



Energy *healing*

Heal, grow and transform with the *energies*

You can solve all of your life's problems,
from *health* to *wealth*,

If you understand energy expenditure, energy reserves and energy resources.

Energy is not a fuel.
Energy is the capacity inside the fuel.
For example, crystal is the fuel that provides energy.

Energy is the currency of change.
Energy is the capacity of something to bring transformation.
Therefore, money has the highest energy.
Money has the capacity to transform into anything you spend it on.

Even an absolute zero has energy.
In physics, if all the movement was stopped, including the vibrations of atoms, there is something called zero-point energy that exists.
If it exists, it has energy.
You cannot have "existence" without a baseline level of energy.
A still rock has a potential energy and rest mass energy.

It takes energy to change a state,
but it also takes energy to maintain a state.

Matter is that which has mass and takes up space,
and matter is essentially a highly "condensed" or "trapped"
form of energy.

Writing this e-book has taken the maximum amount of time for me. Deciding which point of view to write this e-book from was a toughie. That's because, everything is made up of energies. The concept of energy remains same, but the representation of it changes. The choice was between physical energy, psychological energy and spiritual energy. Whether to write it from a philosophical point of view, psychological point of view or spiritual point of view. Therefore, I decided to just go with the flow and see how this e-book shapes up.

Energy cannot be seen or heard, but it can be felt by everyone. When you push a table, the force that you apply against the weight of the table to move the table utilises your energy. You cannot see the energy that you spent, but you feel the utilisation of energy and the loss of the energy by feeling tired afterwards. From doing a simple routine task to creating masterpieces, everything requires energy. How much energy you possess decides how much work will you be able to accomplish.

Shah Rukh Khan, the biggest superstar of India has a lot of energy. That's what makes him calm and capable to do so much work with so much ease. His energies don't disturb others because he is not taking or pulling energies but delivering energies. On the other hand there is another successful actor in the Hindi film industry who wears weird clothes and is too loud. People say he has too much of unutilised or unchanneled energy but that isn't true. He lacks the right kind of energy, is attention seeking and hence loud. He is pulling energy in the form of attention from the crowd. Empty vessels make the most noise, where as a filled vessel (people with content, that is intelligence, skills, knowledge and **energies**) generate subtle yet energising sound waves.

Spirituality gives us the ways to increase our energies, and turn from an empty vessel to a vessel that is full. Psychology gives us ways to increase our potential (talent, skills, intelligence) and philosophy (and economics) teaches us the optimum utilisation of resources (energy). Energy is a resource. Baseline energy reserve helps us survive (root chakra), then as the energy increases we start living from surviving (sacral chakra elements), then comes being in a place of status, power and position (solar plexus chakra), then comes the biggest need of the world, love (heart chakra). There is a reason romantic movies and novels take up most of their respective industry. Then comes the expression, that is, spreading it into the world (throat chakra), after that comes increasing the reach to the invisible realms (third eye chakra) and finally the destination, that is God (crown chakra). As the energy increases, so does our growth in every area of life.

Energy is transferable, therefore increasable. You just have to pull the right energy from the right place. Energy can also be generated. In objects it is done by doing work on the object by adding motion (kinetic energy), or changing position (potential energy), or by adding heat to it (thermal energy) or by changing its composition. In humans, you can increase energy by either channelling it or by training our system to generate more energy.

Energy cannot be *created*

All energy already exists in the universe; objects, humans, and nature simply move it around (transfer/channel) and change its form (transmute). If you have read my chakra e-book you would know that our thoughts, feelings and emotions create the associated energy and the associated energy creates our thoughts, feelings and emotions. So what is happening is thoughts, feelings and emotions are getting converted into energies. We aren't really creating the energy out of nothing. Both scientists and spiritualists believe that "energy can neither be created nor destroyed", and it is true. That is why many people who try to work with the energies get depleted. They think they are creating energies but what is actually happening is that from some part of their existence they are channelling energies and transforming it for magic, witchcraft or healing. In fact, when you use visualisation to pull energies, you deplete 20 grams of your psychic energy to channel 20 grams of some other energy. The total in your reserve remains the same.

This means, for energy healing, you will either have to channel energy or transmute the already existing energy.

Transmutation that is done through prayers bring amazing results. If done psychically, can deplete the psychic energy and bring confusion, illusion, delusion and chaos. On automation transmutation happens when say, for example, if your mental energy gets depleted your existence will start pulling the energy from your physical body and transmute it into mental energy if you continue to do whatever mental work you are doing. This whole process is called the automated transmutation of energies.

Energy *transfers* from wherever there is excess to wherever it is low.

This is a law applicable to spiritual energy as well as in physics. In physics this law is called the second law of thermodynamics. This means that being in the presence of low energy people would instantly start draining energy from you to them. There's no way to stop it. When you become consciously aware and move away and rejuvenate before hitting a tipping point, you can save and protect your energies.

Only two kinds of people do not get affected being around low energy people and being in low energy space. The ones with excess and continuous supply of energy and the ones themselves running on low energies. Those in the middle always get affected.

In short,

Whether you want mental, emotional, spiritual, energetic, psychic, etheric, astral or physical movement or growth, your energy is going to get utilised.

And the only way to rejuvenate the energy is by the automated process, or channelling (from the Universe or those around you), or by transmuting the energies.

Energy *sensitivity*

All the above laws of energy are applied to every person, and every person is affected by the movement of energies, but why some people react to it while others don't even realise it is because of energy sensitivity.

Energy sensitivity is when you are sensitive to the energies. People who are limited to lower chakras do not possess this quality. But if you start functioning from the higher chakras, energy sensitivity is the first symptom you get. Everyone is affected by the energies, but you start getting aware of the effect the energies have on you.

Being energy sensitive means you are now consciously part of the energy world and your awareness has access to it. That is the reason you have started speaking the language of energy. People who get too deep into energy work usually lose interest in talking through words as their medium of communication becomes energies.

Channelling

Channelling means pulling energy from one space and directing it into another. Our stomach channels energies from the food we eat, converts it into nutrients and then direct it into our cells through blood. Even in the world of energies, unconsciously the movement of energies is always happening. Our system is continuously pulling, converting and directing energies. Aware channels are people who decide what they want to pull and where they want to direct. This is where Awareness Healing comes in. When things are happening unconsciously, you have no control over it. Being aware bring the control back in your hand.

Witches

What witches do is pull energies from several sources that resonate with the intention and direct it into one direction. If a witch wants to cast a love spell, they will first invoke the deities of love (Goddess Aphrodite, Goddess Venus, Goddess Freya, Goddess Isis, Lord Kamdev, etc.), then collect objects that resonate with the energy of love like crystals (rose quarts, etc.), sigils, herbs (rose petals, etc.) and pull energies from all of them. After pulling they will programme that energy with a purpose and intention (make ____ fall in love with ____) and finally direct it to the person the love spell is to be cast on.

People with psychic powers and zero awareness (that is ignorance) keep obsessing over other person casting the same kind of spell on the person through their obsessiveness and psychic powers, only this time their personal energies are utilised, and the spell works in the opposite direction, instead of pulling the person in, it pushes them away. Obsession pulls the energies of the other person. The reason for this is very simple. When you obsess over someone your intention is to pull them towards you. So you start pulling their energies. Even when people consciously don't realise it, everyone loathes and repulses those who drains them. Witches on the other hand are sending energies that are flooded with the intention. The same rule applies when someone obsessively thinks about money or job or promotion. Whatever you start to drain will run away from you.

In channelling through praying what we do is open the doors and invite the specific energies in. There is no toxic pull-push dynamic that gets created. The energy flows freely without more than 0.5% of your personal energy getting utilised. That 0.5% expenditure of energy is for reading the prayer.

Intuition

Divine Beings only guide. They never force enter into our existence, even if what we are doing leads to our irrecoverable destruction. They respect freewill. The prayers are the invitation for them to enter and what we ask them to do in the prayers is all they will do. If they feel the need for you to do something, they will send guidance but not do it until you ask for it. Because they won't do anything without your permission.

If you have read my chakra e-book you will know the sexual trauma I am talking about. The Energy Beings kept sending me intuition, which I shamelessly ignored. When I didn't listen they sent guidance to

my friends and the guy's friends. They all called me to stop me from meeting him, but again I didn't listen. But they didn't cause me or him accidents to stop us from meeting.

The language of energy beings is energy. They send guidance in the form of energy which is received by our crown chakras and translated into words, feelings, voices, smells, memories and images by our third eye chakras. This translation of the guidance received is called intuition.

A fully functional crown chakra is very important to receive guidance and a fully functioning third eye chakra is very important to translate it into understandable intuition. And it is equally important to listen to your intuition. Intuition has the power to protect from everything that can go wrong. However, there is a twist in the tale called Karma. As long as your intuition is coming from other Divine Beings, it is to protect you and guide you towards better. But if the intuition is coming from Karma to punish you then you will feel the intuition like the voice of a Divine Force (which it is) but in this case it is to punish you. There is no escaping it. But there is a way to understand if it's the voice of protection and growth or the voice of punishment. If it comes only once or twice, it is to protect and help you. If it is nagging inescapable thought or feeling, it is Karma. Karma creates obsessive thinking and literally has the power to numb your logical thinking down. And there is no point talking about it further as there is no escaping it.

Another voice that you may assume as intuition but is not is the voice of fear and greed. The force of lower energy emotions is high, but fear and greed have the loudest voices and the strongest force. You must have heard that in extreme fear people become capable of doing anything, sometimes even murder. That's why to be able to hear intuition, these two emotions need to be cleared from the system so that they don't block the intuition and confuse you into the wrong direction.

Faith vs *fear*

Fear is the root cause of all evil
Faith is the basis of magic and miracles

Fear is a low-energy emotion that suppresses logic. To grow, you must replace fear with conscious awareness and grounded faith. Fear is an outdated survival instinct that has shifted from protecting us from physical predators to making us hyper-sensitive to social rejection and status. While fear was once necessary, it now functions as a "low-energy" emotion that actively suppresses your intelligence and causes panic-driven mistakes; true safety comes from conscious awareness and common sense, not from being afraid. Spiritually, fear is the negative emotion of the root chakra and can only be overcome by increasing faith in yourself and the universe. However, this must be a grounded, logical faith rather than "blind faith," as true spirituality requires sharp logic and common sense to be effective. By removing fear, you unlock your natural ability for clear, logical thinking and allow for genuine personal growth. And with faith you can actually manifest miracles on daily basis. Faith is a complete trust or confidence in something that cannot be physically seen or proven. Faith is a strong belief in energies and Energy Beings even if you can't see it. The difference between faith and blind faith is that even if invisible, faith will always be aligned with logic while blind faith will always be aligned with all things illogical. Faith will work towards unity, while blind faith will push you towards division. The reason it is called blind faith is because it blinds your ability to think righteously and logically. You will only have blind faith when you are functioning from hate, ego, greed, jealousy and fear.

