



# The Earth Shift

Andy Bojarski

[www.healingandlove.com](http://www.healingandlove.com)

# The Earth Shift

[www.healingandlove.com](http://www.healingandlove.com)

---

This e-book contains the postings that I have written on my web site [www.healingandlove.com](http://www.healingandlove.com). The e-book is entitled "The Earth Shift." Each chapter in the e-book contains 50 postings. As new postings come up, new chapters will be added to this book containing those new posting.

Feel free to click on a posting in the table of contents section (scroll to the next page) to view the full posting. After reading that posting, click "Back to Top" located at the last page of each posting and you will be returned to the table of contents. You can then click on another posting that you may like to view.

Thank you for your support and for reading the e-book. Blessings and love to all of you and all of your loved ones.

Feel free to share this book with anyone you want. However, please do NOT:

1. Charge any money for this material in any way;
2. Claim any material in this book as your own, or;
3. Change, add or delete any of the contents.

Copyright © All rights reserved, by Andy Bojarski, [www.healingandlove.com](http://www.healingandlove.com)



---

This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.

# \*\*\*Table of Contents\*\*\*

Click on a post below to view the post

---

## Chapter One

1. Hello Everyone
2. How Clean is Your Water
3. Criticism and Judgment
4. How Healing Energy Works – Part 1 of 2
5. How Healing Energy Works – Part 2 of 2
6. Religion and Spirituality
7. Abundance and Poverty Consciousness
8. Your Attitude Creates Your Reality
9. How to Release and Move Forward
10. Negative Thought Entities
11. Thank You Everyone!
12. Your Major Chakras and Their Importance
13. The Universal Law of Oneness
14. The Universal Law of Healing
15. How to See Your Aura
16. How to Raise Your Energy Vibration Level
17. How to Cleanse and Protect Yourself
18. Why Exercise Provides Excellent Preventative Healing
19. The Universal Law of “On Earth As It Is In Heaven”
20. What You Should (And Should Not) Be Eating
21. Why Did I Not Get Healed (Or Did I)
22. How Do I Meditate – Part 1 of 2
23. How Do I Meditate – Part 2 of 2
24. Please Read And Help – Hold Love In Your Heart
25. Love Bomb – Please Help!1
26. Kathy Crosswell – An Introduction

---

This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.

## **\*\*\*Table of Contents\*\*\***

**Click on a post below to view the post**

---

27. Love Bomb – First Night Results!
28. There Is No Bad Choice
29. The Universal Law of “As Within, So Without”
30. The Universal Law of Request
31. The Universal Law of Reflection
32. Good for You Jason Collins!!
33. Create Your World Through Your Decrees!
34. How to Properly Ground Yourself
35. How Strong Is Your Faith
36. Love Bomb Participants Hits 100 After Two Weeks
37. What is The Violet Flame And How To Use It
38. Who Are You And What Is The I AM Presence
39. How Do You Pray
40. You Have Graduated Already!
41. 50 Things To Do Now To Raise Your Energy Vibration
42. How to Handle the Upcoming Times
43. Your Awareness and Priorities Are Shifting
44. What An Energy Healing May Do For You
45. Understanding Reflection and Perception
46. How To Move Forward From a Stuck Relationship
47. How Not to Give Away Your Power
48. Do You Want to Be Right or Happy
49. What to Do Before, During, and After An Energy Healing
50. It is Time To Remember Who You Are

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Hello Everyone!



Hello Everyone. My name is Andy Bojarski. This is my first posting and I am excited to be with you. I am a very spiritual being and I recently discovered that I can possibly help heal people with Universal / Devine energy. This includes distant healings.

As of this writing, I have helped heal 11 people and some of their testimonials are posted [HERE](#). I am starting this website with the hope that I can help heal more people.

My healings are free. I wanted to give you my spirituality background so that you can better understand who I am, how I got here, and why I started this website.

About three years, I was awakened to spirituality. It happened in a dream that I had where I felt I was intuitively led by my higher self (the higher aspect of all of us) to research and understand spirituality. I started researching spirituality the next day on the internet and came across a web site, [www.devinemiracles.com](http://www.devinemiracles.com).

