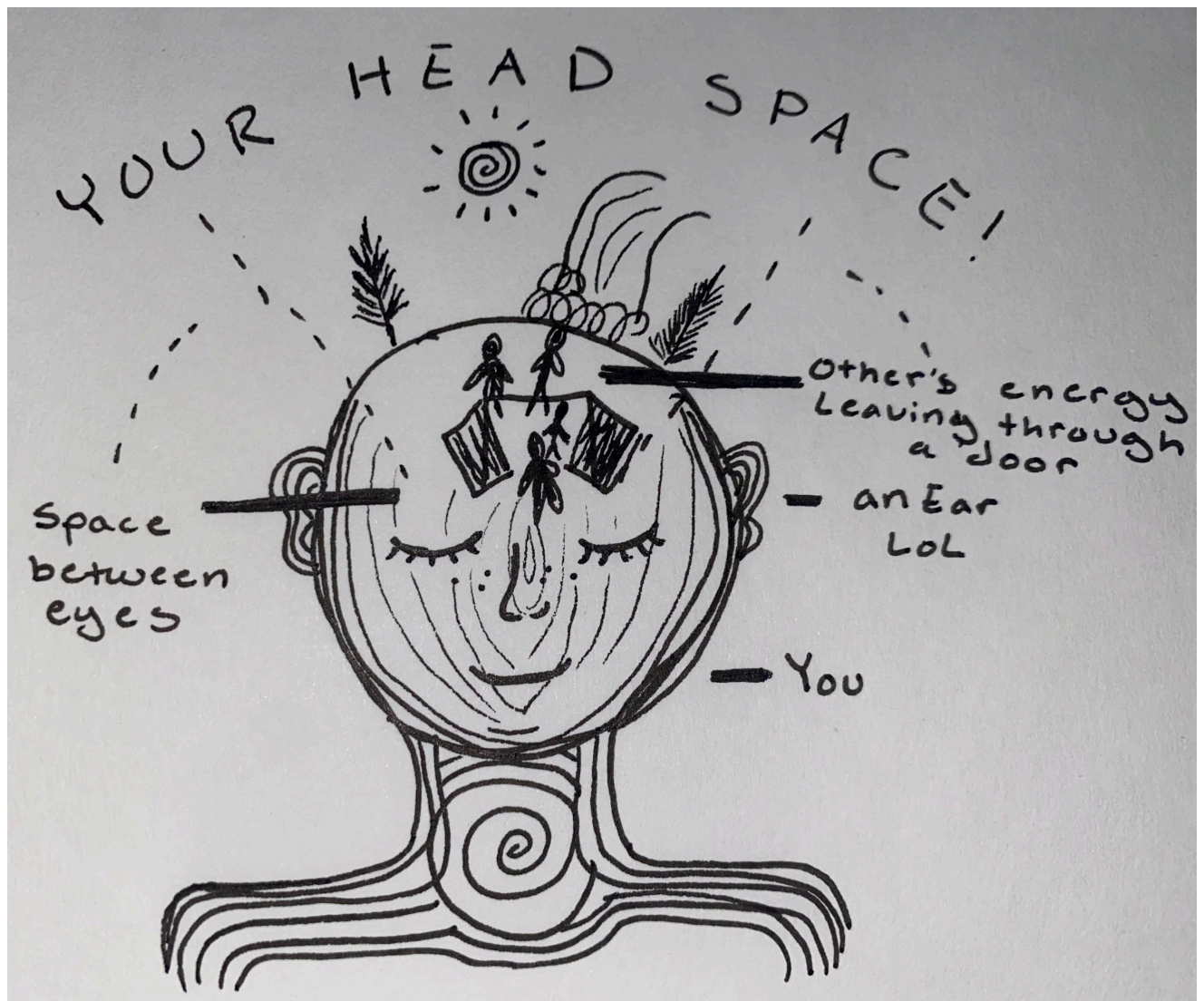
In this example, you are acting as the external “should”-er, even though what you are proposing may actually be a good thing. The best way to support this person through their perspective shift is to offer them space and maybe even validation to be where they are at in their journey. With this space and validation, that person is going to be able to be in their energetic space and body more...and eventually, gather the will and agency to DECIDE to shift now that they feel their current state is not in their affinity.

They had to have that realization in their own hands before making the change. Sure someone can bring you the information or suggestion, but the receiver is the one that ultimately takes that information and initiates it into their physical/energetic body.

In a similar manner, that energetic “Should” energy tries to push and invalidate your current being by bringing in the values, desires, and intentions of other people into your space. Much like how that person in the example will not shift until they are in their own space, the action that the “should” is suggesting is not yours and keeping you from embodying your energetic space fully.