Faith is the exact opposite of fear. Which means, in order to have faith, you will have to remove the fear.

“I ask Goddess Hecate, Goddess Isis and Lord Hanuman to immediately, completely, absolutely, permanently and irreversibly extract and destroy all and every kind of illogical fear from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmosphere, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask the thoughts, feelings, emotions and Energies of Faith to be immediately, completely, absolutely, permanently and irreversibly ingrained, imbibed, flooded, activated, energised, empowered and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmosphere, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Faith and *focus* are the main *ingredients* of magic

Focus means giving and directing all of your attention and energies to one thing.

Whatever you wish to do (finance, marketing, art, dance, spirituality, etc.), focus will always be required to channel the energies into the chosen work. Honestly speaking, without focus and faith nothing much can be achieved in the world. Even if someone else is healing you, if you do not have faith you will not receive the energies fully, and the healing will remain incomplete. Even for profession, if you don't believe in yourself and others, professionally too accomplishing something becomes difficult. You know how some people believe world is an unjust place. Have you seen how injustice keeps happening to them. You get what you truly believe. But truly, not artificially. I have seen many people who read something good and start assuming that they have adapted that quality.

And without focus, you will keep throwing your energies into multiple things, not get a profitable result from any of it. Scattered focus brings scattered and broken outcome.

You can choose to do ten different things in a day. But while doing one task, do not think about the other nine tasks. They do not exist while you are doing the one task. That is what focus means.

The inability to focus usually comes from greed. The need to have and do everything is the core reason behind the inability to focus. When I am writing this e-book I am not even thinking about my weight or my house. The result is that the house is a mess and weight is acceleratingly increasing. But my focus is right now on not just completing this e-book in the best way I can, but to also finish the rest of the e-books and upload it all on site. Because of this, I am able to finish at least 2 e-books a day (barring this one). And I am also finally satisfied with the look of my website. Only because I am only focussing on this work right now. Everything and everyone else is erased from my mind and life right now. This is called focussing all of the attention and energy into one thing.

focus and concentration

Concentration means gathering high quantity of energy and compressing it into smaller quantity by removing all the unwanted stuff and keeping only that which is required. The final product will have lower quantity and high power. That is called concentrated energy. Which means removing all the extra thoughts, feelings, emotions, ideas, relationships and priorities. When I am writing this topic, concentration is the only thing on my mind. No other topic pertaining to the same e-book can come on my mind. Concentration is my food, my fuel and my lover. Nothing except for concentration exists in my life right now. But as soon as I start the next subtopic, concentration as a topic will stop existing. It will only be the energy that I will then focus on the next topic.

Concentration is the step one and focus is step two. You take the concentrated energy and focus it onto your goal (your work).

Next time when you sit down for any work, see where your thoughts are taking you. Start writing them down. Or for faster results, start praying instantly to get those thoughts removed. For example: *“I ask Archangel Michael to remove the thought of my girlfriend and help me concentrate all of my thoughts and energies onto _____”*

Energy expenditure

Deciding where to put our time and energy is one of the most important decisions in life.

The biggest difference between successful and unsuccessful people is the way they spend their time and energies.

Lost time can never be recovered, and it takes a lot of time to refill depleted energies.

Most of the time and energy I have seen people waste is in portraying the good image which is socially expected and accepted. Or in other words, living up to the societal expectations. It is really funny to see how people care more about how they are perceived than how their lives actually are. The social and societal conditioning is so strong that majority of people are okay living a mediocre life as long as it is accepted by the society. They are so well programmed that they don't even sit back and question their life choices. Rather than complaining about how unjust God has been, how about you start valuing your own time and energy over how society is perceiving you?

The highest level of intelligence is the ability to decide how and how much of our time and energy to spend on what. This is based on the ability to know the value and importance of each person, task and choice at hand. Your success and happiness does not depend on your talent and IQ but in your intelligence to gauge the right value of people, activities, places and things. Those who lack this ability, invest their most precious asset, which is their time and energy on useless and pointless things and people.

How people decide the value is based on what they feel they lack. Those who suffer from inferiority complex about their appearance put high value on physical appearance. However a person's real value is never based on one thing but a combination of many things, like physical appearance, their nature, their financial condition, their intelligence, their talents, their belief systems, etc. But for someone who only cares about looks because in their head they have attached high value to looks, will consistently get involved with wrong men/women as they are failing at gauging the real value and are only creating a high value of the person based on their own lack. This miscalculation leads to spending time and energy on someone who is only going to bring pain. Think of it like business, because even the most loving relationships are transactions. When you give too much of attention, importance, time and energy to someone and don't get proper returns, you incur a loss. If you have the same pattern in other areas of life, you keep incurring losses. Eventually your life becomes an accumulation of losses and failures. However, if you invest in things, people and career that gives more returns than the investment (time & energy), you gain profits. That decision becomes profit making endeavour.

Success & *failure*

Success has gotten nothing to do with your karma or whether you are evil or an angel. Success is about having the intelligence to gauge the value and importance of things and people and based on that deciding how much of time and energy to be spend on it/them. Your talent and skills are the secondary requirement. Third is the ability to see, know, acknowledge and accept your flaws. The fourth is spending your time and energy in working on those flaws and polishing the talent and skills and the fifth one is to use the concentrated energy and focus it into the chosen direction. If you do this, you are going to be successful in every area of life and nothing can stop you.

When you use the concentrated energy on a worthwhile thing, the outcome is always a product that reflects massive amount of high energies. People get drawn to it. And at the end, it is people who will pay you for the work that you have done. If it is a painting, people will pay with money by buying it. If it is a relationship, the person will pay back with love, time, energy and appreciation.

The above five requirements are if you wish to be successful, however,

If you wish to be the most successful in the chosen field of work (career) you need one additional quality, *creativity*.

Creativity is the use of imagination or original ideas to create something (inventiveness). All the business or artists or professionals that created history were the ones that gave the world something new. With creativity, you introduce something new into the world. That makes you the most successful in the field of your work. Sometimes, it is the same thing but represented from a different angle or perspective.

Creativity is the act of creating. Not copy-pasting, but creating. When you take an image and paint it as it is on a canvas, you are using skill of painting to copy-paste. But when you imagine a concept and place your imagination on a canvas, you are using creativity. Or when you take hundreds of different spiritual concepts and science, merge it all into one, subtract the garbage, keep the useful information and form an entirely new spiritual modality, you are using creativity. But when you attend a spiritual class, take a

certificate from them and teach the exact same thing you learnt there, you are using your skills in copy-pasting. You can also create garbage so knowing the true worth and value of what you are creating is intelligence.

Creativity can be unlocked and the Energies of Creation and Creativity can be channelled with a simple prayer,

“I ask for the thoughts, feelings, emotions and Energies of Creation and Creativity to be ingrained, imbibed, activated, energised, empowered and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

5 Steps to success:

Judge value.
Allocate energy.
Admit flaws.
Improve skills.
Focus effort.

And if you wish to be the most successful, *creativity*.

Intelligence

Intelligence is nothing but the ability to take the right decision at the right time; which, as discussed above, is fully dependent on your ability to gauge the right value and importance of people, things, situations, emotions, etc. and then the decision of how much time and energy it deserves. Period.

IQ and genius is different from intelligence. You can make a choice to become intelligent instantly and get success immediately, but you cannot become a genius in this lifetime and cannot gain IQ instantly. IQ with constant mental work can be increased over time and geniuses are born with lifetimes of dedication towards a skill.

Irritation & *frustration*

The core reason for irritability is lack of energy and the core reason of frustration is wasted energy. These, however, can be masked under multiple situations that can justify the frustration and irritation, but at the core it is all about energy.

Irritation is the first sign of energy depletion. As soon as you feel irritability, whatever it is that you are doing needs to be stopped and you should start working on energy recovery. People with jobs who are answerable to bosses should take a short break (a nap or a walk). Because any work done in energy depletion will have bad output. If, however you are self-employed or a homemaker, you should take proper rest and do whatever rejuvenates you.

If you start the recovery at energy depletion, you never reach energy exhaustion.

Energy *depletion* & energy *exhaustion*

Energy depletion is when your energies have dropped below manageable point and now they need recovery.

Energy exhaustion is when your energies have depleted fully and you have nothing left in the reserve.

When you start the recovery during depletion and never allow the system to reach exhaustion your health (whether mental or physical) remains well. It is people who reach energy exhaustion that are trapped in constant health issues.

Writing the e-books and creating the website is consuming my mental energy. If I push myself to the point of exhaustion and keep working still, two things will happen. Firstly, the quality of my output will drop (more typing errors, wrong choice of words, irrelevant artwork, etc.) with lower energy in the final product. Secondly, my mental body will start pulling energies from my physical body to push through the mental work resulting in exhausted physical body and eventually diseases. The moment of blankness, heavy head and irritability will be the moment I will stop the work and start rejuvenating myself and give my mental body the time to recover on its own.

Some of you might wonder why mental energy and not spiritual energy, when this is a spiritual work. Spiritual energy was required when I was discovering these concepts. In formulating my learnings, channellings and wisdom into an e-book I require mental energy. Understanding which of your energy is getting used is very important as only then you will know how to begin the automated process. After 5 days of consistent writing work, I have to take a break. Because it doesn't matter whether you are using mental, spiritual, creative, psychic, sexual energy or any other kind of energy. What definitely gets utilised along with those energies is the physical or brain energy. Like when I write, I don't just use my mental energy, but I am also using the brain. The brain takes up only 2% of body weight but consumes about 20% of our total energy. High level cognitive tasks like writing a book requires a lot of glucose. Writing is executive function which burns fuel much faster. The prefrontal cortex handles decision making and focus and tires easily. Writing is not just thinking but comprises of constant micro-decision making. Every word, every comma, every deleted sentence is a decision. After hundreds of tiny choices the nervous system throttles the energy to avoid burnout. Plus it causes central nervous system fatigue. Writing requires intense communication between the visual cortex (seeing the screen), the motor cortex (typing) and the language centres. This cross-talk within the brain is taxing. The eye muscles constantly work to maintain focus on a fixed distance. Now imagine the amount of load the brain region of our physical body is using

when writing. Which is why, as soon as the symptoms of depletion (in this case it will also include brain fog) are experienced one should instantly stop working and give that region an absolute rest. Channelling energies and rejuvenating the brain would definitely work but it would still require a certain amount of rest for the energies to integrate and activate well. Sleep isn't enough if your brain is still thinking about the work as that's not a full REM sleep, it is a disturbed sleep.