This site is owned and operated by B. Devine. She is a spiritual teacher in Australia. B. Devine has dozens of spiritual YouTube videos on her site as well as many spiritual articles. I read all the articles and watched all her videos and my curiosity grew. There were a few videos that she had posted that taught you how to view your aura in the mirror.

So, I followed these videos and started to see my aura. I was so amazed at the results. But something else started happening. My face started to change in

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

appearance. The face in the mirror started to become another face, but it looked so familiar to me. Then, the background in the mirror was not the background behind me. What I saw in the mirror started to change.

I would see distant lands and places and different people in the mirror. The mirror literally became a television set for me and the scenery would slowly change, as would my face. However, I was not afraid as these places and faces (including mine) seemed familiar to me, like I was there before in different past lifetimes.

As a result of these experiences, I began to meditate regularly, again prompted by my intuition and higher self. As I meditated, brilliant white light started to overcome me (sort of like what you hear people talking about when someone has a near death experience). I saw this light with my eyes open in my conscious state and I was not afraid. I just accepted it all with love.

Then, I saw different vibrant colors and energies (in different shapes) who I believe were different beings all around me. So I told them hello and greeted them with love. I continued meditating just about every day and the white light always seemed to intensify every day as did the different colors and energies.

Unfortunately my mother, who I was very close with, passed away last year on leap year (February 29, 2012). I was very close with her. The day of her death and the days after her death changed my life completely. My mom died in my arms at her home. Just before she died, she was lying in bed and I was next to her.

I again saw this brilliant white light come around us in the room we were in. Then I saw a huge pillar of light come from the ceiling, as if the ceiling opened up, and radiated on her. I saw different, powerful and colorful energy beings all around us. Finally, I saw my mom's etheric body leave her physical body into this bright white pillar of light.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

It was truly amazing to see and experience this shift in consciousness for my mom. I had closure as I knew that my mom was finally home and at peace. She died of stomach cancer. When she told me that she had stomach cancer a few months before her death, I instantly had a massive pain in my stomach and felt the pain that she was feeling.

The week after my mother died, she visited me on three separate occasions on three separate days. I was half awake and half asleep during these visits as they were in the middle of the night.

She told me (as I saw and heard her) about what it felt like when she died, what and who was there waiting for her, about heaven, about God, about not eating any meat, and about ascension (moving into a higher state of consciousness / dimension) that would be coming. These visits from my mom were in the first week of March 2012.

Then, the moment that spiritually changed my life occurred. My mom took my etheric body and placed it in a homeless person's body. I felt the pain and suffering that the homeless person felt.

She said that I have had a great life and that it was my turn to give back to others that were not so fortunate. This jolted me spiritually to the bone and I ended up crying all night. It had such a profound effect on me that I cannot describe.

The next day, I began calling homeless shelters and seeing what I could do to help. I was astounded as to how many people were needy, hungry and wanted assistance regarding clothing, food, etc... I found a local thrift store that also operated a food pantry run by local volunteers from the community church.

I started telling everyone I knew what happened to me and that I was collecting clothing and other items based on my experience with my mom. I have since

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

received over 15,000 clothing and other donated items from dozens of people who donated. It was amazing what people will do to help others.

After these donated items were sold generating money that bought food, over 1,600 food bags to date were able to be given out to local families that were hungry and needed support.

As I was doing this service work, I was feeling so happy and something incredible started happening to me. My meditations started to become more intense. Not only was I seeing brilliant white light around me like I described before; but this time I was seeing a lot of illuminated gold around me.

I see so much gold now when I meditate. It is so bright, and glowing and beautiful that I cannot describe it. Also, I see eyes, noses, and half faces of beautiful beings looking at me during my meditations.

I can also move pictures and walls that I am looking at across the room during my meditations. I unusually will focus on a picture (or the wall across from me) as I am sitting down during my meditation and tell it in my mind to move to the left.

Then, with my eyes wide open, the picture or the wall will move to the left. Then, I will tell it to move to the right, and it moves to the right. Then, I will tell it to move up or down and it moves up or down. I am literally moving walls and objects that I am looking at with my intent and willpower. It is so amazing.

In addition, I will tell the picture to become smaller or larger and the picture will become smaller or expand and get bigger. I am literally shifting the shapes of objects with my mind and intent, all in my conscious state, being wide awake.

