

One of Erina's sessions:

Session 1:

Similar to what was discussed with your last session, all of the things that arise are simply energy patterns that are ready to shift. Nothing is left 'stuck' in a session, so all the levels of your being are cleared in all lifetimes, all parallel existences. I focused on the fears of overpasses and bridges; safety and security for you and your animals. These patterns as you suspected were indeed entwined. Everything that came up in this session is somehow related to these patterns, so they were cleared on multidimensional levels.

1. Life Field that all of this is associated with is 'water' and had to do with primarily one other lifetime (10,719 B.C.) where you were a guardian of animals and a 'great' flood came. This took place in an area close to what we would now call Africa. You were unable to save the animals, and somehow you escaped the flood's ravages (at least initially). You took your own life out of grief and despair. In your culture it was also accepted to 'save face'.
2. Emotion involved judgment around 'rude' and again, there was a fear of losing face entangled as well. You have been holding these fear patterns as the manifestations (which one can see ties in with what was revealed) held in your lymphatic system, uterus and ovaries, liver and pancreas. These systems are in charge of releasing mental, emotional, physical toxins from the body, creativity and 'what is sweet in our lives'. Holding energetic charges in this area of course blocks things on a physical level as well as supports the suppression of mental, emotional toxicity, negatively affecting creativity and attachment to 'loss' of what was sweet in our lives. We cleared all aspects of your being, the animals involved, all other beings and the land. These memories are what Barbara Hand Clow has called 'catastrophobia'. These patterns were completed on all levels.
3. You needed an adjustment biochemically and bio energetically to flow more fluidly with earth changes/shaman wave changes; a rise in our electric field is simultaneously occurring as our magnetic field is reducing. This is helping us a great deal to adjust to changing frequencies a bit more gradually... it's the only way our bodies can survive such a huge shift we are making.
4. We also cleared: unconscious 'pain body dominance', ego; cognitive dissonance (as our right minded Self is becoming more present in our experience... the 'awakening', the 'sleep state' aspect of mind which has believed itself to be limited and separated from Source is 'acting out' in fear of its demise). The funny thing is that there is no real ego... it is just a compilation of thoughts that we have accumulated to form a separate identity. These are our 'familiar' thoughts for eons however, so they are sometimes slow to fade away. It makes no difference... it is all fading away now.
5. We cleared:
 - patterns of worthiness issues, fear, doubt, shame, guilt
 - non-beneficial effects of heritage, culture, religion, tradition
 - repression of positive emotions
 - non beneficial mental, emotional and physical habits
 - fear of success and fear of failure
6. We balanced:
 - serotonin, dopamine, electrolytes, melatonin, lithium, other neurotransmitters
 - lymph function, chakras, meridians, auric field
7. True Forgiveness is up for your understanding to align greater with your higher Purpose. True forgiveness implying that there is nothing really to forgive, as you know. We are all the creators of the

scripts together and it has all been about playing out separation ... until now. Now that Mind is waking up the purpose of all of our experiences is to help us awaken. So, we either are in a moment of being aware of Love's presence, or we are seeking it. There is no other choice. We might also say there is only love and fear. Every experience is a reflection of one or the other. The answer is always the same... we are calling ourselves deeper into Love.

8. Your soul is already creating a new script, as are multitudes of other souls (of course we are all One... but some aspects of the one Mind need to project games of separation still in order to complete playing out every possible scenario). The more we focus on what we want to devote ourselves to (i.e.: love, peace, joy, unity)... the more we will see that in the environment around us... locally and globally. Remind yourself if ever you feel 'off'... Oh yeah, I am in the process of writing a new script and the foundation is based on 'feeling'. What feeling do I want to experience today? Your soul is very familiar with this.