How do you clear this energy to discover what action is actually in your affinity? Ask who would say this “should” and clear this person out of your head! Once we are alone in our mental space, all of our thoughts, feelings, and desires can actually come from us and be FOR us, not what others think we “should” do. When we are alone in our mental space we are able to connect with our inner knowingness,

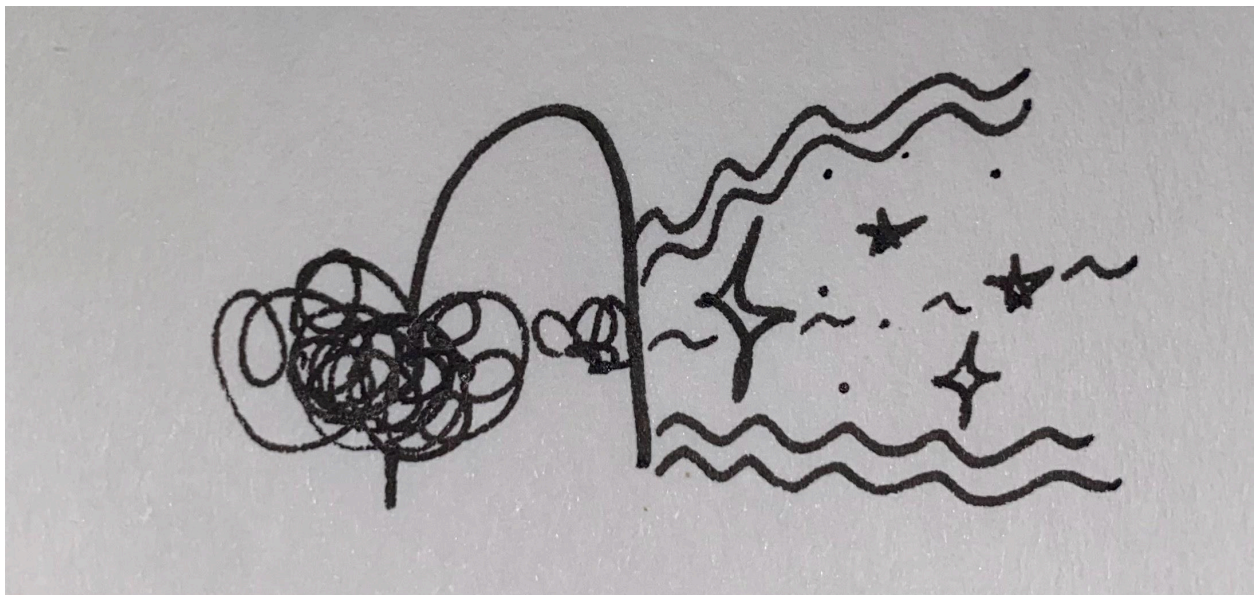
acceptance, and compassion when it comes to planning our actions, interacting with our goals, and deciding how we want to spend our time on this earth!! When you notice an intense “Should” in your space, inspect it. is it coming from the mouth of a systemic structure? an authoritative figure? your parents? one cruel past friend? When I started my awareness journey, “Shoulds” were everywhere and it was easy to feel frustrated with all of the people I allowed into my energetic space to measure and punish my actions. Start thinking about it as a game of gotcha- and turn your energetic head to look at what every energy is imposing this “should” at you. let them know you see them and you are going to excuse them from your space!



To clearly view who is in our headspace, it helps to have one metaphorical spot to view this energy. The Headspace is that spot! Representing your thoughts, perspective, and observation, your headspace acts as a container for your energy to process and view your life. This space is located... in your head! To connect with this space, place one finger in between your eyes and another on the top of one of your ears. If each finger made a line, the intersection points of these lines would land in the center of your head. This center of your head is where your headspace is! Often when we view this space, the way it appears to us can also reflect the state of our thoughts, perspectives, and view of this world/self. Bringing agency to this headspace is an incredible way to not only set the tone of how you want to interact with your brain but also who is allowed to have a say about what you “should” do.

In the first guided meditation, we will be introducing ourselves to our headspaces, clearing people and foreign energy who are bringing “shoulds” and making this space a comfortable and pleasant space for YOU! This is your head, after all, might as well enjoy it :)

Feel free to participate in the first meditation, “Should Energy: Clearing out your Headspace” for the physical integration of this lesson or keep reading for the written process.