When you use concentrated energies you should work for a shorter amount of time. For example, I would only write for 5-7 hours in the morning and then take at least 5-6 hours of break before I resume writing again. In that break I would do more of household chores so that the brain gets a break and the body (that has been sitting in the same position for 5-6 hours in the morning) gets movement. Plus I would take a nap in between to help my system recover faster. By this time, my brain is ready to focus the concentrated energy into writing again.

The automated process of *energy recovery*

Luckily for us, our systems are designed for automated recovery until it is limited to the point of depletion. Once it crosses the point of depletion and reaches the point of exhaustion proper bedrest along with channelling high vibrational energies 3-4 times a day becomes a necessity. An intelligent person would always stop at the point of depletion and would never allow their system to reach the point of exhaustion. This not only keeps the work flow intact but also allows the concentrated energy to be focused multiple times a day. If you reach the point of exhaustion, no matter how hard you try you will never be able to deliver quality work because you do not have the energy to concentrate into your work.

When you allow the automated recovery system to work it gets strengthened and recovers faster. Reaching the point of exhaustion never gives the automated recovery system a chance to work and the machine gets rusted.

Just try this once. Try the automated recovery system by taking a break at the right time and you will see the difference in your work output.

The *compulsions*

Nothing depletes more than the things we are compelled to do but aren't wanting to do. For me it is human interaction. My break never involves talking to people. It in fact requires more me-time. I need me-time to work, and then I need me-time to recover my energies after the work. Anytime I have to spend time with people because of familial obligations I lose my energy to the point of exhaustion. Any and all compulsive works will always deplete you. We cannot be selfish and only live by what we want. We have to consider other people's emotions as well. So decide the best way to do it which depletes least amount of your energy. For example, my uncle wanted to speak to me, my step mother wanted to speak to me, my best friend wanted to speak to me and my brother too wanted to speak to me, all on the same day. I was deeply involved in my writing so I didn't want to talk to anyone at that time. I messaged everyone asking if there was anything urgent, and they all said no. I distributed these four phone calls alternatively throughout the week. I would talk to one person during my break and then take the next day off from all human interactions. This way, I was there and fulfilled my duty and yet at the same time didn't let myself get depleted to the point of exhaustion. Had even one of them said it was urgent, I would have called them immediately, and based on the situation decided if my writing was more important or being with them was. Had I chosen to be with them, that is where I would have used my concentrated energy stock for the day and not into writing.

Compulsive acts suck the joy out of our system. Most people who do nine to five jobs do not enjoy their jobs but have to do it to bring home money. And yes, you have to do it, that's your responsibility towards yourself and towards your family. In that case, avoiding most other unnecessary obligations and doing what brings you joy is a must. I have had clients who were firstly suffocated by their jobs which obviously they cannot quit, and then once they got back home their wives would complain of not spending time with them. So like a machine, they would unwillingly act enjoying whatever activity their wives would want to do. This would deplete them further. By the time they would come to me, they would have already triggered diseases, reached the point of exhaustion and lost all of their energies, joy and willingness to live as they only found suffocation around them and nothing to look forward to. The problem with some of them was, when I asked if it was okay with them if their wives had a life of their own, like meeting friends and going out for movies or dinners with them, their answer would be no. And this is the core of human problem.

They feel they own their partners and do not wish for them to have a life separate from theirs. Only so that their wives or husbands do not have fun without them, they would suffocate themselves to pretend to have fun with their partners. Honestly, I had a well-written 155 pages of pdf for these people. I would never take them as clients, just hand them the e-book and set them free. Because until people let go of this mentality, there is nothing any spiritualist can do for them. If I just wanted to exploit them I would have called them for weekly sessions and given them prayers, but since I am terrible at business in spirituality, letting them go was the only option. But this is the truth. If you are one of those people then there is literally nothing I can do for you. Suffocation is your life and you have to live it.

No amount of channelling energies or praying can help and heal you until you break yourself free of the binding you have placed upon yourself.

Vibrational *frequency* & ascension

Frequency is the rate at which our awareness is **vibrating**
Ascension simply means **raising our vibrations**

If you function from lower energy emotions like fear, insecurity, jealousy, anger, hate, sadness, pain, etc. you will have a lower frequency and if you function from higher energy emotions like faith, stability, security, confidence, power, happiness, joy, etc. you will have a higher frequency.

Your frequency has nothing to do with the amount of energy in your existence. It has gotten to do with the kind of energy in your existence.

If your frequency is lower, you manifest lower things in life.
If your frequency is higher, you manifest greater things in life.

Everyone has lower and higher energy emotions. Which emotion you are function from is completely your choice.

Whatever your frequency is, is the reflection of your choice.

To connect easily to the Divine Energy you need to have a higher vibrational frequency. The higher your frequency, the faster the communication. That is because the gap between you and the Divine Realms reduces the higher you go. Which also means for prayers to be heard faster, you will have to increase your frequency and to increase your frequency you will have to stop functioning from lower energy emotions.

The energy *attacks*

Spells, hexes, curses, evil eyes and psychic attacks are all different types of energy attacks that can happen. As such there are many other forms of energy attacks that can be done, but these are the most common ones.

Spells: Ritualistic attempts to manifest a specific outcome by directing energy towards a target, which can be either helpful or harmful.

Hexes: Short-term, targeted "bad luck" or inconveniences meant to punish a person for a specific perceived slight.

Curses: Deep-seated, long-term malevolent intentions designed to cause sustained misfortune, often persisting until a specific condition is met or the energy is broken. It is a structured intentional harm. It is often repeated and maintained for a continuous bad-luck in one, all or many areas of life. Curses can also be transferred through the family line. The difference between a curse and a spell work/hex is that curses are designed to last longer.

The Evil Eye: A spontaneous burst of unconscious malice, jealousy, or envy that "pierces" the target's aura through a look, causing sudden depletion or "bad luck." Effects are often sudden back luck, fatigue, headaches and obstacles. Evil eye can have effects as strong as a spell work as it stems from raw emotion of jealousy and envy. Spell work uses steps and symbols and psychic attacks are conscious thoughts, but evil eye is a direct emotional discharge with no rhyme or logic. It doesn't have a properly formulated intention, it's just pure hate that stemmed out of jealousy and envy that is unleashed upon the victim.

Psychic Attacks: A conscious, continuous projection of negative thoughts or "thought-forms" aimed at someone's energy field to weaken their mental or emotional state. It is a deliberate attempt to send harmful energy to someone by obsessive thinking. One needs to have the psychic powers to project a psychic attack onto someone else. It is always intentional and results in strong anxiety, energy drain, nightmares and emotional disturbances to the victims. However, like evil eye, it can also cause sudden back luck.

These attacks enter our existence and create a block in the region they are programmed to affect. Every energy attack is a block. For example, a love spell will get stuck in the heart chakra space. Its intention is to create, generate and maintain the energies of love towards a specific person therefore this attack will get settled in the heart chakra. But because this is a mechanism it will act as a block as it settles down into our system, obstructing the internal energy flow within the system. Imagine a water pipe. If a small mechanism is placed inside the pipe to direct the flow of water to another pipe, the original pipe's flow becomes obstructed. This block then obstructs the energy flow from the chakra to its associated physical body organs leading to physical health issues.

Every form, type and kind of energy attacks settled down into the victim's system as a block obstructing the natural flow of energy in the system. You know that energy cannot be created. In order to manifest the intention that was programmed in the attack, the mechanism starts to pull the energies of the part of existence it is locked in. It transmutes the energies of the region into the energies of its programming which leads to energy depletion. The remaining energies of the region get utilised into transmuting the harmful energies that the block is generating. This means that within a few minutes to few hours of the mechanism of attack getting locked into our system, the region where its locked into loses its energies and powers and becomes absolutely exhausted. The only time these energy attacks take is for the mechanism of attack to settle into the victim's system. Which again depending on a lot of factors, can be anywhere between a few seconds to a couple of days maximum.

Energy attacks, even the smallest ones, are capable of disrupting our whole systems. After manifesting the intention they were programmed to deliver, most of them go dormant. They don't transmute or direct energy. They just lie there like a piece of rock blocking the energy flow. If you remember the explanations of different types of attacks, you will now understand that most attacks after their initial manifestation go dormant. Only those that are charged and programmed for long-term use remain active within the system. The long-term attacks need to be connected to a continuous energy supply source for them to remain active. Apart from our system, either an Energy Being is bound to do that, or the person who sent the attack remains actively involved in keeping the attack alive. These kind of attacks either birth out of strong and powerful hate where the attacker is not able to move on at all or from a skilled spell caster who bound an Energy Being to keep the attack alive.

Energy blocks, energy dominations and energy siphonings block our destinies from manifesting as well. Say, for example, you were meant to earn a lot of money, but someone cast an evil eye onto your finances, the money is wanting to flow in but it gets blocked by the evil eye. So all the money that was supposed to flow in is getting accumulated outside that block and as soon as you remove the block money manifests instantly into your life. This means that energy attacks cannot alter the destiny, they can just block it from manifesting (unless a specific spell to hinder or alter the destiny is done). What this also means is that when there are lessons or ill-effects of some planets shown in our horoscopes and the astrologers ask us to do rituals, chants or wear specific stones to combat its effects, the destiny gets blocked the same way, all the lessons or karmic punishments start to get accumulated and your next lifetime destiny becomes worse than this lifetime's. If you have read my e-book on the art of praying, you will know that creating something against the destiny is almost impossible as it would take a force way stronger than the destiny to give you something you don't deserve or aren't ready for. So all that happens by blocking the lessons and punishments from manifesting into your life is stagnancy. Nothing good really happens, but you start turning more and more negative day by day. You keep trying to cause a positive movement in your life but the blockage of destiny blocks all the movements. It is my duty to say this, that all the ill-effects in the charts are only and solely meant for our growth. We learn, we transform, we grow. You stop the learning, the transformation and growth gets blocked too. But, when like me, you embrace the lessons, the same ill-effects turn into blessings when the lessons are learnt. The choice is always yours. Choose wisely!