9. Blockage to highest purpose has been lack of commitment in the unconscious mind. This is based on fear from past experiences...various attempts in a multitude of lifetimes, planets and galaxies to 'make things right'. The problem with that is this... it wasn't time for us to wake up so ultimately things would fail. Tell yourself... it is time now, I am ready now and there's nothing I need do other than show up, forgive what there is to forgive, love what there is to love, play joyfully and with great freedom. Suffering began when the 'sons and daughters of Creation forgot to laugh'. Be committed to your joy and passion... this is commitment that will bear fruit.

10. Gateway to highest purpose is indeed your conscious connection with Earth and the oneness of all beings within her realm.

11. Another harmonic rate came in for you (the number of completion): 9

12. A supportive statement for you came up: 'Love which created me is what I am'. This can be a mantra for when you are feeling challenged in any way, you could write it on a piece of paper, tape it to a pitcher of water and it will carry that vibration into every molecule of water.

13. The message to take time each day to meditate and perhaps use mantras for chanting also came up as a positive practice for you. There are so many great sources for mantras if you are not doing this already. On Amazon.com if you searched 'Farrand mantras' you would get Thomas Farrand's wonderful book on mantras... so much info. Anyway, only pursue any of these suggestions if they feel right to you and bring you peace.

14. If ever you feel the fear coming up again (echoes of old habits do sometimes surface. If we recognize that they do not have power over us any more the energy dissipates. Also, EFT (emotional freedom technique) which involves tapping on meridians while speaking a specific affirmation is a powerful way to discharge old patterns and create new options. In case you are unfamiliar you can check out www.emofree.com Also, I have attached a quick glance sheet on it in case you wish to use it.

15. In summary, we addressed the fears that you presented and disentangled the web of patterns that has held them in place. Releasing these has opened the door for what seems to be an opening for you to step into a new level of unlimited creativity in all aspects of your life. This will support all of the changes you are already in the midst of.... more breathing room, enhanced passion and freedom to create a new script... one that unifies your mind, bringing your awareness to expansion that just continues... This session seems to have also grounded your unconscious mind with your highest purpose. I believe our highest purpose is to awaken and our life purpose is whatever path we choose

to do that in. Enjoy. I look forward to hearing how everything is moving along for you in these weeks, months to come.

Session 2:

The specific focus of this clearing was to disentangle webs of limitation held particularly as resistance patterns in your DNA and in cellular memory. Environmental stressors also came in as part of the focus. I included release on all fields of your being including: the release of old fear-based patterns from cellular memory, DNA memory and upgrading the body and field (biochemically and bio energetically) to a level of coherency that allows for a release of unconscious thoughts, beliefs, emotions and other energetic patterns that have been held as limitations in the body. In a nutshell, the source of everything is at the level of Mind. Since each of us have different experiences and create various story lines for ourselves in all of our lifetimes... the unraveling of these creations occurs in a 'lock and key' type structure. What this means is that the mind (yours in this case) will agree to acknowledge 'stuck' patterns at very specific points in time and space. So, your mind agreed in this session to let go of limitations and to shift patterns through the specific areas that came up through the dowsing. Of course all aspects of your being are cleared simultaneously for all time and dimensions as we initiated the clearings. Here are the results:

1. Life field that wanted disentangling: 'abuse - physical and/or sexual'. You may consciously relate to this in this lifetime as well; however I was called to go into a parallel lifetime of yours to clear it at the core. As you may know, we have multitudes of lifetime experiences (multidimensional) that are occurring in a simultaneous vertical time line (including past, present and future lifetimes). Everything converges at the point of 'Now', and yet the mind often desires a specific focal point in which to disentangle patterns from all lifetimes simultaneously.