All of this is surrounded by beautiful glowing and radiating gold everywhere during my meditations as well as half faces of beautiful beings and their colorful energies. It is a blessing that I cannot describe.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

As all of this was happening, my thirst for spirituality grew and I started to read all the information that I could find on the internet with discernment. Things that did not resonate with me, I let go. I was trying to get answers to what I was seeing and experiencing.

Then, I decided to get a few readings done on myself by respected lightworkers (Meline Lafont, Isabel Henn, Fran Zepeda, Diana Linden, Cathy Crosswell, etc.) to see what other people had to say about me.

Each independent reading I had done basically said the same thing; that I am a Universal Light, with a very high energy resonance. Most of the readings also stated that I am gifted healer.

So, I started reading about healing and understanding how universal energy healing works. Then the most wonderful thing happened to me. I became telepathic and all these voices and light beings started talking to me. It started with my mom. I heard her voice, like the voice she had when she was still alive. It was very clear and I felt like she was right next to me.

As she was talking, I kept seeing her face in my mind talking to me. Since then, various Arch Angels and Ascended Masters have spoken to me as well. Each has a different voice and energy that I associate with when they speak and their words just flow. It is truly amazing that I can hear them so clearly. They have shared so much to me about life and how to love, release and forgive and they constantly talk to me now telepathically.

They have told me that my job here is to help heal people and help prepare us for ascension. That is why I have this website. I will be posting on this website the information that is shared to me with my Master Spirit Guides and my higher self.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

However, these posting will talk about how to prepare oneself for ascension. I will not discuss dates and expectations about ascension as ascension is personal to each soul.

But please know that ascension is upon us and everyone has to prepare themselves as you cannot take anything that is not of love with you when you ascend as we are one, one consciousness, the Christ Consciousness.

Preparing yourself involves releasing what does not serve your highest and best good, releasing anything that is not of the purest white light, forgiving yourself for all the things that you feel you have done that you feel are negative and forgiving others for anything that you perceive as negative that they have done to you. You cannot take this with you when you ascend.

You cannot take the hurt, the worry, the pain, the negativity, the past sufferings, the lust, the anger, or the fear. You must release this before you ascend. And also, it is so important that you stop judging and criticizing yourself and others. This cannot be! You must love yourself and love all beings as we are ONE Consciousness.

This web site will help you get there so you can successfully move into your new higher dimensional life on Mother Earth. She is already there waiting for you. Yes, it is true.

In any event, I hope this posting resonates with you, as well as my future posts. If you are interested in a free healing, please click [HERE](#) and I will do my best to help anyway I can. If you want to know more about me, click [HERE](#). Thank you again for reading this first posting. I do apologize if it is a bit long. Love, light and many blessings to you.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Clean is Your Water?



Hello everyone. This is a channeled message from my higher self that applies to everyone. I hope it resonates with you and that you enjoy it...

“Criticism and judgment are two things that greatly lower’s one’s consciousness levels and prevents a soul from ascending.

You see, we are all One and when you criticize another soul or judge another soul, you are judging or criticizing yourself. Judgment and criticism causes separation which cannot be taken to the higher dimensions of consciousness when you ascend.

As mentioned, we are all One, and this is a very important concept to understand. Pretend that you are part of the ocean. Pretend that the ocean is clean, and not polluted, and the water is crystal clear. Pretend that the water has no debris, no chemicals, and nothing bad in it.

It is the purest of the pure. Now, pretend that someone took a liquid pitcher and filled that pitcher with the water of that ocean. Now pretend that someone poured some of this ocean water from the pitcher into a cup. And finally, pretend that you are in that cup; you are that cup of water.

You are the purest of the pure, a part of that ocean. As such, you are One with the ocean. When that cup of you gets poured back into the ocean, you are again One with the ocean; you are this Oneness with the ocean.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You see, when you are this cup of water separated from the ocean, you are here on Earth. You are exploring, you are learning, you are experiencing something new, something that is different from the ocean as a whole.

And when you leave earth (by physical death), you are returning to the ocean of Oneness to share your experiences with that ocean, with the Oneness, but you still have your original cup of water that distinguishes you.

This is your soul essence, your separate energy essence, and your energy signature if you will. It is what makes you unique, what makes you YOU!