Every energy healing should begin by the removal of blocks. You will find that at least 20% of your problems will get resolved by the removal of energy attacks, energy dominations and energy siphonings.

I have seen these blocks on almost everyone. Which is why, the first thing I always make every client of mine do after the first session is a generalised cleansing prayer for 21 days (plus if any prayer was required to be done regarding the problem they had come to me with). The number of repetitions of the cleansing prayer will however depend on not how older the attack is, but how powerful it is. (You will find a generalised cleansing prayer on my website titled: "[Cleansing Prayer: Remove every kind of Energy Attack](#)").

Signs of negativity or evil attack

It can either be an energy attack on you, or,
You may have absorbed someone else's negativity, or,
You might be generating negativity.

- Feeling lost
- Feeling disconnected from the higher energies, which also completely blocks the intuition.
- Skin, face, and eyes start showing tiredness.
- Negative thoughts & anxious thoughts overpowering the mind.
- Not feeling like oneself.
- Lack of energy.
- Lack of motivation, drive, excitement, and joy in life.
- Inability to pray or do spiritual work.
- Disorientation.
- Negative thinking loop
- Pushing people away or constant need to have someone.
- Hyper emotional sensitivity.
- Blabbering – talking more than listening and having not much awareness of what one is saying.
- Words are not in control.
- Difficulty following a spiritual routine – *like praying, meditating, etc.*
- Depression & anxiety.
- Fear driven personality (*negative energies cause fear induced thoughts*).
- Wrong decisions.
- Feeling not in the present moment. Another way of saying, feeling lost.

Bad energies can take over the mind not allowing one to focus on anything that is good for them. These energies start with inducing fear, then, stripping one of confidence and excitement. This creates inability to perform tasks that can be beneficial for them. Usually when someone gets deeply sucked in by the bad energies, they lose the sense of self. Lacking self-awareness creates confusion which then further leads to irritability towards life and difficulty taking decisions. Bad energies create clouded layers in the mind, blocking one of any form of realization.

The more light you channel, the more protected from these energies you will be

The energy *dominations*

Energy domination means when some person's energies start dominating your whole life and system. In other words, someone's energies overpower your whole system. This is the domination-submission equation. Dominating and forceful people takeover the whole existence of those around them. Energetically what this results into is that the submitter's whole system gets hijacked by the dominator and it only responds to the wills, wishes, wants, desires and needs of the dominator. Say, if the dominator doesn't want the submitter to lose weight because of insecurity, the submitter's body will create diseases that won't allow weight-loss to take place. This is not an attack, but something worse than an attack. It is a psychological equation that results in an energetic disaster. No verbal communication is required for the

submitter to fulfil the dominator's every said, unsaid, conscious and unconscious wills, wishes, wants, desires and needs. Whatever the dominator wants reaches the abuser energetically and they start dancing to their tunes unknowingly, believing it is what they wanted to do. The submitter becomes mentally, emotionally, spiritually and energetically disabled and their energetic identity turns into a puppet that is controlled by its puppeteer.

The reason I am not using terms like abuser and victim is because the intention of the dominator is not to cause harm. In fact, both the parties are equally responsible for such equations. Both function from deep feelings of powerlessness, one reacts to that feeling with overpowering others, while the other reacts by submitting themselves. Both need to get into their power, but it is always faster and easier for the submitter because their need for power and feeling of powerlessness is always conscious, which is why they choose submission as their response. Whereas the dominator's need for power and feeling of powerlessness is unconscious and therefore they choose to be forceful and dominating. Also, because the suffering and suffocation of submission is felt and experienced by the submitter, but the dominator doesn't really suffer until the submitter breaks out of the pattern and cycle. When they lose their puppet is when they consciously feel powerless. This is when they can either choose to heal themselves, or try to re-dominate the escaped submitter, or find a new submitter. I do feel the need to mention, that most dominators are manipulators who keep their submitters confused.

Even though the removal of this in a generalised form is covered in the "[Cleansing Prayer: Remove every kind of Energy Attack](#)", my advice would be for you to create a personalised prayer to rid yourself of this equation faster. I am sharing the structure of the prayer where all you have to do is add the name of the person dominating. Read this prayer regularly as energy dominations only happen in close relationships, which means, that you will remove today, and the dominators will start forcing their energies onto you again tomorrow. Eventually, the force of your pushing their energies back to them becomes stronger and they lose their power of domination over you. But how much time and repetitions will that take depends from person to person. The manifestation power of this prayer is instant. I promise you other than not being able to control you, dominate you and suck your energy, no harm will ever be caused to the dominator. However, you will feel instant liberation.

The prayer:

I call upon and ask Goddess Kaalratri, Goddess Surkanda Devi, Goddess Chinnamastra Devi, Goddess Dhumavti, Goddess Baglamukhi, Goddess Kunjapuri Mata, Goddess Kali and Lord Kaalbhairav for all the psychic, esoteric, ethereal, spiritual, soul, karmic, energetic, mental, psychological, verbal, emotional, astral, etheric, creative, destructive, sexual and physical seeds, roots, lands, bases, grounds, cores, foundations, structures, parts, particle, molecules, layers, constructs, thoughts, feelings, emotions, intentions, wills, wishes, desires, wants, hungers, instructions, commands, codes, programmings, inscriptions, energetic imprints, energetic signatures, forces, dominations, overpowering, needs, dreams, aspirations, goals, missions, evil eyes, psychic attacks, anger attacks, jealousy attacks, jinxes, ill-intentions, curses, spells, lies, manipulations, deceptions, stagnancies, immobility, mergers, enmeshments, entanglements, acquisitions, cords, connections, attachments, paths, passages, roads, tunnels, anchors, hooks, tentacles, shadows, minds, lucks, bad-lucks, misfortunes, destinies, timelines, fates, curses, bindings, entrapments, blocks, hurdles, obstructions, locks, seals, cages, imprisonments, subjugations, slaveries, limitations, enslavements, submissions, burdens, baggage, weights, garbage, pollutions, clutters, dusts, wastes, trash, rubbish, litter, noises, impurities, oaths, vows, promises, conditions, conditionings, contracts, agreements, memories, imprints, traces, manifestations, results, effects, entities, energies, spirits, beings, parasites, thought-forms, tulpas, servitors, natures, personalities, habits, patterns, loops, cycles, identities, invasions, controls, manipulations, delusions, illusions, lies, karmas, karmic cycles, karmic lessons, karmic consequences, dependencies, guilts, anger, fears, insecurities, jealousies, guilts, pities, sympathies, shames, embarrassments, worthlessness, sadness, pain, grief, depression, emptiness, lowness, voids, failures, rejections, defeats, frauds, betrayals, traumas, tortures, enemies, pettiness, rage, freezing, fawning, fights, flights, paralysis, shadows, weaknesses, powerlessness, vibrations, frequencies, life-paths, life-purposes, surveillance, orders, enforcements, forces, preferences and possessions of, by, for

and through (Their name), to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, all of my chakras, all of my energy bodies, my destinies, my life-cycles, my life-paths, my destiny's path, my path towards my final destination, my path towards my fulfilment, my path towards completion, my path to happiness, my path to success, my path to victory, my path to enjoyment, my path to wealth, my path to fame, my path to abundance, my path to justice, my life's missions, my energy fields, my conscience, my awareness, my consciousness, my discernments, my crown chakra, my third-eye chakra, my focus, my clarity, my perceptions, my thoughts, my psychic regions, my psychic organs, my psychic centres, my psychic channels, my psychic grids, my psychic networks, my psychic matrices, my psychic energies, my psychic gifts, my psychic reach, my psychic realities, my psychic mechanisms, my throat chakra, my voices, my expressions, my expression channels, my expression centres, my expression networks, my expression grids, my expression matrices, my communications, my communication channels, my communication centres, my communication networks, my communication grids, my communication matrices, my heart chakra, my emotions, my inner-children, my empathies, my happiness, my love, my forgiveness, my acceptance, my allowance, my healing, my solar-plexus chakra, my true-authentic-original identity, my true-authentic-original self, my egos, my individuality, my confidence, my control, my power, my worthiness, my esteem, my position, my status, my will-power, my assertiveness, my dignity, my respect, my drive, my fire, my spirit, my core, my freedom, my authority, my sacral chakras, my feelings, my sexual organs, my fun, my sexual energies, my sensuality, my joy, my creativity, my creations, my manifestations, my procreations, my enjoyments, my pleasure, my desires, my passions, my magnetism, my root chakra, my stability, my earth roots, my earth connections, my safety, my security, my grounding, my Earth Connection, my materials, my materialistic possessions, my monetary reality, my monetary ownership, my money, my financials, my financial possessions, my financial stability, my physical body, my physical reality, my familial connections, my earthly connections, my earthly fields, my presence, my human existence, my atmosphere, my environments, my surroundings, my divine connections, my divine blessings, my divine channels, my divine legacies, my divine support, my divine backup, my past, my past lifetimes, my past timelines, my present, my present timelines, my future, my future timelines, my powers, my power grids, my power channels, my power lines, my power centres, my power points, my power projections, my emotional powers, my mental powers, my spiritual powers, my energetic powers, my psychic powers, my sexual powers, my seductive powers, my creative powers, my intuitive powers, my relational powers, my social powers, my karmic powers, my archetypal powers, my dimensional powers, my time powers, my destiny powers, my magnetism powers, my material powers, my earthly powers, my physical powers, my financial powers, my abundance powers, my growth powers, my healing powers, my allowance powers, my forgiveness powers, my acceptance powers, my vocal powers, my communicative powers, my expression powers, my manifestation powers, my ancestral lineages, my ancestral channels, my ancestral homes, my ancestral grids, my ancestral legacies, my ancestral cycles, my ancestral karmas, my ancestral lands, my ancestral blessings, my ancestral trees, my family lineages, my familial channels, my familial homes, my familial grids, my familial legacies, my familial cycles, my familial karmas, my familial lands, my familial blessings, my family trees, my family connections, my family communications, my earth-star chakra, my causal chakra, my soul-star chakra, my stellar-gateway chakra, my galactic chakra, my divine-gateway chakra, my spiritual body, my spiritual space, my spiritual field, my star-origin body, my star-origin space, star-origin fields, my energy body, my energy spaces, my energy fields, my psychic body, my psychic spaces, my psychic fields, my etheric body, my psychic channels, my etheric space, my etheric fields, my astral body, my astral space, my astral fields, my mental body, my mental space, my mental field, my soul body, my soul spaces, my soul field, my karmic cycles, my karmic bodies, my karmic spaces, my karmic fields, my expressive body, my expressive spaces, my expressive fields, my expression channels, my communicative body, my communication spaces, my communication fields, my communication channels, my voice body, my voice space, my voice fields, my love bodies, my love spaces, my love fields, my healing body, my healing spaces, my healing fields, my healing channels, my emotional body, my emotional spaces, my emotional fields, my acceptance body, my acceptance spaces, my acceptance fields, my allowance bodies, my allowance spaces, my allowance fields, my heart body, my heart spaces, my heart fields, my empathy body, my empathy spaces, my empathy fields, my happiness body, my happiness spaces, happiness fields, my forgiveness body, my forgiveness space, forgiveness field, my forgiveness channels, my ego body, my ego space, my ego field, my anger body, my anger space, my anger fields, my anger channels, my fire body, my fire spaces, my fire fields, my spirit body, my spirit spaces, my spirit fields, my core body, my core space, my core fields, my power body, my power spaces, my power fields, my romance body, my romance spaces, my romance fields, my feeling