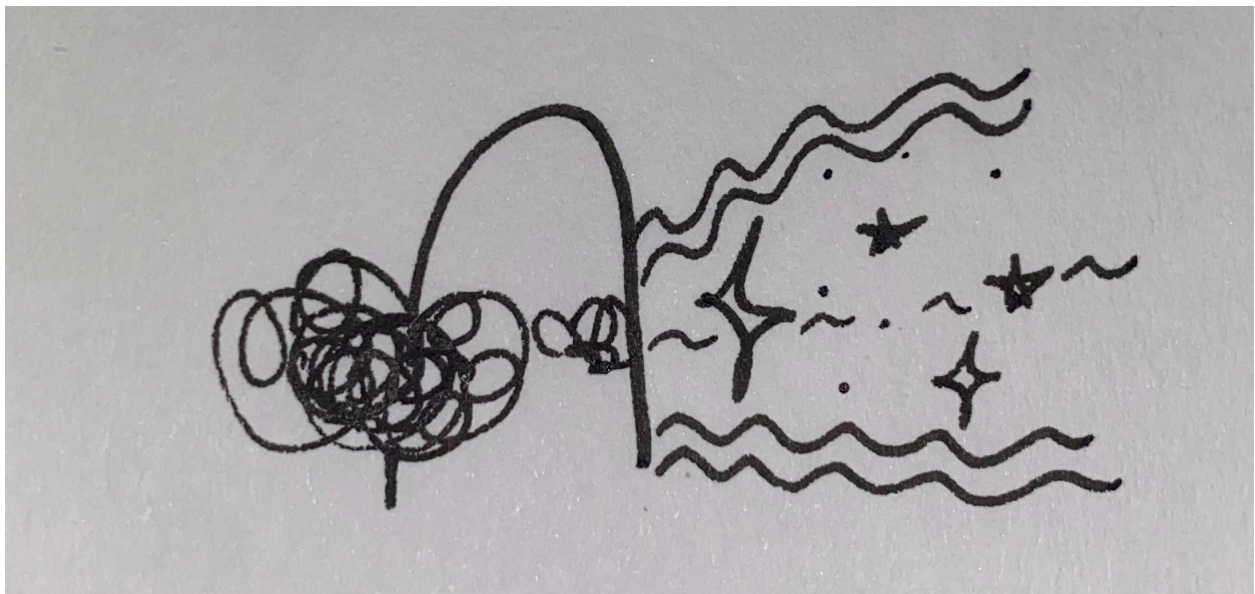
SHOULD PROCESS

- You are going about your day, trying to decide how to move through your activities and OPE! there is a should! The moment you feel this “should” take a moment, breathe, and direct your attention toward the center of your head.
- Imagine a room in your head. this represents your mental space, how this space looks and feels is a representation of your thoughts! Take a look around this space and see if you can see anyone else hanging out in this space. Any person in this place represents someone’s energy that is displaced from their original body! Don’t see anyone in this space? Sometimes they hide. Call them out! Mentally say “Anyone in this space make themselves known to me” and watch as people begin to come out of their hiding spots. Without judgment, allow yourself to see who is all in this space, there may be many or just one. The amount of people in your space is not a measure of your skills or capability as a self healer. Even the most skilled psychics have loads of people in their headspace from time to time. Really take stock and see who is here. If you can know their identities great! if you struggle to see who they are do not worry, you can still remove them from your space.
- now that you know how many people are in your headspace and who they are, it’s time to tell them to leave!! Make a doorway out in this space, open that door, and with ease and kindness, announce that they are no longer welcome here. Watch as all of these people begin to slowly leave your headspace! Have some people that are resisting? It’s likely because we don’t feel we have agency over this person.
- Let’s bring some agency into your space! Imagine a big bubble above your head. Fill this bubble with bright golden agency energy. This energy says you are the boss of your own life and experience. You know best for you. and YOU also have agency over who is in your space or not. Pop that bubble to begin to receive this golden energy through your entire body. feel it glow around your aura and light up your headspace. Get big and tall, and demand that this person leaves. You can also nudge them out with some more golden energy. watch as the resistant people in your space now leave.
- Now that you are alone in your space and full of agency take a moment to celebrate! Your thoughts and feelings are now your own! Take a look and

add any decorations or clean up your headspace to reflect how you would like to feel! This is how we curate our energy and bring a tone to our interactions with ourselves!!

- Now you can come back to your day and tasks! Perhaps the “should” in your space has shifted to reveal a physical body need, perhaps you see that should was completely empty and signaling nothing but foreign energy in your space! Now you can ask your body, emotions, and energy what is actually in your affinity to accomplish or give energy to! it's likely the answer is much easier to receive! Yay!

The practice of checking in with headspace is one I do daily, as we ideally spend a lot of time (a lifetime hehe) connected with our heads. Now you have a way to practice removing other people from this space to grow your ability to be guided by your own divine energy! May we all give ourselves the mental space we need to show up with compassion, acceptance, and ease!



EXPECTATION ENERGY: clearing out foreign energies causing pressure and limitation

Expectation energy is known as some of the most harmful energy in the psychic world. Have you ever put so much expectation of yourself for one task you just... couldn't bring yourself to actually complete it? This is a very common experience that often alerts us to foreign energy in our space!

An expectation is described as a strong belief that something will happen in the future, like an outcome or a result.