Now when you are here on Earth and you are learning, growing, and exploring, you tend to pick up things along the way that dirty your cup of water. People do and say things to you that hurt you and you hold a grudge. People do and say things to you and you do not forgive them as the pain is so hurtful and real as your feelings are hurt.

People get separated and go through a hard battle with their divorce. There are a million different things that could happen in your life that will cause you pain and suffering. Each person is different. It matters not. Every life is different and every soul has a different experience in that life. No lives and experiences are the same.

But in a way this is all good. You have all decided to experience these things before you were incarnated on this Earth. You decided what lessons you wanted to learn. You decided what it feels like to feel pain. You decided what it feels like to be yelled at, to be name called, to be bullied.

Earth is a planet of learning and growing. The more you learn, the more you grow spiritually. The more you grow spiritually, the more you ascend, and the more you ascend, the closer you become to God.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

How could you ever read what it is like to skydive from a book? A book cannot tell you the feeling you will have when you are falling from a plane, how you will feel what it will be like to have the wind moving through your face, how you feel when you are free-falling from the sky and the adrenalin that you feel and the rush of the experience and the nervousness before jumping out of that plane.

Ay yes, no book can possibly describe this feeling. You have to experience it to understand and appreciate it. And when you do skydive from the plane and you land safely to the ground, what do you say to the plane pilot, and the person who instructed you and jumped with you? You thank them for the experience. The same is true with every other experience in your life, whether it be good or bad.

You cannot feel what it is like to be called names or bullied, to be physically or mentally abused by reading those feelings in a book. Those feelings are felt in your soul as you are experiencing this here on Earth.

That is why you are here, to experience all of these things. So, as you tell the pilot and instructor who helped you skydive, say the same to everyone else, who helped you experience life; tell them thank you.

Do not be mad at the person who called you names. Thank him or her for the lesson. But what was the lesson to be learned from this? That is for you to decide. Look within. Ask yourself, why am I in a position that this has happened to me? What caused this person to be mean to me? Why are they calling me names? Why do they want to divorce me?

Whatever the situation may be that is causing you anxiety or stress or pressure, stop and ask why is this happening and what is the lesson to be learned. There is a lesson learned in every moment of your life.

Do not respond by being angry. A Master can get to stillness in 5 long breaths. You want to be a Master. Compose yourself, and ask why is this happening to me

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

and what is the lesson to be learned. Do not name call back, do not yell back, and do not do what the other person is doing to you.

Now why am I saying this to you? Because every time you react with anger, with criticism and with judgment, with hurt feelings, you dirty that cup of water I talked about before.

You dirty yourself and you dirty your light. And what happens when that cup of water is dirty and then gets poured back into that clean ocean? What happens to that ocean? Yes, it gets a little bit dirtier.

And now multiply this by all the souls that were clean when their water was poured into that cup and now all those water cups get poured back into the ocean? Is the ocean clean and clear and pure? No.

Please understand that ascension is upon us and the time is coming for us to reunite with the ocean and for our water to be poured back into the ocean. And the cup cannot be poured back into the ocean unless it is in the same state as the clean ocean (as the ocean cannot be anything but pure).

So, it is up to you to clean your water. The time is now; it is upon you to clean your water. But don't worry; you will have plenty of time to do this. There is no deadline for ascension.

So do not feel rushed. How do you clean it? This will be discussed in future postings by Andrew, but I have already talked about cleaning it to some extent here in this post.

But I will summarize how to clean your water here.

1. Look back at your life, meditate on this, and reflect on your life. Have you forgiven every person who has hurt you, regardless of how tragically they have hurt you, whether it was physical or mental or emotional pain? It

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

matters not what they have done. You must forgive them for this and more importantly you must forgive yourself for this. Do not hold on to this pain, this suffering, this hurt, this guilt. Release it.

2. If there is anyone in your life that feels that you have hurt them, ask them to forgive you. Tell them you are genuinely sorry. This is even if you think that you did nothing wrong or that you were correct in an argument and the other person was at fault. It matters not. The other person has perceived that you caused them pain and you need to ask them to forgive you. And, then forgive yourself as well. Make amends with everyone in your life, whether you hurt them or they hurt you and release this and move on.
3. Stop any criticism and judgment. Do not get involved in any drama. Do not criticize anyone or judge them. It matters not what religion someone is, what color their skin is, what nationality they are from, what gender they are, whether they are straight or gay, what they have done, or what their political party affiliation is. It has to stop. Anytime there is judgment or criticism, there is separation and separation is not Oneness and Oneness is not love.