body, my feeling spaces, my feeling fields, my sexual body, my sexual spaces, my sexual fields, my sensual body, my sensual spaces, my sensual fields, my seductive body, my seductive space, my seductive field, my intimate body, my intimate spaces, my intimacy spaces, my intimacy fields, my fun body, my fun space, my fun fields, my creative bodies, my creative spaces, my creative fields, my creative channels, my manifestation bodies, my manifestation spaces, my manifestation fields, my manifestation channels, my pleasure bodies, my pleasure spaces, my pleasure fields, my passion bodies, my passion spaces, my passion fields, my magnetic body, my magnetic spaces, my magnetic fields, my familial bodies, my familial spaces, my familial fields, my ancestral body, my ancestral space, my ancestral field, my earth body, my earth space, my earth field, my material bodies, my material spaces, my material fields, my human body, my human space, my human field, my career body, my career spaces, my career fields, my physical body, my physical space, my physical fields, my domestic body, my domestic space, my domestic fields, my social body, my social spaces, my social fields, my familial body, my familial spaces, my familial fields, my shadow, my shadow body, my shadow space, my shadow field, my relationship with myself, my relationship with God, my relationship with Divinity, my relationship with the Universe, my relationship with intelligence, my relationship with luck, my relationship with abundance, my relationship with money, my relationship with success, my relationship with prosperity, my relationship with love, my relationship with happiness, my relationship with my physical body, my relationship with Earth, my relationship with fun, my relationship with joy, my relationship with sex, my relationship with stability, my relationship with time, my relationship with destiny, my relationship with fortune, my relationship with growth, my relationship with movement, my relationship with creation, my relationship with freedom and my relationship with present, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Energy *siphoning*

Energy siphoning means taking, stealing, draining and depleting energies of another person. As I have mentioned before, when two people, places or things interact, the energy will automatically transfer from one that has more to the one that has less. There is nothing you can do about it except for stopping the interaction. However, energy siphoning is completely different. It is done by people who function from jealousy and envy with the core intention to take what is yours. This is done on purpose through the creation of cords, tunnels, channels, anchors, hooks, etc. When people siphon energies out of you, energy depletion happens faster and energy exhaustion becomes inevitable. A generalised prayer to cut the cords is already given in the [“Cleansing Prayer: Remove every kind of Energy Attack”](#), however I will still mention cord cutting prayers here that you can use. Energy siphoning is always a conscious will to take from another that energetically manifests itself as cords, channels, tunnels, tentacles, anchors, hooks, etc. Learnt psychics can create these consciously, but even those who aren’t consciously aware of what they are doing unconsciously create these means of energy siphoning to fulfil their desires to steal.

A lot of people think cutting cords would end the relationship. But that’s not true. Cutting cords will only end the energy siphoning and energy exchange. The choice to end a relationship is always in the hands of the people involved. Firstly you need to understand that any relationship that is based on one person depleting and exhausting themselves for the other is toxic. It is always better to end these kind of relationships. Mostly the people who choose to remain in these relationships are the ones that are extremely afraid of being alone and use “being needed” as a mean to keep people in their lives. This is why they are allowing cords, anchors, etc. to enter their system and are open to supplying their energies to others. In these cases, you never attract a real relationship, you only attract people who want to take from you, as the initiating intention of the relationship is need. You want to create your need, you attract people in need. The only way you can find healthy relationships is when the fear is removed, the need is erased and you achieve a heightened state of independence. This is why most relationships are based on co-dependency where both the partners are using one another as crutches.

Another fact about cords is that they can get recreated instantly. If you want people to get hooked on to you, you will attract people who will create hooks into you. If you want to keep people in your life because you are needy, they will connect cords to drain you. Just the mere act of cutting cords will not keep them cut if you keep opening yourself up for depletion. That is why, until the independence within oneself is achieved it is advised to do cord cutting prayer every morning upon waking up and every night before going to sleep.

A generalised cord cutting prayer:

“I call upon Archangel Michael and (any other deity of your choice, preferably who uses a sword or a swordlike weapon) to immediately, completely, absolutely, permanently, irreversibly and eternally extract, cut and destroy all the tools, means, mediums, modes, instruments, mechanisms, cords, connections, attachments, hooks and anchors of energy siphoning and energy exchange from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmosphere, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

A specific chakra cord cutting prayer:

When you wish to cut all the cords pertaining to a chakra, you will have to cut the cords pertaining to every element (both positive and negative) of that chakra. To know the elements of every chakra you can read my -e-book on chakras. It is highly effective during chakra healing. I will give you an example of root chakra cord cutting prayer.

“I call upon Archangel Michael and (any other deity of your choice, preferably who uses a sword or a swordlike weapon) to immediately, completely, absolutely, permanently, irreversibly and eternally extract, cut and destroy all the tools, means, mediums, modes, instruments, mechanisms, cords, connections, attachments, hooks and anchors of siphoning of stability, security, money, finances, abundance, grounding, fear, anxiety, jealousy, envy, insecurity, threat, lack, poverty, safety and protection, from the points of their creations, from my root chakra, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

A specific person – specific energy cord cutting prayer:

Say, if you wish to cut sexual cords with someone or you wish to end a power battle between you and someone, you would write the prayer something like this:

“I call upon Archangel Michael and (any other deity of your choice, preferably who uses a sword or a swordlike weapon) to immediately, completely, absolutely, permanently, irreversibly and eternally extract, cut and destroy all the tools, means, mediums, modes, instruments, mechanisms, cords, connections, attachments, hooks and anchors of sex between me and _____, from the point of its creation, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Retrieval

According to Akashic records, our Soul consists of 617 facets, or particles. Traumatic experiences can lead to us losing some of these facets or exchanging them with others. When this occurs, we literally lose a part of ourselves – and can have trouble finding and living our Truth. Recovering Soul facets is crucial for regaining a strong sense of Self and reconnecting with who we really are. I do agree with this concept 100%. However, I do not like to limit the possibilities. Firstly, not just soul facets but we can lose any part of our being. Secondly, not just during traumatic experiences, but also during an obsessive phase we may leave a part of us into another's existence or pull a part of another into ourself. I have found people's inner children stuck onto someone else, I have found pieces of hearts scattered, therefore I do not wish to limit the possibilities of what all we could have lost. This is a prayer that should be (like a must when you begin energy healing) performed at least once for three days consecutively and then at least once a year.

I will be sharing a generalised prayer, however, if you have a specific trauma or obsessive memory in mind, I would suggest you create a separate specific prayer for that too.

Generalised prayer:

“I call upon Archangel Chamuel to immediately, completely, absolutely, permanently, irreversibly and eternally collect all of my seeds, roots, lands, bases, cores, foundations, structures, parts, particles, facets and bodies from wherever I have lost them, from the inception of my soul, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all these seeds, roots, lands, bases, cores, foundations, structures, parts, particles, facets and bodies of mine that were collected by Archangel Chamuel to be immediately, completely, absolutely, permanently, irreversibly and eternally cleansed of all the traumas, traumatic experiences, obsessions, lies, manipulations, illusions, delusions, hurts, harms, sadness, pains, fears, guilts, anger, rage and energies of other people, places and things by the Violet Flame, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all these seeds, roots, lands, bases, cores, foundations, structures, parts, particles, facets and bodies of mine that was cleansed and purified by the Violet Flame to be immediately, completely, absolutely, permanently, irreversibly and eternally brought back to me and merged with my whole existence, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I am one with all of my seeds, roots, lands, bases, cores, foundations, structures, parts, particles, facets and bodies, across all dimensions, realities, realms, lifetimes, timelines and planes of existences and merge it with me.

All of me is safe and secured within me, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Localised prayer (example):

“I call upon Archangel Chamuel to immediately, completely, absolutely, permanently, irreversibly and eternally collect all of my seeds, roots, lands, bases, cores, foundations, structures, parts, particles, facets and bodies from the trauma of sexual abused caused to me by Mr. X in on 3rd May, 2009 on , Mr. X and Hotel Brunelleschi in Florence, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Relationship space

Relationship Space is a space that two people share in the energy world when they share intimate relationship. It can be a parent-child relationship, sibling relationship, close friendship or romantic relationship. Sometimes and very rarely one can also have a professional relationship space. Relationship spaces can also be with things, like your relationship with money, your relationship with your home, etc. It actually depends on how intensely involved you are with the person, place or thing. I have seen married couple have no relationship space because even though they are fulfilling every marital duties (including sex), they don't have strong feelings for one another. Hence, the relationship space didn't get created. You have different relationship spaces with different people. The energies found in this space are the energies that two people create when they come together. Think of it like a chemical reaction that takes place between two people. As such cleansing or healing of the relationship spaces isn't necessary unless the space was created because of love/sex spell or is affected by a separation spell/intention (evil eyes, psychic attacks). Relationship spaces get dormant and diminish automatically when both the parties stop feeding into the space (that is mutual separation). However, sometimes, for extreme intense and toxic relationships destroying the relationship space earlier itself when one decides to leave the person accelerates and eases the whole process. Unless you feel there is something severely wrong with your relationships that doesn't feel normal, do not do a prayer for the relationship spaces as it is genuinely not required.