Energetically, that looks like someone deciding they know EXACTLY what their present actions will create. In some ways, when we create expectations for ourselves, what we are really saying to ourselves is "THIS is the outcome I am going to accept. this and only this."

While it can feel really exciting to have expectations- "I will win this competition! " "I am going to accomplish this and ___ will be the outcome!" it is really not exciting to not meet those expectations-"I got second place" "well that was unexpected..."

The reality is, no matter how good of an intuitive you are, the future cannot be predicted, however, the future CAN be created and interacted with!! When we set heavy expectations for ourselves, what we may not realize we are doing is adding pressure, urgency, and intensity to perform to meet that expectation EXACTLY. Often times this pressure or urgency comes from the foreign energy of others' perspectives, beliefs, or feelings in your space. Not meeting that expectation will likely feel like a rejection, failure, or affect the way you view yourself intensely...even when your outcome isn't horrible! This kind of energy creates a small window of success and anything outside of that small window will be difficult for you to validate.

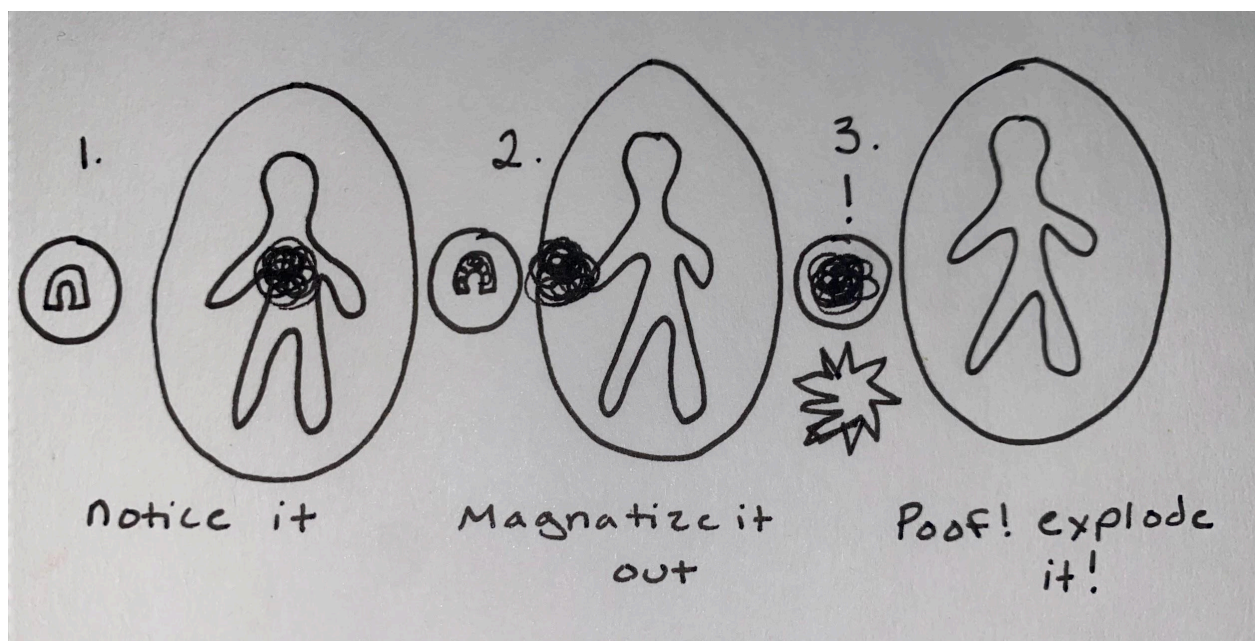
What we are doing here is trying to keep things familiar and certain, but what we are also doing is closing ourselves off from the spacious and varied nature of possibility and maybe even an outcome way better than the one you expected.

Now we can put expectations on ourselves just as much as others can project their expectations onto us. In all cases though, this expectation remarks a foreign

vibration of fear, projected lack of capability, and pressure that is difficult to push through! The best part is, that you don't have to push through. This energy can be released from your space and returned to who owns this energy.

There are many ways to visualize the release of specific energy. One way to release this energy is to connect to a grounding cord and watch that energy move through your body to be recycled at the center of the earth (see Basics I for more information). However, sometimes these energies are a bit more stubborn, you may be grounded, but find yourself still seeing/ feeling these energies in your space- and they are NOT moving. If this is the case we can call that energy out of our space and explode it to release it! This way, instead of moving that energy through our body we attract it out of our aura / energetic space and let it go!

Calling an energy out of your space is rather simple, all we need is an intention to absorb this energy from our space into a separate container. This container can be anything, it can be a bubble, a treasure chest, a box, a cup, anything that can "hold" an energy. It often helps if that container is able to close or be solid on all sides, like a bubble.



