

Healing: To Touch The Human Potential

by

Levanah Shell Bdolak



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HEALING: To Touch The Human Potential

Levanah Shell Bdolak

Voyant

Malibu, CA



a **Voyant** Book

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Chakra graphic by Bob Hobbs

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HEALING: To Touch The Human Potential

Healing, Health, Empowerment, Transformation, Intuition.

HEALING: To Touch The Human Potential:/ Bdolak, Levanah Shell, Rev.

Archbishop—1st ed.

Book Layout © 2014 BookDesignTemplates.com

ISBN: 978-1-945177-54-5

Dedication

This book is dedicated to Gabriel Goldrain whose loving nature and healing spirit filled our world with joy.

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The Aura Coloring Book

Six Steps To A Better Life

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The Five Basic Truths

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Seeing The Incredible Aura

INTRODUCTION

My name is Levanah Shell Bdolak. I am the Director of an Energy School, and an author, a healer, an aura reader, a teacher and a Minister---I wear many hats.

Thank you for the honor of allowing me to share these concepts with you. I do hope that some of this interesting information will encourage you to develop new ways of thinking and perceiving about your own abilities and potential.

I was really struck by watching how people dealt with the great earthquake catastrophe in Haiti. We Americans sent teams of people to help dig out people and they run around like crazy trying to either raise money or send all sorts of boxes of survival goods that are difficult to distribute and get to the people on the ground in this devastated area.

Then I heard that the British, who are an island culture and quite more practical and organized, developed a basic system. They make a box and in that box is everything that one person will need to survive---a tent, some basic survival items and some food. So instead of dropping a 40 pound bag of rice on you when you have no clothes, no home, and no way to cook, the hardy smart British give you just what you need, all in one box, to survive.

And I was struck by how when we are born and we reincarnate into a body we also get “our box” our basic tools---our body, our energy system, a connection to the Higher Self, a connection to the earth and the oneness---and we have everything we need but we never realize that we have this box of tools. So most people run around in circles throughout their entire life trying to figure out who they are, what to do with themselves that is meaningful and how to survive. We have the knowledge and the ability and we usually do not realize it or connect with it. Our Human Potential is not about learning

NEW things but learning how to use what we have to our best advantage and ability.

You can heal yourself. You are a being of light. You can move the light around. It is time we learned to empower ourselves and use our true inner abilities. The abilities we have to heal, to move energy and to create a better us, and a better world, are within us and have always been there. We are just waiting for the time when we are ready to “wake up” and use what we have. You can wake yourself up when *you* decide you are ready.

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CHAPTER ONE

What is Healing?

Do you experience fear, out of control emotions during your day, pain from the past, financial struggles ?

I used to have many friends who meditated in the morning to feel bliss and then throughout their day they experienced so many difficulties.....

uncontrollable emotions, fear, financial struggles, difficult relationships---

Then I showed them some basic self-healing skills and after that they told me that their whole lives had changed forever.

Wouldn't you love to learn how to release your emotions, boost your health and well being, and create financial security during the day when all this is happening to you in real time?

If you do not have permission to suffer then you do not suffer- you find another way to accomplish something - without the suffering. Or, you translate your experience of suffering into life experience and you have experiences but you do not consider them or log them in as "suffering."

Life doesn't have any questions. It has answers. I suppose that you are thinking that if this statement is true why do most of us go around all of the time asking questions rather than having the answers. Well, we do have the answers only most of the time we do not know that we have them.

Healing Is the Act of Doing It With Energy

A family brought their child to one of our ClearSight healers. She had some sort of problem as one foot was longer than the other. The healer had her lie down and he proceeded to feel the energy of the shorter leg. As much as he could he moved the energy until the energy stretched to reach the length of the energy of the longer leg. He massaged the energy, stretching it to move it and shifting it into what we call Present Time. Then he subvocally communicated with the young girl's unconscious mind. By speaking to her unconscious mind he hoped to enlist her aid in healing herself. He also hoped to find the energetic cause of the problem and to release it. He worked for about two hours, slowly moving the energy in her leg and around it. Finally he asked her to stand up and to walk. Both her parents and her were truly amazed as her shorter leg had actually stretched and now was almost the same length as her longer leg. She could now walk with only a slight limp where before she had great difficulty walking without a rolling gait to compensate for her shorter leg.

To the parents this "healing" was the equivalent of a miracle. For the young girl it was a doorway into the world of energetics, to learning that we do indeed control our bodies, mind and emotions by using our spirit- the energy part of our-

selves. To the healer it was not extraordinary at all but simply the manifestation of moving energy.

Energetics is the art of being consciously aware of your energy and learning to massage or move it at will.

Healing with energy is the most ancient form of healing as it dates back to the beginning of historical time in every culture.

In our modern times most people who have a healing problem have been taught to go to a doctor and to ask him to heal them. They expect to be given a medicine or to be given an operation that will take away the problem. They have come to accept the doctor as the person who solves the problem.

But the ancient healers understood that every problem has a reason for existing and that the natural way of healing was to bring the true cause, which lays beneath the surface, up to the light. This would put the healee in touch with it so he could release it, or shift or change it or simply accept it and in doing so heal himself.

Healing with energy can seem miraculous but it is not really a miracle but a simple energy science, People heal themselves by touching their internal nature and realigning it with the help of a healer. Very few people understand what alternative healing is really all about. If they have a pain or an illness or a problem they go to a healer and ask “to be healed.” The healer simply moves energy. But it is the person himself who really does the healing by allowing the energy to move and to release.

Our ClearSight healers have healed people of hernias, heart conditions, anxiety attacks, some forms of arthritis, quickened the healing of broken bones and dealt with a myriad of healing problems to long to list. But the best healing happens

when a healee takes responsibility for healing himself and so understands that change really comes from within.

The Most Ancient of Arts

Healing is an ancient art. It has existed since the beginning of human life on this planet. And healing is not just about healing the body or the mind. It is usually and mostly about healing the spirit. If you heal the spirit you can heal the rest.

It what we call going to the head of the class---healing from the top down. If you heal the spiritual problem that causes the dysfunction then everything “below” comes into alignment. This is the old art of healing---to touch the divine and so to heal all beneath it.

But what is this ancient art? And how does it work? And how come some people can do this while others are totally bereft of this knowledge?

About nineteen years ago I lived in Northern California across the bay from San Francisco. We had our first Clear-sight Center there in Rockridge and I spent my days doing Readings, Healings and teaching Clairvoyancy and Healing and administrating our Center. One day a friend of mine who used to live in San Francisco but moved to Colorado called me and asked if I could pick her up at the airport. Jeanne (I am using a different name here to give privacy to my friend) would fly in once a year to work at and attend the San Francisco Film Festival. Each of her friends would help her. One friend would put her up at their home, another take her to the Festival or out to dinner and so she called and asked me to pick her up at the airport since I had more leeway—mostly doing classes at night, so I could easily spare extra time dur-

ing the daytime hours. I cleared my afternoon schedule and picked Jeanne up the next week at the airport.

Jeanne looked a bit haggard and hyper as I stuffed her suitcase into the trunk of my car. But I have picked up many a friend at the airport and there is something about plane travel that does make people look dragged out and hyper all at the same time.

“Where to now? I asked her. I was at Jeanne’s disposal to make her feel good on her first day back in San Francisco. “What would you like to do?”

Jeanne did not hesitate for a moment. “I want to go to a movie, if that is all right with you,” she stated.

“A movie!” But that is what you are going to be doing all week long! Are you sure you want to go to a movie?” I asked her.

Jeanne was positive so we chose a movie and off we went.

We arrived at the movie theatre really early. They let us into the empty theatre and as soon as we found our seats and sat down Jeanne seemed to sink energetically. She told me that she had been in turmoil for three days getting no sleep and being busy gearing up for her trip.

Suddenly she turned to me and asked, “Could you give me a healing?”

“Here?” I asked. “Right now in the theatre?” In those days I really did not like to do public healings waving my hands around so that everyone would turn and watch. True, there was no one but us in the theatre, but sooner or later someone was bound to walk in to watch an afternoon movie. So I was obviously not enthusiastic about doing a healing for Jeanne.

“Please!” she asked me in a gentle but tired voice.

Well that is the one magic word that would do it so I got into a healing space and proceeded to do a regular healing on Jeanne. I cleaned her aura and began healing her chakras. When we heal the chakras we always remove any foreign energy and anything the person is ready to let go of and then bring the chakra into present time, fill it up with neutral cosmic energy and also time and stabilize it. Normally when I do a healing I like to do some clairvoyant reading with it to view what is going on. But now there was no time. I had to do a good healing but a fast healing because I needed to be finished before the movie started.

And so I quickly but studiously cleaned each chakra in the way I teach beginning healers to do a full healing. When I moved down to the Heart Chakra I noticed a strange energy behind Jeanne's chakra in her back. It was like a bar of metal about three inches long and two inches in depth. It most certainly was not her energy and did not belong there so I took it away. I did not have the time to look at it clairvoyantly to see what it was though I could sense it was some kind of energy her father had given her to help her in life. But I did not have time to really "read" it so I just removed it. It took no energy and no effort to remove. I simply pulled it out of her aura and sent it back to wherever it came from.