You want to be part of this ocean and if you do not do these things, your water is tainted and dirty and will not be allowed to be poured into the ocean. It is time to clean your water and cleanse and purify yourself. It starts now as we are getting ready to re pour ourselves as humanity back to the ocean.

Please understand that there are high dimensional light beings gatekeepers on Earth who will help you get past the portal and back into the ocean. They will help you decide if your water is really clean, but they will not clean the water for you. That is your job. That is why you are here.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You are very lucky to be here at these unprecedented times. It is the hardest lifetime you have had because this is your ascension lifetime and you are releasing once and for all of these dirty, muggy items that cannot go into the ocean.

So be proud, be happy, be love and ascend. Your lessons are done and you have graduated!!”

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Criticism and Judgment



Hello everyone. Here is a channeling from my higher self on criticism and judgment that I recently received. I believe that it applies to everyone. I hope it helps and resonates with everyone.

“When you criticize or judge another soul, you are not progressing on your ascension pathway and become stuck in the mud. You are also picking up unnecessary negative karma. Criticizing or judging another soul is criticizing or judging yourself, as we are all One Consciousness.

Every soul on Earth is here to experience, to grow and to learn. And every soul has decided which path they want to go on to help them with their learning, growth and experience.

We are all heading for the same destination which is to find out who we really are, and to be reunited with our God self, our Divine Spark, and to ascend.

However, how we get there, what lessons we learn along the way, and when we get there is different for each soul. So please honor each soul for their individual journey.

Imagine that it is as if you are making a trip from one city to another; say from Los Angeles to New York in a car. You know where you need to go, to New York. Once you get to New York, you find out who you really are and you become reunited with your God self, and you ascend. This is your destination.

But also imagine that you do not need to be there by a certain date. You just know that you are going there at your own pace. Some souls will just try to get

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

there as quickly as possible and stay on the quickest path that has a straight line from Los Angeles to New York.

There is nothing wrong with this. Others will take the scenic route and maybe visit all the states before getting to New York. It matters not when and how a soul will get to New York.

What matters is that they eventually will get there. And all will get there in Divine timing, when you are ready and when you have seen all the sites and have learned all there is to learn from these sites and released what you cannot take with you.

Allow the soul to learn from their trip, and allow the soul to experience the beautiful different things that each state offers. Some states have flowers, some have snow, some have beautiful parks, and some have tornadoes. Maybe you have been to the other states and maybe you have seen and experienced what the other states offer.

But maybe the other souls are just experiencing those states for the first time and their experience of those states are different from your experience. Maybe you have been to the state of Arizona and you have seen the Grand Canyon from the top looking into the Grand Canyon.

But maybe another soul has decided to visit the Grand Canyon by hiking down into the canyon and their experience is different from your experience.

You see, every soul experiences something different from another soul. No two experiences are the same. So please be careful when you criticize or judge another for what you perceive that they have done as being wrong or inaccurate. It may be perfectly right and accurate for them, as they are learning and experiencing, even though it may not be for you.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You do not walk in another soul's shoes. Maybe this was precisely what their higher self and that soul decided to learn and experience for their growth, even if it feels that it is so wrong to you. Do not judge or criticize them for their actions, even if you feel their actions and choices are wrong. They may be wrong for you, but perfect for them in their growth and development and experience.

Remember, everyone is here to learn and grow, and experience at their own pace. Earth is a learning and teaching school for all of us. And each of us has different lessons to learn. So honor and respect each student for the courses that they have decided to take, even if they are different from yours.

This is so important!! Please be very careful what you say to others. It is important to understand that words hurt on the inside so much and most of the time, these words hurt more than physical pain, as physical pain will eventually go away. But words stay on the inside and they linger and they cut to the core of the soul.

The soul you are saying these judgmental and hurtful things to may not tell you this, but they may be deeply, deeply hurt by your comments, even if you think you are helping them by being honest.

Always consider the soul's feelings and thoughts before saying anything to them. Put yourself in their shoes and ask yourself, "How would I respond if someone said this to me?"