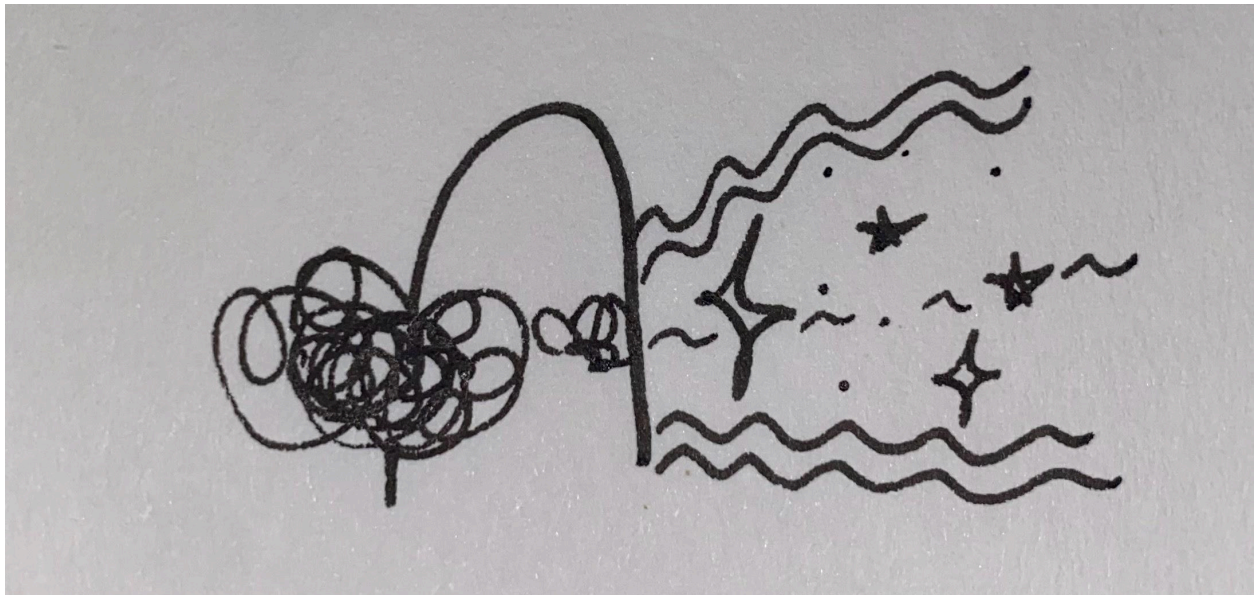
In the second guided meditation, "Expectation Energy: Calling Out Specific Vibrations" we will be integrating the process of releasing energy through practice. Feel free to watch this video or keep reading for the written process.

EXPECTATION ENERGY PROCESS

- Get comfortable wherever you are and take time for some meditation. can be active or deep, whatever works best for you.
- Breathe, and connect with your body and auric space. Ask yourself where this expectation energy is stored in your space. notice where it is, if it's in a limb, a muscle, a part of our aura, and see if that helps you understand why it's there. If you are unsure, that is okay! we can always clear energy, even if we aren't sure why it is here or what it is truly doing in our space. practice!
- Create a bubble out in front of you and put a magnet in that bubble that is attracted to that expectation energy. once that magnet is in the bubble, the energy likely will leave your space and enter this bubble you created!! Take a look at this energy now that it is outside of your space. what does the outcome look like? is it accurate? is it unobtainable? is it limited?? notice the energy around this bubble, maybe it's dark, cloudy, gross, just take it all in. perhaps here you can see clearly that this energy is not helpful to your space. validate yourself for holding space to look into this energy and understand it better!
- now it's time to clear it. In one cathartic move, POP that bubble. watch as that energy explodes and releases back to where it came from. If you are still noticing some expectation energy in your space, repeat this process until you have released all of that energy inflating your goals to too high standards or giving them very small windows of success.
- WHEW! feel lighter? You just let all that funk go!! Now it's time to fill ourselves back up with energies that are supportive of our goals and that allow us to interact with them with ease, acceptance, and compassion. Create another bubble, make this one huge!!! With amusement, I want you to call in the energies of variety, spaciousness, possibility, and openness, letting yourself creatively express and imagine what those energies would look like and feel like. Watch as each unique vibration mixes together into the pot. note how different these energies are compared to your last bubble. looks much more promising and forgiving right? Keep adding those energies until your bubble is FULL of these beautifully supportive vibrations.
- As the cherry on top sprinkle in some bright gold agency energy and remind yourself that you know best in your space and that you can choose to accept

and love yourself no matter the outcome of your goals. watch as that energy grows to one in your affinity!

- Now it's time to fill in with those energies. hold the bubble above your head and pop a hole in the bottom, allowing the energy to flow into your head, down your body, and through your aura. really allow yourself to feel this!! ahhhh doesn't that feel amazing!
- you have just tuned yourself to a frequency that is open and accepting of all outcomes of your task, opening up the door for so much more ease, self grace, and possibility. Who knows, in this vibration, you may achieve more than you thought you could or receive an outcome that goes beyond your expectation's wildest dreams! Validate yourself, and continue on with your task!