Then I finished the healing just in time for the movie to begin. Jeanne slept through the entire movie. She was really very tired and that was what her body truly needed. After the movie I took Jeanne to her friend's home. I did not see Jeanne during the Film Festival. I was busy at our Center across the bay teaching healing and Jeanne was at the Film Festival day and night.

About 10 days later I received a call from Jeanne. She was back in Colorado.

“What did you do when you healed me that day?” she asked abruptly.

“Just a regular standard healing,” I answered.

“But you did a miracle,” she said.

“A miracle?” I could hear myself re-echo her words.

Now whenever anyone mentions the word miracle in relationship to healing my ears perk up. There are miracles and there are miracles but usually I did not do miracles in those days.

“What do you mean?” I asked her.

“You took my pain away. All of my life I have had this pain in my back. My father was a Union Leader and he had great medical benefits so I went to many doctors but no one could help me. I just learned to live with it and just suffer. But you took it away. Since that day when you did the healing I have had no pain. No pain at all. What did you do?”

“All I did was a regular student beginner’s full healing. But there was this piece of energy behind your heart chakra in your back that did not belong there so I sent it back to wherever it came from.”

Jeanne thanked me profusely, told me all about the Film Festival, the weather in Colorado and finally hung up.

When I healed Jeanne by removing the piece of metal like bar energy from her back behind her heart chakra I used no energy at all. I simply took it and sent it back to where it came from. It was not a difficult thing to do. It took none of my energy. It did not waste me out. It was not a very momentous thing at the time. But it totally changed her life. It removed a pain that Jeanne had been carrying since she was about twelve

years old. I find it amazing what you can do with energy healing! Since that day I have learned to recognize and remove foreign energy from people's aura and chakras. I have learned that there are many types of miracles you can do that are so simple energetically that a child could do it.

As you perform Healings you will come to fully realize just how much shifting the energy in your life can totally affect and change who you are and what you do. I always find it so amazing when I can simply move energy in someone's aura and their pain disappears, their stiffness melts away, their emotional trauma is released, their body, mind and spirit come into alignment and they experience wellness.

However, healing is simply one example of how human beings can use their ability to move energy to change their living situation.

Humans were meant to be always in touch with the earth. When we humans recognize that we are a part of nature we begin to own our true innate abilities. When this planet was formed there were three major races of Beings attached to and creating this planet. The Oneness (Supreme Being or Keeper of all of the Heavens); and the Gods the Angels & the Fairy race of energy beings who actually tend nature to make it continue; and last but not least, the human race. Actually the human race was not here when the planet was formed but was introduced later. We, the humans, are the race on the planet that has what is known as Free Will. The Archangels, the Angels and the diminutive Fairy races and elementals who tend and keep nature are all of one type of essential Being and do not have Free Will. We, the humans were given Free Will to do as we please and see fit. But unfortunately in the last one thousand years we have moved away from our ability to keep

in the true line of evolution---to be connected with our nature and the ever-changing nature of the planet. And so we have become more of a destructive than a constructive race of Beings at this current time.

It with our power to construct, to heal and create with energy that our true future lies. We have the power to live to the age of 500 years but we have not opened ourselves to the power to feed ourselves properly or to care for the earth that must support us if we attain our longer life span. And so we are not ready to access our long living ability at this time.

Our healing potential demonstrates our ability to use energy. As we use energy we reconnect with our mythos, the ancient stories and inner beliefs that connect us to the true potential of our energy selves. We are energy beings in a body. As a race, we have become dependent on outside appendages, the science of technology, which has often become the new God for many. In the next Age of our Existence, the next 2000 year of the Age of Aquarius we will see many new technological and biological inventions. However, what is more significant is that we will see how our ability: our use of energy as human beings will eventually merge with these new inventive techniques as we start to live up to our true potential as a human race.

CHAPTER TWO

HEALING BY THE TOUCH OF ENERGY

Everyone is born with the energy and the information to be able to heal themselves or another human being,or an animal or even a tree or plant,,,, or our planet earth.

Some people have practiced healing in past lives so they often carry over the sense or feeling of what it is like to use your healing ability. Other people take a class in some kind of energy work (meditation, creating abundance, telepathy, healing, etc.) and start to connect to their inner ability of healing. And then there are people who start to connect with their spiritual nature and just naturally connect with their healing potential.

It is amazing how we hide our true spiritual nature from our conscious selves. We are born with all of the psychic and spiritual abilities set into our energetic systems. It is all there

hidden within us. Imagine that, like a computer, you have many applications placed into your system. However no one has given you the operating system. So, at first you are mostly aware of the hardware system---your body and basic use of it. As time goes on you grow into deeper conscious awareness and become aware that you have emotions and feelings and that these feelings affect your body. But buried deep within your “software system” is the information and controls for the skills to use your energetic system, which houses your true ability.

These energetic skills range from telekinesis, the ability to move a physical object using your energy to telepathy, the ability to communicate with others non-vocally. Yes, there are actually many skills that are “programmed” into everyone’s energetic system. Very few of these skills are accessed by the average person. Many people will deny that these abilities exist until they have a personal experience. And these skills are more wide known than you might think. Most people who own an ability usually are afraid to mention it to others for fear of being ridiculed or being seen as mentally unstable.

I’ve had friends who could tell you word for word what you wrote in a letter-----a letter they had never seen. And my friend could tell you that even though you lived two thousand miles away and even if you had not even sent the letter to anyone yet. I had a friend who could take a piece of clothing, touch it, feel it and then tell you where this person was located ----right down to the building and description of the front door number in another city. And yes, he was correct. That skill is often called psychometry, the ability to glean information from a physical object by holding it in your hand. However once you visualize the information you receive then

you are using your skill of clairvoyancy, which is the ability to see clearly.

Let me give you a short list of basic intuitive skills we all have and sometimes unknowingly use in our every day experiences.

Telekinesis is the ability to move a physical object with your mind and energy.

Clairsentience is the ability to feel and sense emotion.

Psychometry is the ability to know the history of an object by feeling it.

Out of Body Experience and Out of Body Memory, enable you to remember what you do when you are out of your body. This enables you to know and connect with your energy self.

Affinity is an ability that allows you to love in a spiritual manner, which is the essence of knowing we are all one.

Clairaudience is an ability that means you can hear Beings not in bodies or hear Beings who are in bodies.

Telepathy is a skill of being able to communicate with others without using your vocal cords.

Clairvoyance is the ability to see images, pictures, energy or colors.

Abstract Intuition is the ability to arrive at a concept without going through logical processes.

Precognition is the ability to know or foretell the future.

Healing is the ability to affect change, to cause change in yourself and in others.

There are other skills, some of them documented and some that we have not even unearthed yet but we can sense they exist.

We are now entering the age when science and metaphysics are beginning to integrate. Truly our real future is not just

about developing technology but also learning how to use and integrate intuitive skills with the technology.

Of all of the skills that we experience, see and teach at our School ClearSight, I truly believe the most powerful skill is healing.

When a person learns to connect to his healing ability he learns to empower himself. You see, healing is the ability to affect change. Now you have to come to understand how you perceive healing. When the term healing is mentioned many people think only of physical healing. However the concept of change lends itself to every part of your existence: emotional, mental, financial, and the ability to shift energy to bring things towards you or push things away from you; or to create growth of plants, trees, animals and the earth itself. For example, my mother-in-law had a green thumb. Her plants always seemed taller, greener and fuller than everyone else's plants. Of course if you looked at her aura you would see a green layer of energy in her first and second layers, which are the layers that relate to the physical body and to her emotional system.

You can recognize a natural healer in four basic ways. First of all healers have a green or orange in their auras and when they start to heal that green or orange energy often flows out of their hands. As healers start to open their systems their hand chakras open in the palms of their hands. Healers often have sweaty hands. So when you shake hands with an adult and that person has sweaty hands often that person is a natural healer. Natural healers also often have a slightly higher body temperature. When healing energy moves through a person it often raises his body temperature.

As I mentioned above, we often do not truly understand the concept or process of healing. When you listen to music or go to a concert you often are experiencing a healing. When you go to the beach or hike in the mountains you are experiencing a type of healing. When someone tells you a story or when you listen to a comedian or watch a comedy movie you often receive a small healing. However there are people who cause your system to open and release whatever is stuck in your system and those are natural energetic healers. Sometimes these people do not even know that they heal all those they come into contact with. Their form of healing is what we often call a sort of permission. Their Higher Self, their energy Being, gives you permission to open your system and so you begin to feel relaxed and at peace. When you open your system, all of the old, stuck or conflicted energy flows out of you. There are some people who heal on a heart level as they naturally vibrate a love energy and that gives you permission to open your heart because you feel loved.