2. Time travelled to the appropriate parallel life and released these entangled patterns around the issue of abuse: maternal and paternal miasms (energetic patterns passed down through the lineage) involving emotional/physical pain and fear of being controlled. These have been held (in this lifetime embodiment of yours) as 'stuck' energy blockages in your neurological system, ascending colon and sacral chakra (relationships, creativity and financial/material wellbeing). In this lifetime these patterns have been playing out in a disconnect/relationship issue that was calling for healing between you and another family member. You are called to check inside and see who that member is. If you are not sure who it is, just go into your heart space and see who is the first to appear in your vision. These patterns were released on all levels of your being as well as from all family members and ancestors. It may be beneficial for you in an act of allowance to connect in your heartspace with this family member and do some ho'oponopono (I believe you know this, and I will just share again how we see this practice:)

'I love you' (beyond what I can comprehend in my limited conscious mind...I reach to connect with you beyond our personalities to our
level of One Mind/One Heart

'I am sorry for your suffering' (we have indeed all suffered from our one agreement to experience ourselves as separate, as limited beings)

'please forgive me' (for my misperceptions about who you really are; I realize that we are all doing our best for the level of consciousness we are

in at any moment...the very nature of consciousness which was created as an answer to experience separate selves... implies

limitation and suffering. I forgive myself as well).

'I trust you to love me' (whether you know it at all times or not)

'Thank you'.

2. I was called to go to deep soulful levels 'core' levels with your dowsing. It seems as though you were ready for a good 'spring cleaning' to make way for the new (a new script which you are ready to write for yourself ... a brand new opening). 'Forgiveness Opportunity' came up in relationship with authority figures around the issues of 'power' and 'non-acceptance'. We were called to time travel to your first perceived experience as a 'separate soul' to release these patterns and reverse ill effects in all lifetimes for you.

All issues we have with anyone or any institution are created at the level of unconscious agreement between all parties for one of two purposes: **Ego's** purpose is what has been our collective default program since the Big Bang ... to play out limitation in what appeared to be an infinite number of separate identities (nothing wrong with this... simply one idea in creation that we have reached an end in playing out). The **Holy Spirit's** (not a deity outside of ourselves, rather symbolizes our 'right minded Self') purpose is now growing in popularity... to 're-member' our Self as One beautiful Ray of Creator's loving expression...unified on all levels of our Being. Really, the healing of any relationship is simply a conscious choice in 'purpose'. We are currently seeing our old projections of misperceived 'authority' symbols crumbling all around us in the shattering of limiting dogmatic religious structures, medical paradigms, social structures and our global economy for starters. A falling away of all these old structures is necessary in order for us to create the new world together. Your spirit is ready to heal all projections held in place by opinions/resentments/judgments around authority. What this means is that you are healing an ancient internal guilt for yourself and the whole of us that was born from the misperception that we somehow usurped the authority of God in our decision to forget our true power as sons/daughters of Creator and play 'demi-gods' by giving the authority over to our limited perceptions.

Having released these patterns you may find a new sense of congruency on all levels of your life and perhaps more peace. We are creating a new way to structure everything in the new world. Equinimity, respect, appreciation and gratitude are of course excellent building blocks. We are supported greatly in the current Mayan Calendar noted energies... to shift our vision to what we do want rather than what we don't want. Thanks for your readiness.

3. Self empowerment in the area of career came up. Blockages removed were around Self love and acceptance and Self worth, false humility as well as the limiting archetype of 'outcast'. We needed to release you from all vows, contracts and agreements that you have made in various lifetimes that were part of holding these patterns in place. All were completed. You are called to 'depersonalize' your mission and remember that Creation moves through you not from you. This reminder may help you stay grounded and congruent in your work.

4. Point of Conception - We released from you, your parents and the geographical location you were conceived in all limiting beliefs, thoughts, emotions, feelings and other energies that were holding fears and misperceptions around abandonment, Self worth and trust issues.

5. Chakras, aura, meridians, all physical and non-physical aspects of your being were cleansed of old limiting patterns (released from the spine, nervous system, cellular memory and DNA) including these patterns: ancestral miasms, psychic cords, fear based patterns around persecution, imbalance/disconnection from feminine/masculine essence including resolving any unhealed issues with father/mother, any resistance to fully accepting divine Light through all of your being (and all other limitations seen and unseen). We attuned you biochemically and bio energetically to adapt fluidly to changing energies.

All of these were cleared on all levels:

6. Future projecting (attention away from Now.. . very draining and disorganizing) was holding you back from fully releasing attachment to illusion.