RESISTANCE ENERGY: healing through validation

Feeling resistance over a decision, movement, or task in your affinity is super common and also super frustrating! You know that a task is going to help you, make you feel good, and maybe even be something that you really really want to do, but why do you feel so resistant to beginning that task? when we feel this resistance, what we are noticing is allllll of the foreign energy in our body that knows it will be cleared out by what we are attempting to do.

For example, say you have a very important work email to send. The resistance begins to build as the foreign energy triggers in your space saying “this email has to be perfect” “you always procrastinate” “they are going to know you are slacking” “I’m not good enough” “this email is going to take me so long” “I’m so stressed out”!!! ahhh!

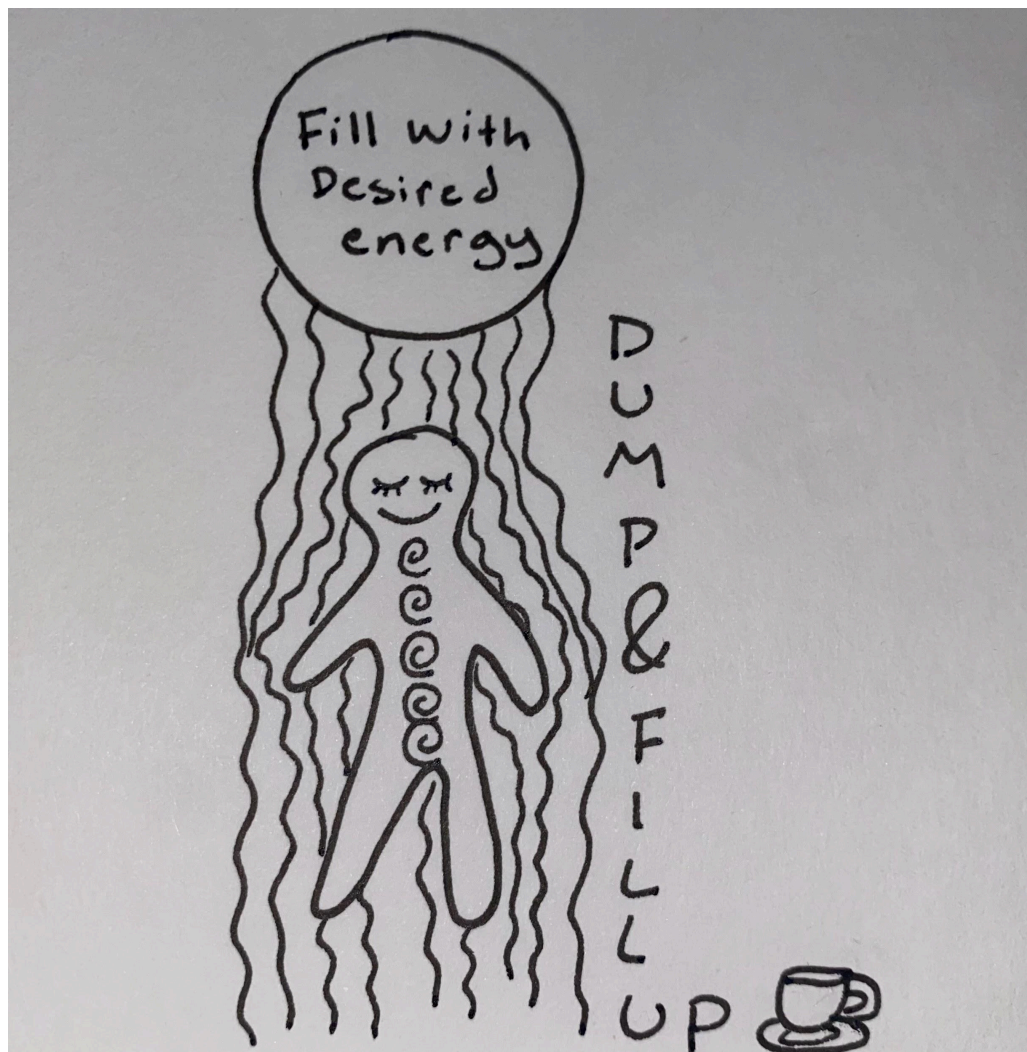
all of that energy makes it so difficult to begin your task and adds emotional and physical weight to our participation in that task. When this energy is triggered, we may feel that this isn't the right thing to do, that maybe we can find something else to focus on, or even just be stuck in a state of mental paralysis. Stagnation like this is no joke, and that energy gets louder and louder both affirming your stagnation and punishing you for being stuck in this place. suddenly trying to jump into your task isn't so simple, now you must juggle and dance through all of this intensified foreign energy first.