So obviously we have many different versions of healing. Energetic healing is when the movement of your energy causes you to change and thus to be healed. The ability to move energy also gives you the power to change what is happening outside of you in the world around you. It gives you the power to pull abundance towards you or to push pain, fear, old or foreign energy away from you. Therefore a healing skill encompasses the ability to “move” energy.

In true reality everything is made of energy and thus if you can truly understand this and know it deeply within you, then, you can change everything. However, it seems that at this time in our evolution people are not ready to completely comprehend the value and essence of what this truly means. What

it means is that you can heal yourself by simply changing your energy. However it also means that you can change your world ---the warp and weave of the very energy of your world----by moving energy. So, yes, if you owned the power to actually move energy you could change the structure of any physical object: a chair, a building, a bridge, a glass. And so you could redesign and rebuild a world to your true idea of paradise. Of course you are going to think this is a pie in the sky concept. It is the truth of our future evolution. It is what we are eventually going to be: Masters of our own Energy. And yes, it is most certainly true that we are not there yet.

But, one of the ways for us to learn about our own energy and to grow into our evolved selves to reach our true paradise is to learn the basics of healing.

Through 37 years of teaching energetic healing I have discovered that the process of learning healing and performing actual healings opens you to a whole new level of awareness. Our system of Evolving teaches you to stream light force energy through you as a cleansing meditation and this pushes out old stuck energy, both physically and energetically and so raises your vibration. As you learn to use healing skills to move energy, to literally pull harmful pain or illness directly out of your body, you begin to shift your consciousness. You start to learn that truly you are capable of changing what you feel, what you can accomplish and what you believe.

As you learn to heal, your consciousness changes about what is possible for you to really accomplish using just pure energy. You do not change your awareness because someone convinces you or because you read this or any book about healing. Reading or listening to other people's stories or even "believing" is not what changes your own personal con-

sciousness. Reading, hearing a story, or believing something is in your mind. And what needs to shift for you to empower yourself is not the belief in your mind but the use of your consciousness. So it is not what you think but what you do or experience. Your body is your vehicle. Your mind is your will power. And your conscious awareness---your spirit is your energy that empowers all of you.

What changes your consciousness is when you actually move energy to heal and it works. Feeling, observing and experiencing a healing changes your awareness.

One day I was playing handball at my local gym with a friend. Every time the ball came towards me at a certain angle I had difficulty hitting it. Finally it so annoyed me that I started to look clairvoyantly to see why this was happening. As I looked at my arm I noticed there was something, some piece of dark blue energy sitting in my elbow chakra. As I looked at this it seemed to be a piece of information from my grandmother. Now I hardly knew my grandmother. I have fuzzy images of her from when I was maybe seven years old. She passed over by the time I was eight years old. Yet here was some information she had left to help me. Only it wasn't helping me at all. It was actually hindering my ability to hit the ball. So I took the energy and sent it back to her. I knew it would return to her essence wherever she is now. And immediately I could feel my arm shift. It was if my arm straightened itself! And then hitting the ball was easy. For days I was aware that my arm felt entirely different. It was then I began to truly understand within me the power of what energy healing is really all about.

The very first time you experience something physically changed by moving energy you will know within you the

value of your own inner power. And over time, as you perform more healings on yourself and others, you will come to know, on a very deep level, how this works. Healing is the easiest method to illustrate the power of the human spirit. Healing empowers you to change faster than you "believe" is possible. We must bypass the mental beliefs of what is real, what is truly possible to accomplish with pure energy and what we "think" is our inherited destiny. Because we are much more than we believe we are.

So I must state once again, it is not what you think or believe in your mind but what you can do with your energy. Sometimes people "believe" in the spiritual evolution of the human race but they do not take action to actually make this happen. Often people tend to think that changing their consciousness in their minds is creating awareness that will transform our human race to ascend to the next level. We do not have to ascend to the next astral level or to reach paradise. We are in paradise but we do not know it. And so we do not access the power we have. You cannot "know" this power in your mind until you "experience" it in your body, and in your physical life. Healing is one path that enables you to reach your true potential in an easy manner.

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CHAPTER THREE

YOUR ENERGETIC SYSTEM

One of the easiest ways to understand how to clear yourself of fears, dysfunctions, and stuck emotions is to know how your energy system functions. Throughout history people have postulated various explanations of how the mechanisms of your body, your mind and your energy systems are structured. I would like to share with you the Clairvoyant System. By knowing and understanding this system you can begin to understand how to release anything from your conscious or unconscious energy system that prevents you from reaching your highest potential. You can also begin to learn how to access the skills that enable you to own your personal path to the state of enlightenment.

Let's try to make this simple and easy to perceive.

CONCEPT:

Your body is your vehicle.

Your mind is your will power.

Your energy is the life force of your spirit.

RULES OF THE ROAD:

The basic rule of energy is that it has to keep moving. You are constantly growing and shifting every moment of your life.

When your energy stops it is called a block. Actually the block is what stops your energy from flowing freely.

You have limitless possibilities to reach your true potential in this life.

Your truths and your skills exist within you. You were born with the intuitive skills to own and use your conscious awareness.

You create your own reality. It is the energy of your thoughts, your feelings, your actions and your reactions that create what happens to you. This is called Free Will, when you choose your own actions.

Love is the energy that heals. Love is the energy that transforms. Fear, hate, anger, jealousy, frustration, grief and irritation must all be cleared to reach your next level of development.

Energy comes first. Energy is mutable. You are not what you feel, or think. You are a pure energy Being. Your energy is your soul, your essence, your Higher Self, your true inner nature and the truth of who you really are. Know your energy and you know the secrets of the universe.

If you understand how your energetic system functions you are then capable of using it to the best of your ability.

To understand how your energy system functions we have to start to look at this from the very beginning. So bare with me as we go through the technical explanation of how your energy actually functions to feed both your subtle and physical bodies.

In the Beginning

At the moment when you come out of your mother's womb to enter the physical world independently your life force energy system has to also enter into your new baby body. Think of when you first purchase a computer. Usually the computer comes with some basic programs that are previously installed. In the energetic world this would be your basic body. Then you decide what applications and programs to install. This would be when your energy self sets up the streaming life force process in your body.

When I was a child I went to summer camp. Every year my mother would pack up a large trunk with my clothes and toilet accessories. One of the many useful items she would give to me was a plastic folding cup. It had various sections that folded down into a flat piece. When your baby body enters the world your Crown Chakra (energy center) moves down and sits like a little crown on your soft spot located on the top of your baby head. Within it, like the folded cup, are your other six major chakras plus your elbow and hand chakras and your knee and foot chakras. These chakras then fall into place along your spine and in your arms and legs.

Your Energy System

This is your energy machinery. And your chakras become like the locks in a canal as they help the energy to flow through your channels and to reach each energy center (chakra) below it, as each one then steps down to a lower vibration and function.

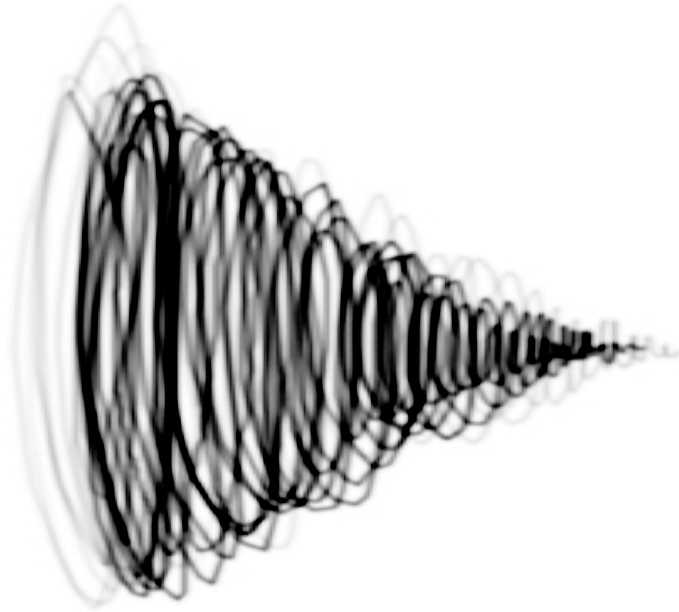
You have two channels along your spine and also channels that run across your shoulders down your arms and into your hands as well as channels that run down your legs and into your feet.

Once your energy system (chakras and channels) are set in place your life force energy enters and flows through this system. It is your spiritual life force energy that activates your physical body.

Your life force energy flows through your entire system and as it enters each chakra that energy flows out and forms a layer of your aura that spins around your body in an egg shape. You have seven major energy centers (chakras) and so you have seven main layers of your aura. This energy also permeates every cell, organ and tissue in your physical body to charge you with life force.

Babies however do not have the mass or strength to use this energy so often babies and young children have their auric energy mostly situated above them waiting to move down when they have formed enough stature to activate and use it.