Would you be hurt? Angry? Sad? Do not offer advice until someone asks for it. And if they do ask for any advice, offer it in a compassionate and loving way, and without judgment and criticism.

In addition, also avoid judgmental and criticizing thoughts. Thinking of something judgmental and criticizing about another soul is just as bad as saying it because

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

the thoughts permeate to the universe and subconsciously they will get back to the soul you were criticizing and judging.

If you have nothing good to say, say nothing at all, and think nothing bad at all too! Yes, I know it is hard, but always try to maintain happy thoughts and do not judge another or criticize another.

Also remember that when you judge or criticize another soul, you are basically telling that soul that what they are doing is wrong in your mind. This creates separation that one is correct and another is not, that one is better and another is not, that this is right and that this is wrong. This is not the case. We are all One. One is not better than another.

You are all loved equally as One by God. You each have different experiences in your life that you chose to help you grow and develop in the best way possible that is right for you and for the lesson you wanted to learn for your spiritual growth and development.

In addition, when you judge or criticize another, you are creating negative karma for yourself when you do not need to; karma that eventually needs to be balanced. So always think twice before you say a mean thing, a hurtful thing, a critical or judgmental thing about another.

For example, if you see someone who is overweight, do not think negatively “oh, look how obese that person is.” This thought will get back subconsciously to that soul and you will hurt that soul’s feeling tremendously and you will have to repay this negative karma at some point to balance your karma.

Instead, thank and honor that soul in your head for their lessons that they are learning, for what they are feeling, for what they are experiencing, and receive positive karma for your blessing of that person for your positive thoughts instead.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

If that soul is constantly being teased by others about their weight, then that soul is growing a lot faster spiritually than most people because that soul is learning how to accept criticism and judgment at a fast rate.

That soul is experiencing and feeling what it feels like to be hurt, to be made fun of, to be teased. It is making that soul so much stronger as they are learning so much faster by this experience.

So that soul has decided to take a harder class on Earth, a harder subject in a sense, based on the hard lessons that it provides. So honor them for this choice.

Again, be really careful of what you say to others and of your thought about others. Having this mindset will help you get to New York a lot faster and your ride will be a lot smoother.”

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Healing Energy Works – Part 1 of 2



I have received a lot of e-mails and phone calls asking me how I do distant healings, and what specifically do I do when I heal.

How is it possible that I can send and project healing energy to a person in a different location than where I am at (typically far away) and help that person? This is what most people are asking me.

Before I answer this, I think that it is important to understand how energy healing works and what we need to do to maintain our physical and mental health. This posting is the first of two postings that will address these issues.

The second posting will follow shortly where I will give you details of what I do when I attempt to heal someone and what my typical experience is during a healing session. I hope you enjoy both postings.

Please understand that our bodies basically are composed of two different body types. The first body type is our physical body and the other body type is the etheric body.

Thus, we really have two bodies; the one we see, which is the physical body and the one that we do not see (at least most of the population), which is the etheric body. We all know what the physical body is. Just look in the mirror.

The etheric body, however, is our energy body that penetrates the physical body and it can extend maybe 5 inches or so outward of our physical body. Ki energy is the vital energy or the life force that keeps our bodies healthy and alive. Ki energy is known by different names as well.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This Ki energy is in the air, is in the ground and we also get it from the sun. So we absorb this Ki energy daily through our bodies. We just do not see it and most people do not know about it. Also, the energy field that follows the outline of the physical body is called our aura. Each of us has an aura and our auras have different colors, depending on how we feel at any given moment.

And when your etheric energy body gets sick, it is usually due to the depletion of the energy in your etheric body, causing the aura of the affected part of your body to be reduced.

Both the etheric and physical bodies are very closely related so that what affects one body affects the other body and vice versa. Hence, by healing the etheric body, the physical body gets healed.

That is what I do; I attempt to heal the etheric body allowing the physical body to be healed.

In addition, just like the physical body has vital and non-vital organs, the etheric body also has major and minor chakras. Chakras are spinning energy centers that energize and control the major and vital organs of the physical body. The chakras and the aura can be dirty and they can contain diseased energy. You do not want diseased energy in your chakras and aura.