The secret is, this energy doesn't intensify because you are weaker or less capable. in fact, when foreign energy gets more intense, this is actually because it KNOWS this moment holds potent potential for you to become empowered in the face of this energy and that you are capable of RELEASING IT. This is why whenever I experience resistance, I take it as divine confirmation that whatever I am feeling resistant over will be a potent opportunity to step into growth and clear some energy! to me, I take resistance as an indication that this action or movement IS the most efficient and potent next step on my path. Facing the resistance and diving into the task itself is not only an action that will create movement in my physical life but also my energetic experience as well. Yes, something as simple as getting groceries can be a potent ass moment for physical advancement and spiritual healing!! sometimes it feels like it isn't enough to trust that the resistance is guiding you towards your affinity, that foreign energy can be so loud and intense! The most powerful soother for resistance energy? VALIDATION ENERGY!

Validating that resistance, validating yourself, validating the existence of that foreign energy, are all incredible ways of giving yourself permission and grace to be where you are at in this struggle AND permission to dive in when you are ready. When we validate this intense energy, we are saying to ourselves that we TRUST what we are feeling and we trust the possibility of being met with ease, flow, and abundance once you break the resistance. It's like saying to yourself “whew I know

this feels like a lot but I know I can take on whatever I fear! I can do this!” So the next time you feel that resistance and start to take it as a sign that you are not on the right path, breathe, call in some validation, and watch as this potent healing moment reveals itself to you. When healing knocks at your door it's because YOU ARE READY FOR IT!

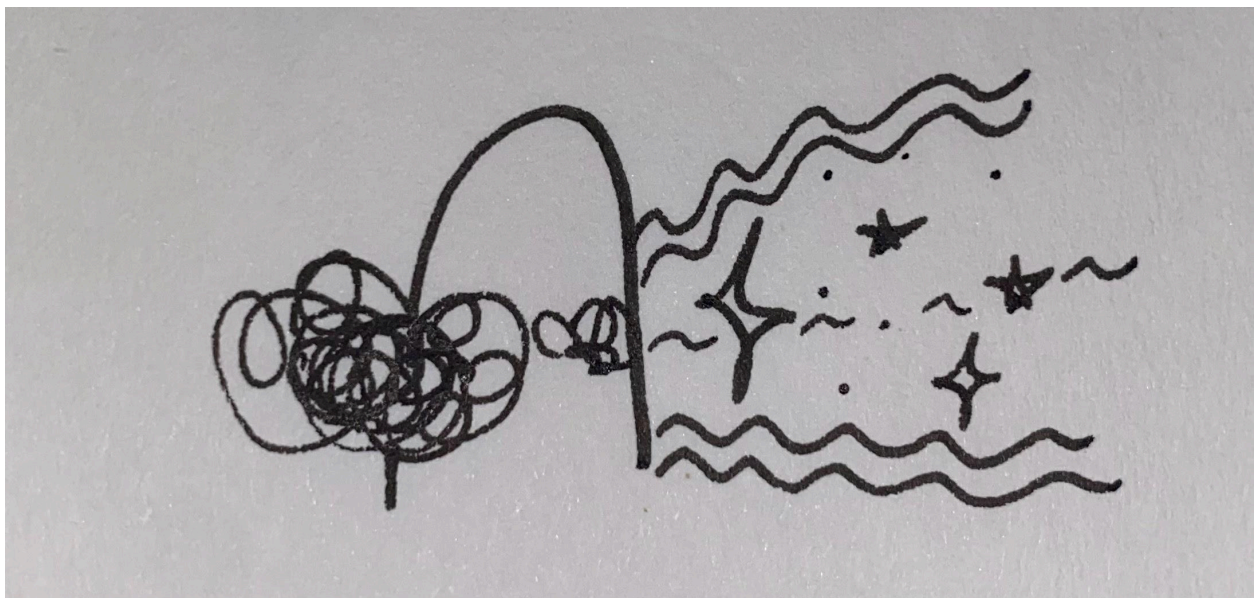
The act of calling in a vibration like validation is similar to the way we call out an energy from our space! With a container! Fill up that energetic container full of an energy of your choosing. Experiment with color, tone, smell, feel, texture, whatever helps create the feeling of that specific vibration. Fill up the container and DUMP it into your energetic space! This visualization is an incredible way to fill up your space with supportive vibrations that will soothe and even help release any foreign energy kicking!



In my psychic training, it is said that nothing changes without validation. It's like a soothing balm that says “ I see you, I accept you, I am ready to hold you.” From this space, clearing energy through a meditation or physical action is far more accessible.

In the Third and final guided meditation, “Resistance Energy: Calling In Validation” we will be integrating the process of creating and receiving a supportive vibration to aid in the experience and release of foreign energy!

Feel free to take a moment and listen to the meditation, or read and continue reading through the process.