Chakra is a Sanskrit word. Most energy workers tend to use the Hindu terms for energy systems because this is one of the oldest documented systems as written in the ancient Vedas texts. Chakra has many meanings in Sanskrit such as wheel, circle, cycle or disk. Many people who see chakras describe them as spinning wheels because if you view a chakra from the front (in the front of the body) it appears to look like a spinning wheel. Actually chakras are vortexes of whirling energy that are shaped like a funnel that goes through your body with the wide part in the front and the narrow part in the back.



SEEING A CHAKRA FROM THE SIDE
THE WIDE PART IS THE FRONT

Your chakras interpenetrate (go through your body) and also extend out from your body to reach into different dimensions. You could describe the chakras as power stations that energize your physical organs, define your reactions and charge your life force. Your chakras open and close like a spiral, like the lens of a camera.

Each chakra has a specific function to control and manage your energy. Each chakra governs a different level of awareness or different ability in your body. There are hundreds of chakras in your body- wherever there is a joint or where energy comes together it forms a small chakra. The seven major

chakras along your spine are the big ones that are the most important because they govern the major functions in your body.

In our ClearSight Clairvoyant Program we call chakras Doorways of Perception. Learning about the chakras, how they function and what they do is an intellectual exercise until the day when you “feel” the energy of the chakras from your inside. On an intuitive level you will always have a natural understanding of your chakras because you are using them all of the time. These fascinating energy devices control and energize both your vital organs, your physical body and your energy self. Chakras send energy outwards from you and bring energy in towards you. We call this energy information. When you give yourself a healing or heal another person one of your protocols is to cleanse, balance and stabilize the chakras to function at their highest capacity.

Now is when you should be asking why all of this esoteric information about chakras is so important. How does this enable us to both advance spiritually and probably, more of interest to the average person, how to have a better life? How can knowing about, understanding and learning to use and govern your chakras create a happier, wealthier, healthier life?

Knowing your chakras from the inside enables you to feel and know what is going on within yourself and to govern what actually happens to you. Knowing intellectually, or remembering all of the information about how a chakra functions is not necessary. You will come to feel and know the functioning of your chakras on an inner level. When you can feel a chakra open and close or know what is happening inside your own chakra is when you can have a measure of control to choose your actions in life. There are basic healing

skills that allow you to become aware and sensitive enough to feel and direct your chakras from your inside. Just as you can feel your lungs or your heart, your stomach or your intestines from your inside you can also “feel” your chakras.

Let’s say that you are standing at the curb and start to cross the street before the light has turned green. Suddenly as you step off the curb a car picks up speed and appears to be heading right towards you. At this point your First Chakra opens wide and sends a message up to your Third Chakra which then also opens wide and you immediately jump back on the sidewalk to avoid the speeding car.

Your First Chakra governs your survival. Your Third Chakra enables you to take action. Once you are safely back on the sidewalk your chakras return to their original state. When your First Chakra opens wide it is sending a message up to your Third Chakra, saying, “Emergency. Danger. Take Action to save your body from being hit by the car.” Your Third Chakra then takes the action to give you the message to move fast. If you are sensitive when this happens you will feel your chakras open. When you First Chakra opens widely your adrenal glands go into overdrive to help you survive. So your legs might feel shakey afterwards as adrenaline flows through your system. Your chakras function at their normal level of openness until something happens to cause them to take specific action.

However you do not have to concentrate on feeling your chakras. That will happen naturally.

There is an easier method for knowing what is actually happening with your energy.

And this is the part of your awareness that can help you to create the life you want to have.

The Secret of Transformation

This is the system that can allow you to shift your energy during the day when you experience the special moments of your life.

Once you understand and know how to use simple basic techniques to release the energy that causes your emotions, your feelings, your physical illness and discomfort as well as the blocks that prevent your success.....you will have the power to change whatever you choose to shift.

Your chakras have many functions but one of the most important functions is that your chakra is a filing system. It stores all of your images or what we clairvoyants call pictures.

Pictures are the visual images of your memories. Within these images is stored the “charge” of energy that was emotionally experienced when you originally had this experience. Some memories have only a small amount of energy attached to them. Other memories of hurt, pain, traumatic incidents, successes and failures, have tremendous amounts of charged energy stored within them.

Your chakras are your filing systems. When one of your “pictures” moves from your chakra out into your aura it means you are using that picture as part of your functioning mechanism in present time. That image is influencing what you feel, what you think and what you do. It is feeding you information.

When an image is moved from one of your chakras out into your aura we clairvoyants say it is “lit up.” We say this because usually the picture looks like a stained glass window when bright sunlight shines through it. Most people live with

their pictures without ever really understanding or noticing them. However when a picture is “lit up” in your aura it is usually controlling you. This is because whenever your pictures are moved to the forefront of your consciousness they can actually take over and strongly affect you.

Most of us live with our pictures without really understanding or noticing them so we do not “see” them or realize that they are lit up and that we are acting off of them. We think that this is the way we truly are! But it is not! It is just your picture. If you change your pictures you change yourself and the way other people relate to you. And this can truly affect your success ratio.

So the big question is: How can you learn to see your pictures, or be aware of them and then remain clear of being affected by them?

You do not have to be clairvoyant to see, or feel or know your pictures. You can become aware of these images and you can learn to de-energize them when they are prominently in the forefront of your consciousness. To some extent it is learning to notice what is happening with you and choosing to change it. We call this “conscious awareness.”

Let me give you some examples of what I am defining as a “picture.”

Your picture literally is your memory and looks as if you took one frame of a movie, stopped it and stared at it. If it would be a highly charged image then the colors are heavy or perhaps it is difficult for you to see it because it has such an immediate strong affect upon you. If it is a highly charged image then you will “feel” what you felt when this experience originally happened. However, if you have the Evolving skill you would immediately de-energize it by removing the

charge. Then the next time you would remember that experience you would not feel the emotion because the charge would have been released. It is the charge that causes you to unconsciously react to it and take action based on that feeling.

Some images have only a small amount of energy stored in them while others that represent traumas or flashbacks of survival events can be highly charged. If an image is highly charged it may take you maybe fifty or one hundred times of focusing to de-energize it properly. However, once the charge is fully released you no longer are affected by this memory.

In this way you can start to learn to recognize when a picture lights up at the moment you are experiencing it and release it immediately. In this way you would not hold onto your bad feelings, hurt or emotional pain. And you do not have to be an experienced Clairvoyant to recognize and clear your memories. You can learn this awareness by simply paying attention to what you feel and where in your body or energy field you sense it. As you channel streaming light energy through your energy system you become more sensitive to knowing and feeling your inner self.

If your friend tells you a sad story and if you have anything similar it will cause your pictures to suddenly be energized. If you get angry about something there is a good chance it will also pull up all of your previous images of anger from your past. This is often why some people seem to have a tremendous angry reaction that is much stronger than what they are angry about in the moment. Once lit up they draw on all of the stored previous unreleased anger.

If you watch a movie and it displays some life experience similar to your own it will light up your pictures. If you are aware when this happens it gives you a special chance to

clean the charge from your pictures and so raise your energy level and your potential. Once you remove the energy from these images that can control you then the images no longer have the ability to affect you.

If you were to have a friend who is going through a divorce and telling you about her experience and you start to remember when you got divorced. All of your divorce memories start to get “lit up” and move into your present consciousness. Some of these pictures will be strongly charged with the energy of anger, frustration, hurt, a sense of failure, sadness, regret, and all sorts of emotions. These emotions if kept in this charged environment affect both your physical body and your emotional and mental wellness.

There are pictures everywhere- in your aura, in your body, and in your mind. There are hundreds, or I should state, thousands and millions of them. However, they are not all “lit” up all of the time. When they are lit up is when we act them out or act through them. They are “lit” up when energy is going through them and they appear bright - like movie screen pictures appear or like slides when you hold them up to the light. When they are “lit” up we become aware of them or aware of our reactions because of them. This is when we can use our abilities to get the energy out of them. As we remove the energy As we remove the energy from our pictures we are clearing our auras, minds, and bodies of excess emotion and of past memories that can influence us.

Many of our Clairvoyant teachers, graduates and students find this system of releasing the charge in your “pictures” to be, in many cases, faster than conventional therapy or extremely useful while in therapy or analysis. The beauty of using these Clairvoyant Evolving techniques is that you are in

charge of what you release. You are in charge of how fast you can change. These skills can be used all throughout your day. And when you use these skills you elevate your certainty to be secure in your own actions. So your self-esteem increases. Your energy increases. Once you release this charge the energy stored in a specific form now returns to you as new clear life force energy. In other words, you transform the stuck energy into super high powerful life force to create something new in your life. You actually have the ability to transform the negative charge into a positive new action.

So what exactly is a picture?

A picture is a unit of energy. How much energy is in your picture is how much it can affect you. Sometimes it is difficult to see a picture because there is so much energy in it that you have lost neutrality and it affects you very strongly. When a picture affects you very strongly we say it is running you.

This means that the picture controls you. When a picture gets lit up in your aura it begins to collect energy. The energy in your aura is always flowing and moving around you.