7. Resistance to receiving messages around any illness or lack of peace in your life. You may get specific messages. And be open to the bigger picture in a message. It seems to come down to this: 'Where am I not seeing myself and others as perfect expressions of Love. How can I best love myself in this moment?'

8. Addiction to old thought patterns and hanging on to limiting perceptions of your relationships. Limiting beliefs have been held in your ovaries and uterus. All are cleared. Do you know Byron Katie's work ('Loving What Is')? Great simple system to quickly investigate thoughts and let them go.

9. Connecting with 1D the first dimension...core of earth will help you anchor and stay grounded, allowing for a great way to experience yourself multidimensionally. Attention to this connection will serve you well in expanding awareness, blossoming in your infinite creative potential.

10. Akashic Records - We recalled all soul splinters or fragmentation to full embodiment. All aspects of self that have been 'left' in other lifetimes to finish business, etc. were called home to support you in a greater sense of Self.

11. A primary lifetime in Sirius showed up (this may be a point of your first incarnation). Connecting with this star system may be like 'going back to the first point on a long journey'... can support you in knowing that you really never left 'home' to begin with.

12. We also released blockages around your relationship with mother (this is every relationship of mother...your mother, you as mother, divine feminine etc.), as well as this was an area ego was using to block relationship with your true Self and alignment with your life purpose. Our highest purpose is to fully 're-member' our Self in God. Our highest function is true forgiveness ('getting it' that there is nothing really to forgive since we unconsciously agreed as one mind to this crazy play we've been in). Your life purpose is what area you choose to express divine creativity in. Life purpose may change as we go through life... we may 'complete' one area and choose to go into another. The key is... what makes your heart sing? What 'lights you up'? That shows the area that best suits your creative outpouring in the moment. You are called to spread your wings and take the leap... it seems like there is something new for you to play with.. to expand what you already are doing, or to take a leap into something new all together. See what feels right.

13. Gateway for highest purpose/life function alignment for you now: 'Hear the Voice of God Within'.

14. Other reminders that came up for you: 'Love which created me is what I am.' 'I honor others as I honor my Self.' (Realizing that there is only one Self here... takes this wonderful old saying to the next level).

15. The Radionic Rate 19111 was broadcasted into your body/mind/field to continue supporting you on all levels of being until no longer needful or beneficial.

In summary, we released blockages that may have been holding you back in career, relationships and other areas. The focus went to core levels of spiritual clearing to open your awareness to expanded multidimensional levels. You are calling yourself to be conscious about what purpose you give to any relationship or situation. As noted above there are only two voices that we are guided by in all moments...the old default program of Ego or the rapidly returning awareness of the Voice of God within. Remember who you are... perfect, pure and innocent as you were created. Blessings in all of your endeavors as you soar to infinite expressions of creative flow.

Session 3:

Here are the results from yesterday's session. Per your email the focus of your session was to assist in you're having a breakthrough with your creativity, creative projects and alignment in fulfilling your life purpose at this time. I say 'at this time' since our life purpose or what we are doing as extensions of divine creativity in a given lifetime may change at different times during that lifetime as we do... what we are 'doing' is not so relevant. How we are doing it (or the purpose we give our work) is what is relevant in honoring our soul's expression as an aspect of the One. The second focus of this session was to help you around boundaries... so that you are not feeling 'taken out' by energies of any kind. As you know everything we experience is sourced at the level of mind. Everything that came up in your session was connected with our focused intention. All patterns were released at the level that your mind would accept in the moment...within the illusory world of perception that you have created and have been 'storing' as part of your body/field identity. I was called to integrate some 'oracle' work in this reading and clearing by doing a 'spread' along with the dowsing.