Vows

Many of the vows and oaths we utter are made in jest, lost in casual conversation, or fuelled by the heat of an emotional moment. We often treat them as fleeting, but the reality is more profound: words possess an immense power of manifestation. The moment a word is spoken, it generates an immediate energetic resonance. This is why prayers can be so effective—and why the precision of our language is vital. When we mindlessly bind ourselves to "stupid" vows or reactive swearing, we inadvertently tether ourselves to unnecessary suffering. These unconscious declarations act as the invisible architects of our destiny.

My Recommendation

Whether you feel a personal connection to a past vow or not, I encourage you to read the following prayer at least once. It is designed to clear those unintended bindings and realign your path.

Different kind of vows people take:

Vow of poverty (Root chakra): Decisions like, “I don’t want money”, “Money isn’t worth it”, etc. Causes financial struggle, constant losses and failures.

Vow of abundance (Root Chakra): To make money at any cost. Whether the person makes money or not, but becomes money-minded for sure. The whole focus of life centres around money.

Vows of chastity (Sacral chakra): This is the vow to not have sex.

Vows of over-indulgence (Sacral Chakra): To have a lot of sex. Whether the person has a lot of sex or not, but sex stays on their mind all the time. Some perverts are the result of this vow.

Vows of slavery (Solar plexus chakra): It is basically deciding that one will now spend their life serving others. The vow gets carried forward into the next lifetime and the person is born with a submissive personality.

Vows of dominance (Solar plexus chakra): It may sound something like, “I will now take over the world”, or “I shall never surrender to anyone ever again”. This vows can be taken in multiple ways, however the end result is being born with a dominating personality.

Vows of celibacy (Heart chakra): It is a vow of never getting married.

Vows of infidelity (Heart chakra): A vow that love doesn’t exist, and hence commitment is stupid. That’s the crux of this vow.

Vows of Silence/Voluntary Denial (Throat chakra): Sometimes when people don’t understand us, we end up swearing, “I won’t ever speak again” or “there is no point in talking”. This doesn’t result in being mute, but in inability to express or communicate well.

Vows of Suffering/Retribution (Third-eye chakra): Vows of suffering and retribution are among the most toxic vows carried over from past lives. This is self-punishment and needs to be broken.

Vows of Obedience/Humility (Crown chakra): Vows of obedience and humility mean that we agree to "give up our own will and subordinate that to the Will of God". The carried forward result of this vow is God fearing person with blind faith. It acts as a block on the crown chakra blocking the energy flow from the Divine Beings.

The worst and the funniest situation is when the person has taken two opposite vows in two different lifetimes and both of them are working together. Imagine taking the vow of abundance in one lifetime and the vow of poverty in another and now both the vows are simultaneously and actively working together in this lifetime. The person becomes money-minded while never getting any money.

Safer side, just read the prayer once. However if you feel you have a specific vow that is strongly affecting you then just do a prayer for it for 3, 6, 9, 11 or 13 days (depending upon the effect of the vow on your life).

“I call upon Goddess Fate, Lord Ganesha, Lord Hanuman and God Osiris to immediately, completely, absolutely, permanently, irreversibly and eternally revoke, rescind, recant, renounce, denounce, uncreate, break and destroy all the psychic, karmic, spiritual, soul, mental, psychological, verbal, emotional, energetic, spiritual, etheric, astral, creative, destructive, sexual or physical oaths, vows, promises, swearings, fealties, comealities, choices, decisions, commitments, agreements and contracts of poverty, abundance, chastity, over-indulgence, slavery, dominance, celibacy, infidelity, silence, denial, ignorance, suffering, retribution, obedience and humility, from the point of their creation, from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my habits, my patterns, my decisions, my choices, my personalities, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmospheres, all of my relationships, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Sometimes people die in hunger and vow to eat a lot in the next lifetime resulting in overeating habits. Or, the ancestors vow that my family-line will always have excess food (this is what I call using wrong words), and every person in that family over-eats and turns obese. There can be infinite possibilities of vows that can be taken.

The biggest sign of a vow is obsessiveness. See what you feel obsessive about. Or, in your horoscope see in which house and with which zodiac is Rahu and Saturn sitting. It doesn't always directly reflect the vow taken, but more than often the vow is related to Rahu's and Saturn's position in the horoscope. Their interplay can reflect the vows.

Grounding

Being grounded literally means being in the present moment in the present-current physical reality. Every time you feel ungrounded, just do the following prayer:

“I call upon Goddess Earth and ask for the Energies of Earth to immediately, completely and absolutely bring me into the present-current physical reality and ground me into my physical body, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Energy *worlds*

I have access to detailed information regarding various spiritual planes, realms, and dimensions, including the specific residences of different energetic beings. However, I choose not to share this because, in my experience, that knowledge remains dormant and impractical; it simply doesn't serve a functional purpose.

It does not matter where these beings originate; what matters is that they respond when called. For instance, I only need to say, "I call upon Archangel Zadkiel." I don't need to specify that he should travel from a 12th-dimensional realm of forgiveness to my 5th-dimensional channel. They already know where they live, and they already know where we are. Attempting to describe their location is "wrongful communication"—it is a waste of time and energy.

Think of it like inviting a friend to a party. You don't instruct them on how to leave their own house or which streets to take from their specific zip code; you simply give them your address and the invitation. Divine beings require even less. All they need is the invitation—"I call upon you"—and the instruction of what you need them to do. For this reason, I am omitting the technical complexities of energetic dimensions to focus on what actually works.

Information about different types of energy beings is already widely available on the internet; providing it here would simply be a waste of my time. This aligns with the core philosophy of this e-book: I am preserving our collective time and energy by cutting out useless information. By not wasting resources on "fluff," I have more energy to share what actually works.

Detailed knowledge of energetic worlds and dimensions is only useful if you are actually journeying into them. I used to teach these paths, but I discovered that for every 1,000 students, only one was truly journeying. The rest were simply imagining—their brains were creating stories. This does more harm than good. Real journeying requires awareness to leave the physical body and enter different realms. This demands an extremely high vibrational frequency, absolute clarity of your energetic channels, and the ability to shift from 0 to 12 dimensions instantly. This is why ancient saints sought total solitude; it is a specialized skill for seekers intended to bring answers back to the world. It is not a requirement for everyone.

Unfortunately, many practicing psychics, witches, and healers claim to possess this skill out of a hunger for power. Most don't even realize they are just "creating stories" rather than channelling or journeying. I stopped teaching this because, without years of undisturbed meditation or a natural-born gift, most people fail to reach that state but *assume* they have. If they were only damaging themselves, I might still share the information, but many become professionals and spread false channelling to others.

The *Art of Praying* was born from a desire to stop this cycle. I publish this for free because I empathize with the desperation that drives people toward fake healers. By providing real, functional information at no cost, I can protect people from being exploited by wrong information that causes genuine damage.

For example, a woman once messaged me on social media in such deep distress that I knew I had to help her. A previous "healer" had told her she was being punished for being evil in a past life and offered to "cleanse" her karma. She was shaken to her core, falling physically ill and doubting her own soul. When I scanned her and journeyed into her past lives, I saw only innocence—not evil. She was simply stuck in an emotional pattern of rejection and a need for attachment that had repeated over lifetimes. It wasn't a punishment; it was a simple lesson in independence. Within two weeks of using the correct prayer to break that pattern, she regained her power. Months later, she was promoted and thrived. Had she not found the truth, that false "channelling" might have destroyed her.

My goal is to make you independent. I want you to empower and heal yourself so you never have to rely on a psychic, witch, or healer again. Furthermore, I refuse to provide "power-hungry" individuals with

technical information they can use to fake their abilities and exploit those in need. Increasing your awareness in this way protects your resources from being wasted on the wrong path.

The point of writing all this was,

Don't just stay away from wrong information,
Also stay away from useless information.

This saves your time and energy which you can then utilise in doing worthwhile things.

Energy *Beings*

God (the Creator) – The 13th Dimensional Energy Being, the God, the Creator. We are the fragments of this Divine Light. The planets, every other astronomical body out in the Universe and all the Deities are the fragments of this Divine Light. This Divine Light (the God, the Creator) is farthest from our reach, and we cannot experience Him fully until we reach the 11th Dimensional Vibrational frequency. And well, we would be Demi-Gods/Goddesses (Deities) or Ascended Masters if we reach there. However, we can channel Light from the God and spread it to the world or the Universe.

Divine Light – Divine Light is what the God emits. It is this light that we channel. Different people see it in different colour because it is several coloured lights. The Seven Rays of God (which will be explained later) is this Light. It is also called the Divine Masculine. This too is 13th dimensional energy. Divine light is airy and translucent. Divine Light is an active energy. Light requires you to be high vibrational and pure.

Divine Darkness – God has both masculine and feminine side. Where Light is the masculine side, Darkness is the feminine side. Divine Darkness is the energy that the Darkness emits. One cannot survive on light alone, however a lot of spiritualists ignore darkness fearing it and assuming it to be evil. If you are ignoring the Divine Darkness or running away from it, you are also running away from Divine Feminine, your shadow-self, your unconscious mind and your feminine side. This is also a 13th dimensional energy. Both the light and the dark are equally important for the life to prosper. Even though most humans have been scared of the darkness, it is actually the darkness that protects and nurtures. To all my students I have always said, that the darkness is not evil, evil is evil. Darkness locks, nurtures and tries to transform evil. Darkness is the home to evil, but darkness is not evil. While Light motivates growth and hard work, Darkness encourages peace and rest. Darkness is solid and opaque. Darkness is very peaceful and calm. Divine Darkness is a passive energy. Like the colour black, Divine Darkness absorbs everything; but absorbs, doesn't consume. Darkness is a very loving energy. Darkness will accept anything, everything, anyone and everyone. It is literally most loving energy in the Universe.

Emptiness – Emptiness is not just a concept of the show supernatural but it is actually a being of the 13th dimension. It is transparent, and transforms everything into empty. Darkness absorbs, while Emptiness consumes. That which enters emptiness ceases to exist. It is the ultimate peaceful state. The state of meditation, where there are no thoughts, no feelings and no emotions. So far, Emptiness has not been experienced as energy, but a state that all spirituals aim to achieve.