As the energy in your aura moves through it the picture becomes more energized. As you add more emotion and "feelings" to the picture (whether it is consciously or unconsciously) you are feeding it and soon it has so much energy in it that it takes over a part of your aura and it controls you.

I would like you to see if you can notice and be aware of what charged energy you think or feel controls you.

What feelings take over your sense of self?

What do you fear that when it gets lit up it seems to dominate or fill your entire consciousness? What images (feelings)

do you fixate on, get compulsive about or get in a rut with and keep playing like a broken record?

It can be difficult to recognize when something is happening, that you are actually being controlled by one of your pictures. It is fairly easy to recognize it afterwards when you realize that you were "out of control" or unable to function normally in your own reality, or fixated upon one particular image or emotion.

For pictures that take "control" of you ----- you have to keep consistently taking the energy out of them until there is not enough energy to affect you. We do this by using our Evolving skills to de-energize the charge in the image.

When there is too much energy in any one experience it begins to control you and you have lost your Free Will!

Most people do not like to admit that they are being controlled by their pictures, or what they might call their emotions and so refuse to do anything about it when it is happening. When something happens and you find yourself out of control you have to ask yourself right at the moment- what picture am I working off of - can I take some energy out of it? Strong emotional energy is stored in your pictures. Whenever you have a very strong emotional feeling it is energy in a picture.

Any time you sit down across from someone, in a waiting room, at dinner, or in any social situation you will begin to bring up what is similar in you to this person. You will unconsciously match your energy to the other person and whatever is similar will move into your consciousness. Often this will cause you to draw people to you who have similar issues in life. We choose our friends because they have the same challenges that we do. Your Higher Self (your energy self)

purposefully pulls people towards you that allows you to see a more extreme version of what you need to clear or deal with.

Whenever you meet someone and have a very strong reaction to that person there is something similar hidden in your own unconscious energy. Once you understand and realize this you can thus use every experience in your life to clear your energy.

You are in charge. Your energy will always do what you tell it to. If it does not do what you tell it to then it is not your energy and you should send it back to wherever it came from. Owning your right to use your energy is your birthright. You were born with the ability to use your energy to create whatever you want and need on the planet and all you have to do is wake up and acknowledge and use your own ability. No one can do this for you.

Many Psychic Readers read by looking at the pictures that are located in your chakras. However the chakras are your filing cabinet and the actual pictures that are what you working on currently have been moved out into your aura. Seeing your aura shows a Reader what you are doing right now.

Inner peace begins the moment you choose not to allow another person or event to control your emotions. Joy and bliss can enter you consciousness when you are not constantly reacting to the images stored in your energy system.

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Sign up to be on our mailing list to be notified when our Self-Healing online program is offered by E-MAILNG us at Clearsightevolving@gmail.com.

If you are interested in learning to be a Healer call or e-Mail us about our Energetic Medicine Healing Programs at 310-395-1170 or cleartsightevolving@gmail.com

TO TOUCH THE COSMOS AND BRING IT DOWN TO EARTH

You are what you believe you are

You are an energy being in a physical body

There is a whole world of knowledge and awareness that humans block out because we have not let ourselves evolve to the place where we can use it

Why is this? And how can we get beyond this?

And how do we allow ourselves to evolve past this?

What we see and what we do not see is how we use our perceptions.

I've taught energetic healing for the last thirty-seven years and I've noticed how people react to learning the skill of healing. Healing is one of the easiest skills you could ever choose to learn. Even if you do not understand what you are doing, or how to do it, or whether or not you know what you are doing, you can still do a powerful healing.

**Healing Is The Simple Act of Accomplishing
Daily Miracles**

A few years ago while I was teaching at our ClearSight branch in Tokyo, one of my interpreters came to interpret on the second day of our weekend Seminar and she looked a little strange. She seemed to be having trouble speaking as if her throat was full of cotton. On a break, while the students were practicing Healings with one another, she turned to me and told me that she knew that something was wrong with her energy. She told me that the night before when she went home she fell asleep on the train and when she woke up she felt some blockage in her throat as if she had suddenly acquired something there. Then her throat began to itch and soon her body felt achy as if she had a cold. She looked at me and told me that she knew this was an energy thing but somehow it made her “feel” sick and asked if I could look at it clairvoyantly and heal it.

My interpreter had fallen asleep on the train. When you leave your body during the day then it is like an unoccupied apartment with the front door left open. It is easy for people to throw energy at you (intentionally or unintentionally) and that energy can easily get stuck because you are not there to push it away. If you are fully awake your energy self will either not accept the energy or will energetically push away foreign energy. When you are not in your body it is easy for the energy to stick or stay. Foreign energy can block your chakras or stuff up your aura. Someone had sent some energy to my interpreter. It was someone she knew who was not happy with her life.

The energy had nothing to do with my interpreter. Sometimes when your friends are unhappy they will send their energy and their unhappiness over to you. They do not mean to harm you. They are just sending their feelings and their

consciousness to you. Unfortunately this energy can get stuck in your aura or in your energy centers (chakras) and then it can block your natural energy flow. Once your energy is blocked your body starts to accept a different message and feels and acts sick.

My interpreter looked like she had a large bag of unhappiness stuck in her throat. I took the energy and sent it back to where it came from and rebalanced her throat chakra. I filled her throat chakra with cosmic love. Love energy always causes you to unconsciously start to heal yourself! How does your throat feel now? I asked her. It feels better she said, but it still feels itchy. I held up my palm to her throat and it felt like a sharp tingling sensation that seemed discordant. I pulled out all of this energy and smoothed out her throat center. And now, how does it feel? I asked again. A smile came upon her face. I don't feel sick anymore! I feel great. Thank you! I knew it all had to do with energy but somehow I kept thinking I was getting a bad cold. My interpreter smiled. It is so amazing, she said. Now I feel totally fine but a minute ago I felt I was coming down with this awful cold. Really like a miracle!

I told her she was learning about how to validate and believe in her energy self. Once you can heal yourself you can always realize that energy comes first. If you change your energy you change your physical body, your feelings, your health, the amount of money you make at work and so on. Just by moving your energy you can change your entire life. It is easy and it works, but most of us do not believe it. Many people do not believe that they can shift or change but once you experience this quick shift that we like to call miracles you are never the same. Your mind begins to accept and understand

that everything is governed by energy and that you can be the person in charge of how you move or use your energy! You do not have to believe this to make it work. All you have to do is to move the energy: and whether or not you believe, it will work.

We have been socialized and brought up to believe first in the physical world but truly we are Energy Beings who occupy physical bodies. The light of our energy self is our connection with the Oneness and the God force. It is this inner light that projects love to all around us. It is this inner light that enables us to create miracles.

Anyone can create miracles to heal themselves and others, to change their lives and to create peace and beauty and a better world. At our ClearSight Center we present these Evolving energy moving skills in our Healing Seminars both online and in person----- as the ability to move energy and therefore to shift or change your physical body, your emotional body, your mental self or your spiritual essence. Truly you are the person who creates the life you have. If you are not happy with the way your life is right now or if you want to change something all you have to do is learn to connect with your inner light that we call your Higher Self and move your energy. In Healing and in energy work small Miracles are really everyday affairs.

THE MOST BEAUTIFUL ENERGY IN THE UNIVERSE

The one thing I have learned from day one about healing.....is that love heals. Sometimes when a student learns how to heal he or she thinks that he is the healer. But when you heal someone you are exposing him to that special universal awareness that then allows that person to heal himself.

What am I saying here? I am saying that you cannot heal someone who does not want to heal himself. Many of us have learned this with friends and family who have become addicted to drugs or alcohol. A person has to be willing and ready to change for a healing to work. Often your self-esteem is what affects the amount of love you give to yourself. When that love dips and falters so does your immune system and your belief that you can heal yourself or that you can be healed.

So with healing the Beatle song lyrics, “Love is all you need” really fits the bill.

Owning your love of yourself also shows you how much you can own your love for others. Love heals. However that love must be unconditional. When you vibrate love both your immune system and your inner power strengthens.

Vibrating love is learning to fill your life with love energy. Many people focus more on the negative than the positive. It is easy to know what you do not want or do not like. The negative can be very strong in our lives.

So I ask you to look at these questions and see if you can answer them.

Can you list ten things you like about each of your friends?

Can you list ten things you love about your life?

Can you list ten things you love about your job?

Can you list ten things that make you feel good?

Can you list ten things that cause you to feel joy and love within yourself?

If you cannot answer these lists then you might be devaluing yourself and often feeding yourself negatives.

To heal yourself energetically you need to keep more of the positive than the negative in the way you feed yourself. We use Evolving skills to de-energize the negative because once you release your negatives you can ride the wave of your positives.

During a normal day do you think critically or judgmentally, looking at what you do not like or do you think positively about those things you really enjoy?

What you think is what you are. What you think controls your emotions and your emotions then control the physiology of your body. When you think in a critical or negative fashion your aura turns a dark blue. Your energy gets duller and darker when you are judgmental. So you move to a lower vibration. At a lower vibration you have less energy and less ability to manifest abundance or material items in your life. At a lower vibration you have less self-esteem. At a lower vibration you

are more depressed, less happy with your self and your life and less active.