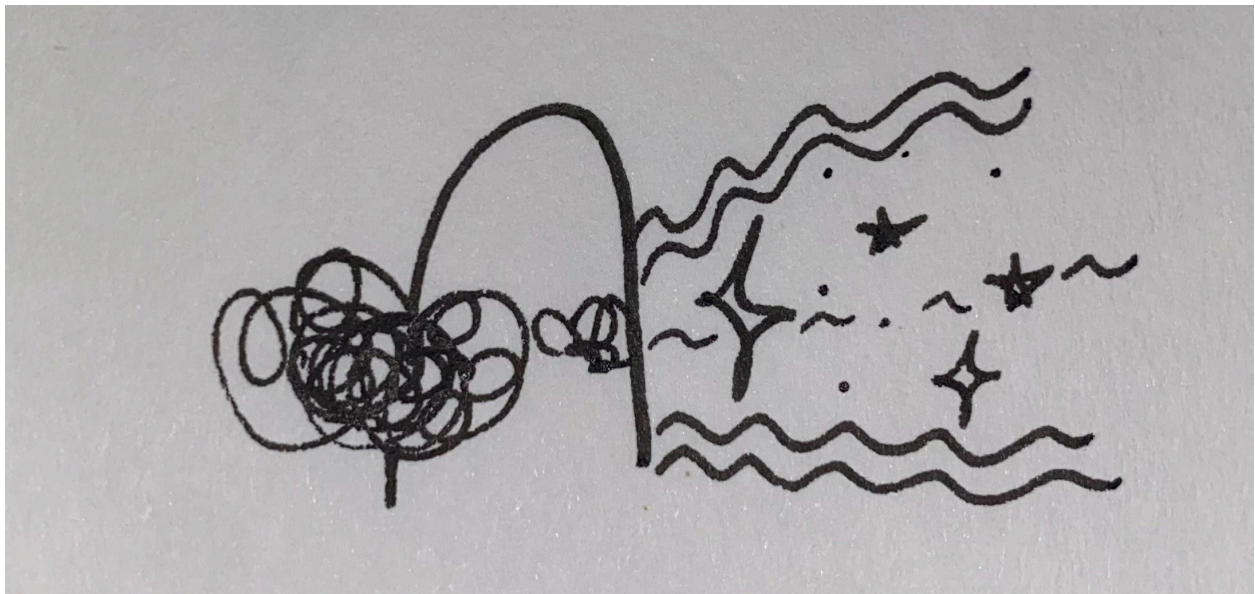


RESISTANCE PROCESS

- when you feel the resistance building and the difficulty to begin your task seems to pile up it's important to first acknowledge that experiencing this isn't wrong or bad. Resistance is a very normal energetic response to the ability to clear energy through a physical moment of initiation. sometimes it helps to let yourself feel the resistance and allow it to build. the more resistance likely the bigger the healing moment when you break the

resistance! So decide first if it's time to break the resistance or if you wish to work on allowing the resistance.

- whether it is time to break the resistance or practice being okay with the resistance, validation energy is a potent balm to both soothe and empower you in the face of this sticky, intense energy. Where ever you are, take a moment to breathe deeply, and enter a meditative state where you can receive some validation. Become aware of your body and aura before you imagine a bubble above your head. Imagine the pure energy of validation filling this bubble. get creative, if validation had a color, what would it be? Smell? taste? sound? fill that bubble FULL of the experience and expression of how you experience validation. Grow that bubble as BIG and as BRIGHT as you possibly can!
- once you are ready to receive, pop that bubble above your head and fill your body and aura with this amazing validation energy. Enjoy it, go slowly, and really allow yourself a moment to connect with this energy and receive that validation energy from yourself!!!
- Breathe, smile, this resistance is leading you towards your next step! that validation may open you up to more ease in the face of this resistance or it may just give you the extra ability to not punish yourself for feeling this build-up. When it is time for you to break this resistance, you may find yourself in so much ease, flow, and grace. YAY!



now you have 3 different unique strategies to help soothe these very common foreign energetic experiences! Practice makes GROWTH! In the mission of our life, we do not need perfection in our growth, we just often need to show up with presence, openness, and self-compassion!

If you are struggling to “see” the energies you are working with, this is okay! Intention and feeling are both incredibly powerful tools too. Because you can’t clearly see the process does not mean it is not happening! The more you validate yourself for ANYTHING that you see and feel energetically the more that you will begin to open up to more clarity. Take this process slow, release expectations, get those people out of your head, and douse yourself in an uplifting dose of validation! You may even surprise yourself with how much you can see... AND HEAL!

Please use these Guided Meditations as tools, in your daily energy work, as examples to create your own process, and as containers that hold supportive space for you to practice clearing foreign energy!



Deep love,
Madison Lang
Liminal Psychic