Death – Death is found in every dimension and vibrates at every dimensional frequency. It is the Energy of Destruction and Endings. It can be channelled but should only be done if you are a highly experienced energy worker. It has the power to end anything. However, I don't thinking you can call upon death to kill someone. It is a highly ill-intention and should be avoided at all costs.

Life – Life, like Death, is also found in every dimension and vibrates at every dimensional frequency. It is the Energy of Creation and Beginnings. Whatever you create, if you channel the Energy of Life into it, its value instantly doubles. I somehow always forget to do that.

Deities (also called Demi-Gods/Goddesses) – All the Gods and Goddesses prayed to on this planet, from all the religions and continents fall under this category. There obviously are stories of them available in their respective religions, but from what I have experienced working with them is that they are the most powerful energies of love, death, sex, war, money, abundance, etc. In a manner of speaking they rule the energies of a particular thing. Every religion has a different looking and differently named deity for the same energy, and they all exist. The thing is, it doesn't matter how you perceive and see them or what you call them. They are all different beings owning the same powers ruling the same category of energy. All that matters, is which deity you connect with. And this will depend on several factors like your connection with them from previous lifetimes, this lifetime, your current vibrational frequency, your upbringing and your conditioning. They are 12th Dimensional Beings who do come down if called upon, however their blessings reach Earth constantly to those who pray to them.

Ascended Masters – Ascended Masters are high vibrational beings who took several births as humans and raised their vibrations high enough to reach 11th dimensional frequency. They reside in the 11th Dimension, but due to their frequent births on our planet, they can easily come down to help us. They usually assist in raising vibrations of people and are not called upon to help fulfil basic human needs (like money, love, sex, vengeance, etc.).

Archangels – Archangels are the highest in the hierarchy of Angels. They are closest to God and help Deities and Ascended Masters with their Universal work. They are 12th dimensional beings. Even though they do come down to help people in the time of need, they usually work with other higher energy beings and rule different Rays of God to spread light across the Universe. They have different tasks assigned by God and their main duty is fulfilling those tasks. However, like Deities and Ascended masters they are omnipresent and do help humans when they are in need.

Rays of God – The seven rays of God are 10th Dimensional Energy Rays that is spread across the Universe with the help of Archangels, Angels, Dragons and Unicorns. From God the Light reaches the Deities who are the rulers of that particular light, from there it reaches the Archangels, Angels, Dragons, Unicorns, Guardian Angels and then to all the corners of the universe and its beings. God emits the Divine Light from the 13th dimension. It gets divided into different colours as it reaches the 12th dimension. However, its frequency is so high in 11th, 12th and 13th dimension, that if it touched humans, our physical bodies will not be able to take it. Therefore, we channel it from the 10th dimension (only if we have ascended to the 6th dimensional frequency) or we channel it from the 8th dimension (the much lighter version of the ray).

Angels – The second in the hierarchy of angels, they work under the Archangels. More than often, when we call upon a particular Archangel for help, they assign the angels working in their team to help us. Angels are the 9th Dimensional beings and those of us who are vibrating at 5th Dimensional Frequency can experience their presence easily.

Guardian Angels – Each and every being (humans, animals, plants, trees, and living beings of other planets) are assigned Guardian Angels who emit the light of the Ray they belong to, to protect and guide the living beings across the Universe. They can be 6th, 7th or 8th dimensional and are easiest to contact with. They bring us the Divine Messages; from our intuition to information that we channel, it is all brought to us by them. They are the mediators between us and the Higher Energy Beings of Light & Darkness. However this doesn't mean we can't or don't connect with the Deities or the Creator directly. We do, more often than you think. However, for those of us who can't the Guardian Angels help us by mediating.

Faeries – They are also called the angels of the Earth. Faeries are actually very small in size and are more human than all the other energy beings we mentioned so far. They have some human emotions and work for planet Earth. Their main area of work is to help the planet and protect the planet. Their magic & power comes from Mother Earth. A lot of people connect to faeries more than the angels, this happens with

people who are working with the energies of the planet more than the Cosmic Energies of the Creator. Faeries majorly work with those who work for the welfare of the Nature and animals. Like angels and deities, faeries too work with different energies like love, money, abundance, health, etc. You need to have a powerful root chakra and earth star chakra to be able to experience faeries. They are mostly found in Nature. They are 5th Dimensional beings who live on a plane different from ours. On our planet there are different planes of existence, faery realm is a different plane which only few people, who are approved by the faeries, can access. And faeries allow only those who have shown care and concern towards the planet and contributed to its welfare.

Power / Spirit / Totem Animals – This is a Shamanism concept, like Guardian Angels, every person has power, spirit or totem Animal. These animals, like faeries, are 5th Dimensional, but residing on a different plane. They help humans with healing and guidance. They can be called upon for specific needs as well. You will need a psychic (or a shaman) to find out your power, spirit or totem animal. All three are different and serve different purposes. However, you can call upon any spirit animal in the time of need. For example, when I want to speed up a process I call upon horses to take the energy from me and pour it into the client. Or when I want quick guidance, I call upon an owl to bring me wisdom.

Ancestors – Ancestors are mostly 5th or in some cases 6th Dimensional beings. They are the people who died and crossed over into another plane and are resting until their next birth. They help their lineage in the time of need. They do possess some powers and can bless and guide us from time to time. Some people can consciously communicate with their ancestors while some receive messages through intuitions, signs or dreams. They are very close to us and can also act as mediators between us and higher realms.

Ghosts – Ghosts are earthbound spirits who chose not to cross-over into the ancestral land. They are 1st, 2nd, 3rd Dimensional beings. They live on a plane separate than ours therefore until you are a psychic or a medium, you cannot see them. But because of their lower and denser energies most of the energy sensitive people can sense their presence. Not all earth bound spirits are evil and hateful. Some can actually help.

Vaastu Dev – Very much real and very much active in the 3rd, 4th and 5th dimension on a plane separate than ours. Easiest to connect with, fastest to listen to us. I always ask him to keep my home protected. Or when I sit down to write, I ask him to check my work and correct me whenever I go wrong. I also ask him to throw all harmful people out of my life and never allow any harmful person to enter my house. The Vaastu Dev is not just of the house, but also of the land, the area, the city, the country and the continent. The larger the area they cover, the higher is their vibrational frequency.

Jinns and Demons – Jinns and Demons work for the Darkness and are often addressed as the angels of the Dark. They are not evil. Humans bind them to do their evil work. On their own they never cause harm. They remain in their plane and listen when someone calls out to them. But they are easier to access than the angels, and being the beings of the darkness, evil is not difficult for them. If there is a jinn or demon possession on someone or jinn or demon troubling someone, praying to the Dark Gods and Goddesses helps the most. In fact, I call upon other Jinns and demons to help. The dark world is also famously called the underworld and hell is just a part of the underworld. The Darkness World is very dense and all those Energy Workers who journey there for whatever purpose go with a lot of shielding. Jinns and Demons are 3rd to 7th Dimensional beings of Darkness. If you have worked with Darkness in any of your previous lifetimes, you may have Guardian Jinns and Demons along with Guardian Angels.

Healing Energies

The Seven *Rays* of God

First Ray of Power and Will

Colour: Electric Blue
Chakra: Throat Chakra
Archangel: Archangel Michael
Archea: Archea Faith
Chohan: El Morya
Crystals: Diamond, lapis lazuli, sapphire
Day: Tuesday

Ray of power, will, creative desire, self-expression, a willingness to experiment, faith.
Blue Flame

Second Ray of wisdom and illumination

Colour: Golden Yellow
Chakra: Crown Chakra
Archangel: Archangel Jophiel
Archea: Archea Christine
Chohan: Lord Lanto
Crystals: Yellow diamond, golden topaz, yellow sapphire, tiger's eyes
Day: Sunday

Ray of wisdom, illumination, self-knowledge, openness to higher understanding.
Golden Flame
Associated with education and learning, reading, writing, arithmetic, learning of languages.
This ray is also called the mind of God.

Third Ray of compassion and charity

Colour: Pink
Chakra: Heart Chakra
Archangel: Archangel Chamuel
Archea: Archea Charity
Chohan: Paul the Venetian
Crystals: Diamond, garnet, rose quartz, pink beryl, ruby

Day: Monday

Seat of love, compassion, charity, appreciation of beauty & selflessness
Helps you experience unconditionality.

Subjects associated: Art, drawing, painting, sculpture, graphic arts, theatrical arts, etc.

Fourth Ray of purity, wholeness, and integration

The fourth ray is the ray of purity, hope, self-discipline, interface between your spirit and physical body and material world.

Colour: White

Chakra: Crown Chakra

Archangel: Archangel Gabriel

Archea: Archea Hope

Chohan: Serapis Bay

Hindu Deities: God Brahma and Goddess Saraswati.

Crystals: Selenite

Day: Friday, Monday

Subjects associated: Architecture, technology, computers, internet, etc.

White Flame is the light-energy of the fourth ray. Call upon the White Flame when you wish to bring light in dark, add life to something lifeless and when you wish to heal and expand your crown chakra. It is the life-force energy that comes straight from the soul-space that resides in the 7th dimension. This is where the Universal Life-force energy is. Life-force energy is the Master Healing Light required to keep us alive in the physical body. It is the food for the soul.

Ageing happens when the life-force energy slowly starts to deplete in physical body. Eventually, as the time of physical death approaches, the soul starts to leave the body and go back to the soul space. Most diseases can be healed with the help of life-force energy. Physical body organs when failing or working sluggishly are depleted of life-force energy. When filled with life-force energy, they start to revive.

Even youthfulness can be maintained for a long time if one is filled with the life-force energy. Dead skin, hyperpigmentation, etc. are few of the signs of lack of life-force energy in skin.

White Flame is the milder form of the Divine White Light that can remove any form of Darkness and Emptiness from the space. Channel this light whenever you feel surrounded by negative, lower or evil energies.

Fifth Ray of truth, healing and precipitation

Colour: Green

Chakra: Third-eye Chakra

Archangel: Archangel Raphael

Archea: Archea Mary

Chohan: Mother Mary and Lord Hilarion

Crystals: Emerald, jade, diamond, quartz

Day: Wednesday

Green Flame

Subjects associated: Music, health & healing, pure sciences (math, science, etc.)