When you think in a loving and joyous manner your aura turns pink, peach or rose. It gets lighter and brighter. Love feeds you with positive energy and this attracts all good things towards you. When you think and feel and act out of love you naturally create abundance in your universe. Feeling love heals the body of sickness, the emotions of stuck behavior, the mind of obsession and the spirit of loss. Love heals all. If you want to experiment with healing yourself with love energy simply direct cosmic love energy (in a pink, peach or rose) into your aura and into your body three or four times a day-throughout the day. As you fill your body and energy field with "love" energy you will begin to notice you feel stronger, more certain of yourself and have less doubt about your abilities. Love is the most powerful energy in the universe.

When a person in love enters a room it entirely changes the energy of the room. The person's aura is usually a beautiful clear pink and everyone in the room feels the unconditional love that vibrates and bounces off the walls. It gives everyone permission to express love. And love is the energy that heals, gives you permission in life, as it creates joy and abundance and all of the good things that make life special..

Every energy worker knows that love is the energy that heals. I learned the healing technique of bringing cosmic love energy into the body, which enables the body to heal faster. When you think in a positive manner and vibrate love in a situation it clears everything. This is not sending your love to another person or wishing for love to come to you. This is the process of using neutral cosmic energy that allows a person to be his true self without the expectations of others.

If you move your own personal love energy over to another person that energy carries your “pictures” which are your beliefs, habits or patterns. So it is always wise to use cosmic neutral energy that is “pure” love and holds no patterns, beliefs of expectations.

We humans seem to have difficulty with the concept and practice of unconditional love. We seem to always want our loved ones to be the way we perceive they should be. So often we love our friends, lovers and relatives more when they conform to our idea of how they should act in different situations. Unconditional love is a great lesson we are only beginning to approach in our human development

Often people who want to be in a relationship feel that if they find the right person then love will come to them. Love is not something that comes from outside of you. Love is within you. If you allow yourself to find the love within then love will be with you. We call that phenomenon “like to like.” That means that if you think positive, act out of a positive framework, fill your body and your aura with cosmic love energy and own your own loving self, and so being supportive to yourself, then love will fill and surround you. Love heals both physical, emotional and financial problems. Loving yourself allows you to have more. Loving yourself is self-esteem, being in tune with your body and feeling at one with the universal energy. To love yourself you also have to release your fear, your self doubt, and de-energize all that stops you from just enjoying life in the moment.

Within each of us is the love we want others to bring to us. When you feel and radiate that love you shine with the light that pulls love to you. Your love is the light within you.

But what most puzzled and confounded you was a long, limber, portentous, black mass of something hovering in the centre of the picture over three blue, dim, perpendicular lines floating in a nameless yeast. A boggy, soggy, squitchy picture truly, enough to drive a nervous man distracted. Yet was there a sort of indefinite, half-attained, unimaginable sublimity about it that fairly froze you to it, till you involuntarily took an oath with yourself to find out what that marvelous painting meant. Ever and anon a bright, but, alas, deceptive idea would dart you through.—It's the Black Sea in a midnight gale.—It's the unnatural combat of the four primal elements.—It's a blasted heath.—It's a Hyperborean winter scene.—It's the breaking-up of the icebound stream of Time. But at last all these fancies yielded to that one portentous something in the picture's midst. THAT once found out, and all the rest were plain. But stop; does it not bear a faint resemblance to a gigantic fish? even the great leviathan himself?

In fact, the artist's design seemed this: a final theory of my own, partly based upon the aggregated opinions of many aged persons with whom I conversed upon the subject. The picture represents a Cape-Horner in a great hurricane; the half-foundered ship weltering there with its three dismantled masts alone visible; and an exasperated whale, purposing to spring clean over the craft, is in the enormous act of impaling himself upon the three mast-heads.

CHAPTER SIX

OUR EVOLUTION

Right now we are closed organisms.

We are arrogant in that we believe because we have evolved our minds so that we are the smartest ones that therefore we are the ones in charge of the systems on this planet and that is our downfall.

We are not in charge. We are a part of all energy. We are a part of nature.

We have to learn to live in harmony with everything around us

And we do not have to go back to the Stone Age and be simple shepherders to do that but we do have to evolve to understand our true nature and our true abilities.

Until we do that we are blind to our own ability and destiny.

Energetic healing can be and often is where health and science meet.

There are now a multitude of transformative techniques to clear, heal and fix both your physical body, your emotional experience and your mind. These have been introduced in the last forty years. We have the traditional healing modalities from the Eastern part of the world. We have the traditional

healing tools and herbs from many ethnic cultural communities throughout our around world.

Now there are many new energy devices that breach the gap between science and metaphysics, between pure energy and healing tools, between thought and action.

There are force fields, electro-magnetic fields, chemical fields, scalar fields, tachyon fields and quantum space fields. This is what we spiritual teachers and leaders have called new vibration technology.

Force fields express a quantity of energy rather than frequencies—Treatment has to do with the amount of energy at a site that can affect the healee.

Energy with low frequencies are shown to be more magnetic than electrical.

Chemical fields are the patterns of electrical vibrations from the chemical elements.

Electromagnetic fields have to do with the composite of internal energies as they flow by resonant transactions with the external world-vibrations through the auric field.

Scalar fields are zero energy or standing energy where the frequencies are cancelled out by equal frequencies from opposite directions. Here the energy does not work in waves but in space and expands in all directions to subatomic, molecular, cellular and organic tissues. Scientists who work with energy believe that all tissue healing results from scalar energy.

Quantum energy—A quantum is the smallest part and the largest part of free space. It is zero energy or nothing because it cannot be measured with instruments. Scientists say only the mind senses and understands it. Quantum energy is beyond defined time and space. It is all free space.

With all of these new devices and systems we are just beginning to access and learn about the hidden nature of how we experience and perceive.

In the past we have healed to balance and clear the electromagnetic fields within the body. Some physicians have studied energetic cellular healing---where you heal a person's physical dysfunction by healing their cellular structure. Transformative healers have discovered many new forms of touching the human spirit to wake it and to arouse it to shift to a clearer finer energy. We are now just on the verge of bringing these new modalities to the forefront of the medical establishment.

I taught Healing and Clairvoyant Programs in Japan for twenty-four years. And I was actually invited to speak at one of their Senate workshops to inform their lawmakers about the value of healing with energy. I found it exciting and enervating to speak to the lawmakers who actually would have the power to influence the medical establishment to integrate energy healing into their medicine. Healing by touch or energy is, after all, the oldest form of healing practiced on our planet. And, of course, it was so much fun to speak about energy healing in the great halls of the Japanese National Diet Building the great edifice of the Japanese Lawmakers!!!!!!!!!!

All bodily tissues, cells and proteins carry their own unique instruction (we could call that consciousness) --these are programmed patterns of how to react to all biochemical and electrical changes from the inner or outer environment.

You can communicate in many ways with this system---one way is Cell Talk, another way is acupuncture, another way is cranial sacral adjustment, another way is herbal tincture, ointments or teas and another path is energetic healing.

Where medicine treats a problem alternative health first engages a person to also prevent the discordance in the first place.

We are on the very edge of a new way of perceiving the use of science and energy to heal ourselves, and the planet. Within the next one hundred years we will remove the hyper dependency upon the conventional healthcare establishment to heal humans. We will learn about empowering the human being to both heal and evolve to a higher level of both awareness and action.

This is a statement not about proving that energetic medicine works but more about principles and concepts that can change your way of viewing yourself and the world around you.

People often think of healing skills as simply a system for healing the body of pain, disease and affliction. But the skills you learn to use to heal with are the same skills that transform your ability to evolve into a higher consciousness. Healing is the act of moving energy and learning to get in touch with both your own and your universal information source. As you learn to get the answers to the cause of a particular person's problem you also learn to get the answers from the universal well of wisdom for yourself. And as you progress in your own personal development, raising your information and vibration level you also raise that level of everyone you come into contact with. Everyone around you seeks to reach the level you reside in and so you can lift and inspire the community you live in.

Healing is a very quick method of evolving people into taking responsibility for their own actions and learning to

bring their actions into harmony with the natural forces within and around us. Healing truly takes us from the caveman who plays with physical force to change his world to the advanced and awesome human being who can shift awareness, health and his physical world with the simple use of pure energy. And so healing can move us from the death culture of constant war and destruction to the culture of celebrating life in its highest form.

It is a wonderful ability to own the skill of being a healer. If your son falls and scrapes his knee you can not only bandage it but also know how to get the skin to heal faster so the wound will be clean, the wound will close up sooner and it will heal without a scar. When your daughter comes into the room clutching her right side just below the ribs you will know that there is a problem with her liver and if you are in a “healing space” you might know what it is and why. And you might even be able to heal it energetically. When you discover a friend has chronic headaches after a whiplash car accident you will know what herb to give her to get rid of the headaches and you will know how to heal both the physical and energetic cause of the headaches. When a friend starts to have colitis you will have the tools to release the pain and heal the cause, be able to counsel her about her emotional holding pattern as well as release the energy so she learns to deal with her problems in a different manner.