1. Life field - 'Listening'. You are being called to deeper levels of 'listening for the Voice of God within' in order to fully potentialize your creative gifts in a way that serves the highest good of ALL. What brings you joy and ignites your passion is what you are here to offer... this is how Creator chooses to express through you. So, deepening your desire, devotion and vigilance to quieting your mind as often as possible each day (as a minimum... start the day for at least 30 min and end the day this way...interjecting moments for silence often during the day and whenever you are not at peace) is necessary in order to create a solid foundation for your work. Know fully that you ARE ALWAYS supported in this. You may call on the angels to assist you in quieting your mind... they will avail themselves joyfully to this task. As we mentioned previously the silence is a divine feminine aspect. Allowing this aspect of Mind to surface now in equanimity with our 'action' is indeed a great part of the shift that we are creating...the new paradigm. So, every time you hold silence you are greatly assisting the ALL to 're-member' Sacred Union. Thank you for your role in this.

2. What had been creating blockages around listening for you, hence creating blockages to fully expressing creatively were: fear of being confined, emotions tied in with 'apathy' and 'what you heard' at 3 months old in this incarnation. This involved your mother and patterns she had been carrying down through the maternal lineage. You have been holding these memories in your neurologic system, uterus and bladder.

3. Time Travel to 3 months old: released this entangled web of energetic patterns from all aspects of your being, your mom's and all others involved including also the geographical location you were in at that time. We expanded this clearing through your ancestral lineage and all of your parallel incarnations...past, present and future. All lifetimes are present in a 'vertical' line rather than a horizontal time line and all of these 'lifetimes' converge at the point of 'NOW'. This is why time travel is so accessible. We really only travel to the singular point in the time/space matrix that mind will agree to release a particular belief which is expressing as 'stuck energy' ... either manifesting in specific forms or lying temporarily 'dormant' in each parallel lifetime. This clearing will assist you in accessing silence more readily. Include 'conscious breathing' in your meditation times. The 'in-breath' signifies the movement of prana into your body/field and the 'out-breath' allows for the expansion of that prana throughout your body/field ... connecting you beyond the perception of self to the greater Self of ALL. You may already be using conscious breathing as a tool... it is a great one.

4. Confidence in God - came in loud and clear. There is no separation between you and your creations (work, relationships with people, animals, environment). There is no 'out there'. We either experience life moments through limited perception (perception is always limited since it is a construct

of ego...all based on our conditioning. A popular notion has been that our experiences create our perceptions. This is backwards. Our perceptions create our experiences.) or from a place of knowingness, total peace and infinite joy...or a moment of experiencing our 'God Self'.

A way to tap into the latter more frequently is to consciously place our attention primarily on our relationship with God, secondarily extending Creator's love through us. Remind yourself that it is not your gifts that you share, rather place more attention on allowing God's gifts to flow through you. You are called to expanding your awareness even further by 'de-personalizing' your mission. It isn't your work. You are a perfect channel for God's love... this is your highest purpose. It doesn't matter whether you are talking with someone on the street, sitting by yourself on a bench or sharing these gifts with others... the Creative Love Essence that flows through you is the same vibration all the time. You are being called to keep this awareness primary and have confidence that you always have this Presence. The more you put your focus on this (the experience of knowingness only occurs with mind silence... with daily practice the mind silence extends into all of our doings) the more congruent you will become in all aspects of you Being. This is the process of becoming a fully aware embodiment of spirit... the creation of Heaven on Earth. Always know that YOU ARE ABSOLUTELY WORTHY, PERFECT AS YOU WERE CREATED ... ALL THE TIME. YOU ARE ALWAYS IN THE RIGHT TIME AND THE RIGHT PLACE. YOU HAVE THE POWER TO CHOOSE YOUR THOUGHTS AND ARE NEVER VICTIM TO ANYTHING... NOT ANOTHER'S THOUGHTS OR ACTIONS; NOT YOUR UNCONSCIOUS MIND.

5. All 'resistance to change' patterns in the form of limiting ideas/beliefs, emotions and feelings have been released to allow you easier access to this level of confidence ... in the God Self rather than the limited self image.

6. Your Spread is listed below. Information was accessed, and any blockages to integrating this were released and transmuted on all levels.