Sixth Ray of peace, service and ministration

Colour: Purple and Gold

Chakra: Solar-plexus

Archangel: Archangel Uriel

Archea: Archea Aurora

Chohan: Lady Nada

Crystals: Diamond, topaz, ruby, alexandrite

Day: Thursday

Purple Flame

Subjects associated: Ministry & service, marriage and family, parenting and child rearing.

Seventh Ray of forgiveness and transmutation

Colour: Violet

Chakra: Seat of Soul

Archangel: Archangel Zadkiel

Archea: Archea Amethyst

Chohan: St. Germain

Crystals: Amethyst, diamond

Day: Saturday

Violet flame is the most transformative and transmuting ray of all. It transmutes lower and negative energies into high vibrational Divine Energies. It is also called Violet Fire. It heals emotional and physical problems, improves personal relationships and helps with spiritual growth. Violet has the highest frequency of all colours. Violet Flame has the power to erase almost everything. Whatever it touches, it changes the frequency of it. Just upon touching it starts erasing and transmuting lower, evil, negative, clutter, garbage, polluting, impure and contaminating energies into high vibrational energies. It purifies whatever it touches. Transmutation means to change; to alter in form, appearance or nature, and the Violet Flame is the master transmuter.

The prayer:

**I AM A BEING OF VIOLET FIRE,
I AM THE PURITY GOD DESIRES.**

Just chant his as many times as you want in your mind and just notice the feelings. You will instantly feel expanded and liberated. You will immediately feel your vibrations rising.

I will give you only one example of prayer construction. The rest you can create on your own as and when whatever Flame or Ray of God is required by you.

Say you want power.

Step 1: The Ray and Flame you will call upon is the First Ray of Power and Will and the Blue Flame.

Step 2: Calling upon the Archangel, the Archea and the Chohan of that Ray.

Prayer:

“I call upon Archangel Michael, Archea Faith and Lord El Morya to bring in, manifest and activate the First Ray of Power and Will and the Blue Flame within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Important: Whenever you channel energies for healing, after the prayer sit in a comfortable position with hands well rested and eyes closed for several minutes just feeling the energies. It accelerates the absorption of those energies process.

Step 3: Optional – Energising a crystal. Take a ring, bracelet or a pendant of the crystal (in this case lapis lazuli), and hold it while doing the prayer.

Prayer:

“I call upon Archangel Michael, Archea Faith and Lord El Morya to bring in, manifest and activate the First Ray of Power and Will and the Blue Flame within this lapis lazuli crystal, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Hold the crystal for a few minutes with your eyes closed. When you feel intuitively that the crystal is charged instantly wear it and get on with your life.

Colour healing

Colours are one of the languages of the soul, the energies and the Energy Beings. They have the ability to influence our moods, thoughts, feelings and emotions. They have huge impact on our well-being and consciousness. Using or avoiding certain colours is our way of self-expression. Colours have symbolic meaning which is automatically and immediately recognised by our subconscious. Calling upon the specific colour energy and asking to penetrate within the physical or mental body (wherever the healing is required) is known to be one of the fastest ways to heal.

Red

- Brings warmth, energy & stimulation.
- Good for energy, fatigue, colds, chilly and passive people.
- Energises heart & blood circulation.
- Heightens low blood pressure.
- Energises all organs and senses.
- Increases sexual desire & energy.
- Stimulates ovulation & menstruation.
- *Never treat cancer with red colour as red stimulates cell growth.*
- Red causes haemoglobin to multiply, hence raising the body temperature.
- Associated with Root Chakra.
- Excellent for blood related condition.

Orange

- Warm, cheering, freeing action upon body and mind.
- Relieving repressions
- Stimulates creative energies.
- Helpful in dealing with excessive sexual expression.
- Stimulates the lungs, the respiration and the digestion.
- Increases activity of the thyroid.
- Relieves muscle cramps.
- Increases amount of mother's milk.

Yellow

- Helps strengthen the nerves and the brain.
- Helps awaken the mental inspiration.
- Excellent colour for nerves or nerve related ailment. Dark yellow soothes pain in the nerves.
- Also energises muscles.
- Use to soothe pain.
- Can be used for the conditions of the stomach, liver, intestine.
- Speeds up digestion.
- It helps the pores of the skin & scattered tissues to heal itself.
- Removes depression & sadness.

Green

- Soothing influence over mind & body.
- Green can be used for any condition in need for healing.
- It brings psychological and emotional balance.
- Affects blood pressure and all conditions of the heart.
- It has balancing and moderating effect.
- It cures hormonal imbalances.
- It cleanses and purifies germs, bacteria & rotting material.
- Healing effect on kidneys.
- It increases immunity, builds up muscles, bones and tissues, strengthens nervous system.

Blue

- “Blue rays are one of the greatest antiseptics in the world”.
- Cools down inflammations, fevers.
- Controls bleeding.
- Relieves bursting headaches.
- Calms strong emotions like anger, aggression, etc.
- Anti-itching, anti-irritation, anti-stress.
- Soothes suffering.
- Blue can be used for any kinds of ailments associated with speech, communication, or throat.

Indigo

- Great purifier of the blood stream.
- Also benefits mental problems.
- It governs both mental & physical perception.
- Great for ailments of eyes & ears.

Violet / purple

- Colour of transformation.
- Heals melancholy, hysteria, delusions, alcohol addictions.
- Brings spiritual insights and renewal.
- Slow down an over-active heart, stimulates WBC (immunity).
- Brings sleep.
- Decrease sexual activity.
- Decrease sensitivity to pain.
- Helps in detoxification, soothes mental and emotional stress.

Leonardo-da-Vinci proclaimed that you can increase the power of meditation tenfold by meditating under purple rays as found in church windows.

White

- Perfect colour
- Colour of awakened spirit.
- The light of perfection, the Divine Light.
- White light raises the vibrations of one’s consciousness, bringing harmony in all areas of life.
- “Directing white light into any part of the body is the fastest way to bring about a healing.”

Magenta

Stimulates heart activities, strengthens contact with your life’s purpose.

Pink

- Heals grief & sadness.
- Restores youthfulness
- Brings you in contact with your feelings.

Turquoise

- Increases intuition and sensitivity.
- Disinfecting and antiseptic.
- Tones the general system.
- Builds the skin.
- Reduces stress.

Brown

- Elemental Earth.
- The planet spirit Saturn.
- Stability & grounding.
- Protection of household.
- Healing animals.
- Finding lost objects.
- Material increase.
- Material construction.
- To make relationships solid.
- To increase decisiveness and concentration.
- Attracting financial help.

Gray

- Neutralising negative influences.
- Erasing or cancelling situations.
- Causing stalemates.

Black

- Elemental Earth.
- Deities of the underworld.
- Banish evil and negativity.
- Open up deep unconscious levels.
- Protective and grounding.
- Stabilising and shielding.
- Black absorbs negative energies.

Gold

- Authority.
- Masculine energy.
- Winning.
- Luxury.
- Overcoming bad habits & addictions.

Silver

- Feminine energy.
- Healing of hormonal imbalance.
- Healing of emotional instability.
- Psychism.

Copper

- Love & passion.
- Positive love relationships.
- Friendship.
- Business.
- Career.

I will give you one example of using the colour rays for healing.

If I wish to cure myself of acidity, I would pray:

“I call upon the Angels of Light to immediately, completely and absolutely fill my stomach, oesophagus and small intestine with the light blue colour light, indigo colour light and emerald green colour light while extracting all the excess acid that is disturbing and hurting my stomach, oesophagus and small intestine. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Emotional *energies*

Channelling of high-vibrational emotions and removal of lower-vibrational emotions should be a must every day or at least once a week. This prayer will also start healing all of your chakras almost instantly. No explanation is required here, I will just directly give the magical prayer.

I ask Archangel Michael and Lord Kaalbhairav to be immediately, completely, absolutely, permanently, irreversibly and eternally extract and destroy all the thoughts, feelings, emotions and energies of stagnancy, fear, anxiety, insecurity, weakness, guilt, shame, embarrassment, humiliation, obsession, addiction, depression, anger, rage, fury, ego, binding, entrapments, suffocations, powerlessness, grief, sadness, pain, hate, revenge, rejection, lies, delusions, illusions, ignorance, unconsciousness and unscrupulousness from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask the Universe for the thoughts, feelings, emotions and energies of stability, security, safety, protection, grounding, materialistic possessions, money, financial abundance, fun, joy, sex, sensuality, charm, creativity, creations, manifestations, enjoyment, pleasure, passion, magnetism, individuality, confidence, control, power, worthiness, worth, esteem, position, status, will-power, assertiveness, dignity, respect, drive, fire, spirit, core, freedom, authority, empathy, healing, love, forgiveness, acceptance, allowance, voice, expression, communication, connection, truth, honesty, vision, clarity, awareness, focus and consciousness to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, ingrained, activated, energised, empowered, amplified and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.

Elemental *healing*

Earth: This element provides grounding and stability, focusing on the physical body and structural health. It is used to manifest security, build endurance, and reconnect a person to the tangible world when they feel scattered or uncentered. Anytime you feel lack of physical energy, channel this energy into your system.

Water: Associated with emotional release and purification, water governs the flow of feelings and intuition. In healing, it helps dissolve energetic blockages, promotes forgiveness, and allows a person to flow through emotions or transition. If you feel depletion in emotional body, channel the element of water into your system.

Air: This element represents mental clarity and communication, focusing on the breath and the power of the mind. Air is used to clear brain fog, shift perspective, and release stagnant

thoughts. If you feel that your mental body is depleted or you wish to empower and energise your mind channel air element into your system. Smokers are usually the people with high air element need.

Fire: Characterized by transformation and vital energy, fire is used to burn away what no longer serves the soul. It fuels passion, boosts metabolism, and provides the spark. The “drive” is existence of fire, while lack of drive is absence of fire. People with love for excessive spicy food usually have high fire element need.

If you have excessive fire or are, channel earth and water.

If you have excessive water and earth, channel fire and air.

Prayer Example:

“I call upon Goddess Earth and ask for the Energies of Earth to be immediately, completely, absolutely, permanently, irreversibly and eternally filled, flooded, activated, energised, empowered, strengthened and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Conclusion

The moment you start using energies consciously, your life changes. I hope this e-book helps you heal whatever it is that you wish to heal.