The Divine Answers To Being Successful

In America we have a saying, “May you always be happy, healthy, wealthy and wise.”

These are the results that happen when you study the use of Evolving energy skills in daily life.

I often have friends who know nothing of what I teach and ask me why anyone would want to study Meditation, Healing or Clairvoyancy. They seem to think that working with energy is some esoteric form of learning that religious nuts or cult followers would want to learn. But in reality it is actually just the opposite.

Over the years I have noticed a very interesting phenomenon. When you use simple yet powerful skills like grounding, and streaming light force energy through your body it activates your ability to focus and to motivate yourself to manifest. In other words the people who attend the spiritual classes and actually dedicate enough time to learning these skills well become very successful and happy in what is actually a very short period of time.

When you learn how to meditate or learn how to heal yourself or others you are actually learning the most practical skills available to human kind. These are the skills that make you successful at work, improve your concentration and focus, and also enable you to communicate better, have more harmonious relationships and improve your immune system and your health.

Students come to me asking how to buy a reasonable condo in a difficult and crowded market. I tell them what skill to use and in a month or two they come back to me with incredible stories about how they manifested just what they wanted for much less money that would be usually needed. One young man saw two of our male students getting married and told me that unlike these two students he could never find a mate. I told him what skills to use. He found a lovely

woman in one of our classes and today he is married to her with two beautiful children.

I have showed people how to use skills to find the right job, to make more money, and to communicate better with relatives. I have shown managers how to use energy skills to hire the right people or to manage their employees well. I have shown people how to use their energy to win law suits or how to avoid law suits. People ask how to market their artistic skills, how to make their family business stronger, how to situate a home they are building to align it to health, prosperity and harmony; how to clear old bad feelings between relatives in their family; how to heal or clear specific illnesses; and how to access their true purpose in life.

The list is endless. Energy skills work for everything. Once you truly align yourself in harmony with your internal universe and the greater universe at large you can use simple energy skills to improve yourself in multitudinous different ways. Thus the world becomes your playground and you become a successful happy person. Of course, when you are on your true path, doing what you came here to do in this life, you also improve the world around you. Harmony is like a ripple in the pond of life and it helps to inspire and enlighten all around you. And so as you develop your spirituality and become successful, happy and well balanced in the art of living your life so you too create a harmony in the world that raises the vibration towards peace and prosperity, health and happiness and enlightenment with all peoples on our small global planet.

When I first started doing personal sessions in 1977 I used to have many clients who were having trouble with their marriages. "Take our Energetic Medicine Course," I would tell

them. And they would look at me with a question in their eyes and confusion on their face. “But what does Energetic Medicine have to do with how we relate to one another?” they would ask. “It has everything to do with who you are and how you relate to one another,” I would answer. And I would explain to them how the skills of learning to know your true self, of removing everyone else’s energy from your aura enables you to make your own decisions, to feel confident, to find focus, understanding and patience within yourself and to be able to live with and love someone without being overwhelmed by them.

Nowadays many women take workshops, seminars and classes in Spirituality. Women have discovered that spirituality can improve their lives in a practical manner. Fewer men take classes. Modern men seem to have simply ignored their spiritual side and so fewer men show up to attend classes. It has amazed me that men have no concept or understanding of what energy skills can do for them.

Men are taught from an early age to be providers, to take care of the family, to make money and be successful in business. And so, obviously, many men think that spirituality is some gentle way of spacing out from reality. But this is just not the case now. At ClearSight we teach the most modern form of spirituality. We show people our Evolving skills of how to ground, get connected to their body, to find focus and to accomplish the purpose they came here with to incarnate in this life.

Once you practice these modern skills your entire life shifts. Success becomes a way of life. You can combine spirituality, modern business, having a family and developing your conscious awareness. You do not have to climb the mountain

to live in a cave in order to walk the path to enlightenment. You do not have to live in an Ashram or a special energy vortex area to be spiritual. Your spiritual home is located within you and once you truly connect to this you will find that your life holds a whole new dimension for you.

Many teachers and practitioners of the transformative and healing arts will sell you a bill of goods that their system or their sound tapes or their mantra can give you instant enlightenment. No system provides you with the true enlightenment instantaneously. I would never lie to you or exaggerate the value of our skills. Yes, you can have immediate results but if your goal is total enlightenment you will have to apply yourself to practicing your newly learned skills throughout your day consistently. To reach enlightenment you have to clear your karma, your past lives, release your ego and connect to the oneness. Often the ladder to enlightenment is a ladder of many steps that lead you to different levels of awareness. Our Evolving skills will allow you to reach the first step of conscious awareness. And once you reach that awesome joyous state and can maintain it you will be able to receive your higher information of how to proceed to the next level.

TRUE EMPOWERMENT

What You Believe is What You Tend To Create in Your Life

If you study any form of spirituality sooner or later you will hear the phrase that all life is an illusion. Part of that illusion is being controlled by your beliefs. It is your beliefs that help to create this illusion. Your beliefs affect your emotions, your health, your finances, your actions and your body. Philosophers and Spiritualists do not suggest that the material world does not exist. They simply explain that the illusion is caused by the way your mind perceives this external world. We clairvoyants take this further to state that your beliefs are not just in your mind but also in your energy field (your aura and your chakras) and in your body too.

The beliefs you have affect what you have permission to do in your life. Most people are only aware of their conscious beliefs. Many of the beliefs that really affect you are the beliefs that are either in your unconscious mind or those beliefs that sit right below your conscious awareness. When these beliefs are triggered by a feeling or experience they begin to control you or force you into specific types of action.

Several years ago we had a couple come to our ClearSight Healing Clinic in California. The wife wanted to get a healing. Her husband came with her so we offered him a healing too. After their healings one of our staff asked them how they felt. The husband told us that he had a headache when he came but after the healing the headache was gone. However, he believed that the headache was gone not because of the healing but because he had taken an aspirin before he came. This man held beliefs that told him you cannot heal yourself and that the only way to get healed is to get medicine from a doctor. Luckily this type of belief does not stop you from getting or giving an energy healing. But it does prevent you from empowering yourself!

Beliefs that stay just under your conscious awareness often get stuck there during your childhood early years. As children we are taught to see our teachers as experts and to follow their leadership. As an adult you have to learn to separate your beliefs from your parents, teachers, friends, politicians and leaders so that you can judge and question what works for you in your personal world. In other words you have to learn to question the beliefs you were taught. Sadly, most people do not learn to question the beliefs they were taught. This is the era, the time, of transparency, when all starts to become revealed. So this is the time when we all must start to question our beliefs in order to find our true selves.

On a grand scale, beliefs are the cause of racism, sexism, wars of hatred, excessive nationalism, terrorism and violence between different religions.

On a personal level, beliefs are the cause of poor self esteem, poor finances, bad marriages, failure to find your true love, and some health problems.

Beliefs are images that can be found in your aura or your chakras (energy centers) but often are hidden deeply inside a chakra or even in a physical body organ.

I would suggest that to change your life you begin to question all of your beliefs. Especially begin to question and release your oldest and deepest beliefs. To do this you need to pay attention to what you say or feed to yourself on a conscious level during the day. Slowly you will begin to notice that it feeds into beliefs that you hold right beneath your conscious reality, which will begin to surface.

Take a moment and look at what you believe.....and why you believe that. Let's take one example. Sit down, place your feet firmly on the floor and take a deep breath and allow all of the tension and anxiety you hold onto to flow out of you into the earth. You can imagine the stress and tension in your body flowing into the earth or imagine it flowing down into the ocean and being washed away.

Pick one issue in your life to view that you wish to change. It can be one of the major groups most people deal with: love, finances, relationships, or health. Think about that issue or problem for a moment.

Now ask yourself what you "believe" about this. Where did these beliefs come from? Were they originally yours or are these the beliefs of a parent, teacher, mentor or friend? If these beliefs came from someone outside of you send them back to that person. If these beliefs are yours create an energy gauge (like a thermometer) that goes from 0 to 100% or in this case use one to one hundred numbers to show specific years and put some bright red energy in it and ask how many years you have held this belief. If this is a belief that dates back to your childhood years ask when and why you created this be-

lief. What was it's original purpose? All beliefs were created to help you. But often when you keep them for years they begin to hinder or prevent you from growing and changing. Be glad you had this belief when you needed it but be clear that you do not need it now. Allow yourself to release this belief and to let it flow out of you into the great ocean where it is washed away forever. As this belief leaves you look carefully to see if there is any other belief beneath it that also causes you to act in a specific manner. Follow each belief back to it's origin, be aware of acknowledging it and then releasing it. After you have released your beliefs create an image of what you want to have happen in your life and charge that energy (fill it) with golden light. This is you creating the life you are meant to have.