- **Past** lessons which you have been cultivating experiences in order to learn and master are around: **Giving (exhale) and receiving (inhale)**. This must be in balance. It seems as though you may have spent a lot of your time in giving and not as much attention on receiving. On a physical level this can lead to strain on the neck/back muscles and vertebrae, tension on the left side of the body and drained energy. This can perpetuate the feeling that you are 'held back' or unable to really move forward. It also can leave you feeling ungrounded at times. Have you been romancing yourself... paying attention to what your mental/emotional/physical needs are in each moment? The ultimate receiving is in what was described above as 'hearing the Voice of God within'. Be still and accept your Self dear One. You are treasured beyond what you can imagine. Receive the Grace that is your inheritance...that is your very nature.

Present:

- 1. '**Cupid**' shows up. This is the romance of self and Soul. Is romance in balance in your life? The primary relationship is always you and Creator. In this, all of your needs are always met (you just may not always choose to realize this). If you are placing emphasis on anyone in your life to fulfill your needs, you are in that moment choosing to forget who you are. When we are in the space of forgetting that we create always just what we need in that moment...we suffer. At the core level, everything that we create (all situations...stressful and peaceful) are for the purpose of 're-remembering' Oneness. Therefore, there are no mistakes or accidents. We are always leading ourselves home... we have no choice over this...this is the Divine Will moving through us. You are being asked to be aware of what you are choosing... willfulness (ego directed) or willingness (being open to seeing things through new vision). Ask daily for guidance to see things differently. Our thoughts are meaningless (since they are all based on conditioning

from the past... our social, political, religious, familial, etc.). Romance yourself by dropping out of your head as often as possible and 'feeling' yourself in each moment.

- This will keep the channels of creative energy flowing fluidly through you. Thoughts (which coming from our conscious mind are never neutral...they carry polarized charges) interrupt our creative flow. Silencing the mind allows for inspired 'more coherent' thoughts to come to you (less polarized since there are no judgment charges attached). Rhythmically breathing while in silence builds the life force energy in the body/field...this creates a 'carrier wave' to potentialize and maximize the inspiration... creating a multidimensional portal for manifestations of clear desires and passion. When clear and peaceful, ask daily "How may I best share my treasures today?" Doors will open for you! There are already a pre-destined group of souls assigned to learn from you... the timing is always perfect. You are ready.
- **Entrepreneur** - Know that you currently have all the wisdom, all the drive, all the right stuff to be successful in your endeavors... financially, emotionally, mentally... on all levels. Trust in your success. It all goes back to creating the silence for inspiration to occur in. You have what it takes!
- **Focus on Service** - Again a support to what was already shared. Replace any thoughts about 'how will I make this work financially?' or 'Will my gifts be received and am I ready?' with 'I am a clear available conduit for Grace'. "How can I best be in service now?" Always remind yourself that it is not you, but the Holy Spirit (our right-minded Self) moving through your body/mind/field. This really works great. We always turn our classes and sessions over to the H.S. and get out of the way. It's like taking a good swig of 'liquid confidence'.
- **Future Guidance:** What do you desire? You have an opportunity to write the script according to your desires now. You are ready and deserving. Be still and let the clarity settle in... It is already within you.

7. Attractor fields for low frequency energies were closed; attunement to higher energy was made on all levels. However, part of our experience of expanding consciousness may include perceiving what we call 'negative energies' through feelings, thoughts, emotions act. Know that in truth there is no 'out there', there is no negative energies... only what value we place on experiences. If something coming in our field is unpleasant...it is just an aspect of our one mind calling for love (in that sense, it's an honor).

First, continue your devotion to silence, devotion and relationship with God. Focus on extending Love from your heart as a Light which is all inclusive...grow it daily, intentionally. This light will entrain incoherent patterns to a level of coherency, wholeness. If you feel 'taken out'... know that it is an unconscious creation of yours, no matter the form. Acknowledge your feelings, thoughts, emotions... bless them all and then send them to another most appropriate dimension for the highest good of all.