Parents use beliefs to control small children. "If you are bad the boogie man will come and get you." Governments use fear beliefs to control people. "This country will attack us if we do not attack them first." Or "We have to use nuclear reactors for electricity or we will not have enough electricity to function." Sometimes there is truth in some of these beliefs. But for you to find the truth you must first rid yourself of the fears that control you.

Beliefs give you permission and take away your permission. Beliefs that people who are different from you are threatening can lead you to war or disrespecting another country's boundaries. Beliefs that your government always knows what is best for you can take away your ability to govern yourself in a free country. Beliefs that you have no power to change your reality lead to lack of self-esteem. Beliefs that you are better than others leads to arrogance and loneliness. Beliefs that you are not good enough or are a failure lead to

inability to act or make decisions and eventually to being frozen into inaction. Beliefs that other people know better what is best for you rob you of your freedom and self-identity.

You are a spiritual being that takes a body every life to learn and grow. The beliefs you have are the energy shell that surrounds your spiritual essence. As you release these beliefs you come into the radiant awareness of finding the true you. The true you is your essential energy that is in direct connection with the oneness of all. In each life you are born into a situation wherein you create a coat of beliefs that you wear and use. If you rid yourself of this “coat of beliefs” you will release the illusion and perceive life as it should truly be. Then you will be happier and more integrated into this life and truly be on your path to your next step of enlightenment.

I have learned through healing that if you take responsibility to change your life you can shift in wondrous ways and create the life you want to have. Energetic Healing teaches you that you are responsible for your health and your actions. This does not mean that you should feel guilty if you are sick! It means that you can use energy to heal yourself. When you have a problem in life, whether it is physical, emotional or financial, you can use your energy skills to shift it. You can take action. Much of the time when a person has a problem he goes to a doctor, a therapist or psychiatrist or just sits at home being depressed. But you can use energy skills to shift the problem and often you can heal yourself physically, de-energize the emotions that cause you to be stuck and lift your energy to see new and viable options.

Years ago I had a client come to me because she was having a financial slump in her business. She told me that she had gone to many Readers and they had all told her that she would

have good finances. But it never happened. I asked her what she was doing and how she was taking action to cause her financial situation to change. She told me she had done nothing. She was just waiting for everything to change since all of the Readers had told her money would come to her. I suggested she take our Abundance Workshop. She took the workshop the next month and then I did not hear from her for about a year. One day she came to see me for another Personal Session. I asked her how her finances were going. She told me her business was now very successful and she was doing very well financially but now she wanted to find someone for a romantic relationship, and asked what should she do to bring love to her.

We all want to change our lives for the better/. Changing seems simple and easy but for many of us it is not so easy. Sometimes you are a little bit afraid to change from what you know to the new unknown, but mostly you do not know how to change. Healing is a fantastic method for change. By removing foreign energy or de-energizing old stuck patterns and programs you allow yourself to change and grow in a very quick manner.

I first started sharing healing skills with my friends because I noticed that if you told them they could change a problem in their life they agreed but then immediately got stumped about how to actually proceed to do this. I would say, like I have stated in this book, "just let the energy of your old beliefs flow out of you. Let it flow down into the earth or into the ocean. Release it and let it flow out of you." And they would say to me, "How do you do this?" And I found myself replying, "You just do it. You send it away." And again, they would ask, "But how do you do that?" And that was when I

learned that I had to give my friends a system that was clear and easy to use and would have obvious skills they could engage without confusion. Those skills became our system Evolving which is used for meditation and for self-healing.

Once I began teaching evolving more men started coming to our classes at our Center. I discovered that these men used to believe that any transformational or spiritual skills were what is known as woo woo. Now woo woo is a term I had rarely encountered however my male students explained to me that when their girlfriends and wives studied spiritual skills they thought they were studying something that was not real and did not exist. I guess this term came to mean a belief that was nonsense. So whenever their girlfriends or wives talked about studying transformational techniques they told me they would simply tune out listening to them. But somehow through word of mouth they had heard good results that had happened for their friends and so they had managed to get to my classes. And lo and behold, suddenly they had discovered that Evolving was actually a system that allowed them to find self confidence, to release their long held unconscious blocks and so they were becoming more successful and also enjoying their lives more whole heartedly

One day I woke up and discovered that I was teaching Healing and Clairvoyancy, Women's Ritual and empowerment and doing personal Healings and Readings. I had never actually chosen this as a lifestyle or a way of earning a living. From the time I can remember I always have experienced what some people call extra sensory perception. I had visions of past lives, saw energy around both people and trees, could sometimes know some incidents before they happened, and occasionally spoke to people who no longer had

physical bodies. As a child I knew never to speak of this to my parents or to my friends. Many of the words that are common today were rare or unknown when I was child. I never heard the words psychic, intuitive, channeling, chakra or transformation. Our small town library had one book about past lives, *The Search for Bridey Murphy*; one book of Buddhist Sutras; and the first book, *Autobiography of a Yogi*, that Paramahansa Yogananda had written. So I had never contemplated life as an energy worker.

My mother wanted me to be a grammar school teacher because she believed that this was a reliable way to earn a living. As a teenager I had been a performer who joined with a local troop to sing and dance and perform at local hospitals. I also had acted in several off-Broadway plays. I entered New York University as a drama major but after a year I switched to writing and journalism. Then I moved to the West Coast and after selling my handmade jewelry for a few years I returned to get my degree at Antioch College. I wanted to study something that interested me so I earned my Bachelors Degree by learning a wide variety of metaphysical studies. When I graduated from Antioch I met with their woman Dean who basically wished me well as she wondered how I was going to use my degree in the business world. I did not have an answer for her. However, suddenly after graduation I was teaching healing and transformational skills. But, of course, I was still not sure that this was my true path.

One day I was at a gathering of friends who introduced me to everyone as a meditation teacher. It was then I met this man who said the one thing that impressed me and convinced me to continue to teach healing and meditation. He was a middle-aged man who told me that in his “wild” young days he had

studied meditation and had experienced what he considered to be an incredible cosmic connection to all that is. He felt he had touched the divine universe and was a part of it.

And so I asked him what he was doing now. And he told me that he had basically “grown up” and was now just busy working to provide for his family and no longer meditated. I was shocked. To experience such a beautiful and wondrous state and to let it go was beyond my comprehension. For me it was the equivalent of touching paradise and then walking away, never to see or know it ever again.

How easily we sacrifice our inner light to what we think is outer survival. But in essence, it is the inner light that can provide the outer survival. So that day I decided that at our school, we at Clearlight, should do our best to share these skills with as many people as possible. And perhaps we could convince people that you can indeed integrate your inner and outer power. For I believe you can be spiritual and successfuland happy.....and healthy.....and at peace with yourself. It is all one package.

With a clear unbiased mind you can look out at the world and see things "as they are," without the positive and negative values we usually ascribe to everything.

You are the only person in the world who can give you permission to learn and change and grow and get in touch with yourself.

Most people are terribly attracted to power and at the same time fearful of owning it. It is kind of like an attraction-repulsion relationship.

It is only natural to be afraid of your own higher nature, your own power.

Almost everyone is afraid of their own power. This is usually the most frightening thing you can ever face in your life. Being afraid of your own power is being afraid of success, of having the best love relationship of your life, of having wonderful sincere friends, of having all of the good things in life that you have ever wanted. Once you own your power then you can truly begin to create the life you want to have.

ABOUT THE AUTHOR



Author, teacher, counselor, healer, TV and radio personality, Levanah Shell Bdolak has been teaching people how to use the power of their own energy to transform their lives for more than 37 years. She is one of the original founders of the ClearSight Center, which offers life-changing skills that transform people.

Levanah has traveled internationally for twenty-four years, founding a ClearSight branch in Tokyo where she taught two weeks every month for 22 years teaching 33 of the 13 month Clairvoyant Programs and 35 of Energetic Medicine—6 month Natural Healing Programs. She has also taught ongoing programs in Santa Monica, CA and internationally in France,

England, Thailand and Hong Kong. She is currently based in Los Angeles as the current Director of the ClearSight Center.

Levanah. “When people have skills for processing out life’s traumas, they don’t get stuck if something happens, they stay fluid, shift their reality and create what they want. Suddenly things are easier. They release pain from the past and experience life to the fullest.”

Levanah is a graduate of Antioch College, holds Ministership from Church of Divine Man and is an Archbishop in the Church of the Divine Within. Currently she lives in the countryside of Los Angeles teaching, writing, communicating with the devas and creating energy jewelry for the ClearSight branch, crystalblingsparkle.com and can be reached through clearsightevolving@gmail.com for speaking engagements.

What you believe is what you tend to create

Learn to shift your mind to align with your spirit

Evolve yourself to the next level of awareness

Healing is your ability to change or shift energy.

To heal with energy is to believe the spiritual truism that energy comes first and all else stems from it.

Everyone is born with the skills to heal.

Each one of us holds the magical key to reaching the healer within, the part of you that is whole and always in touch with the universal life force.

Learn the secrets of evolving to your true potential.



a **Voyant** Book