Diseased energy can be anything that does not serve your highest and best good. It can be hurt feelings, pain, guilt, anger, depression, negativity, criticism, past attachments, judgment, lack of forgiveness; literally anything can be diseased energy. That is why it is so important to cleanse and release, and forgive yourself and others.

Forgiving yourself and others is therapeutic and healing in itself. When you show compassion for yourself and others and you forgive them and yourself, you have very little diseased energy in your organs and etheric body. This is good.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

The same is true when you do not judge and criticize others. You want your chakras and aura to be cleansed and purified and functioning as best as they can with minimal diseased energy. Diseased energy is like a parasite that is attached to you and weighs you down, constantly sucking the life force out of you, making you tired, cranky, upset and sometimes just mean and nasty.

It must leave your etheric body for you to be healthy and for you to feel lighter. My healing will help remove this diseased energy. If your chakras are fully functioning, then your physical body will be fully functioning and will stay healthy and you will feel much better.

Also understand, however, that YOU must do the work. If I help heal you and release diseased energy, you can later get that diseased energy back by resorting to old habits that do not serve you.

This next sentence is KEY!! In order to feel like you have never felt before, you have to do something that you have never done before! This is the hard part. Change is never easy.

But you can do it; you MUST do it if you want to be healthy and happy. In addition, not doing it will have severe physical health consequences for you. Having a healing with me will definitely help. It will be that push that you need to get you going in the right direction. And my healings are free, so what do you have to lose?

With that said, what do you need to do to maintain your health and well-being? Below are items that you can focus on that will help you maintain a happier and healthier you.

Firstly, you must eat the right types of food in your diet. Eat clean, wholesome and nutritious foods, free of any germs, dirt and chemical toxins. Avoid eating

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

meat, pork and fish as it is etherically dirty. Eat vegetables and fruit and fresh food, not processed and packaged food, and become a vegetarian.

You do not want the karma of a killed animal inside of you. Animals on this beautiful planet are not here to be killed for food and when an animal is killed at our hands, their suffering in that killing is given to you when you eat them and now you have diseased energy attached to you. Avoid this karma. It will help you in the long run and keep your etheric body clean from diseased energy.

Secondly, you must learn to breathe correctly. This means abdominal breathing and not chest breathing. With abdominal breathing, the abdomen is expanded when you are inhaling and it is contracted when you are exhaling.

Remember that the diaphragm enables the lungs to expand and to contract. The lungs by themselves do not have the capacity to expand in order to draw in air, or to contract in order to expel any used-up air.

With abdominal breathing, the abdomen is slightly pushed out during your inhalation, causing the diaphragm to be pulled down which then enables the lungs to draw in more air.

During exhalation, the abdomen is slightly pulled in, which causes the diaphragm to be pushed up thus enabling the lungs to exhale more used-up air.

Also, more energy is drawn in during inhalation and more used-up energy is expelled during exhalation. Practice your abdominal breathing. Abdominal breathing will help you bring in more Ki energy into your body.

However, with chest breathing, the abdomen is pulled in during inhalation causing the diaphragm to be pushed up resulting in less air being drawn in. During exhalation, the abdomen is pushed out, causing the diaphragm to be pulled down resulting in less air being expelled.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Avoid chest breathing as prolonged chest breathing tends to congest the heart chakra, resulting in difficulty in breathing and chest pain.

Thirdly, make sure you are exercising regularly. Proper exercising has a cleansing effect, both etherically and physically. Physically, toxins and waste matter are eliminated through sweating. So get out there and sweat. The auras of the energy body pulsate when you are exercising.

You want this to happen. You want your aura to pulsate. The chakras are cleansed of any diseased energy and any used-up energy that does not serve your highest and best good. Regular physical exercise is a must to maintain a highly vitalized, healthy and clean body. Fifteen to thirty minutes of exercise daily is enough. So get out there and move your body.

Next, you want to maintain a correct etheric hygiene. Smoking is a very unhygienic habit. Both the physical body and etheric body are thus dirty. Stop smoking! I did a healing on someone yesterday where she was smoking 25 cigarettes per day, sometimes more.

She told me today that she only smoked 3 cigarettes the next day after the healing. **You know who you are and good for you!!!** Habitual drinking of liquor with high alcohol content is also etherically unhygienic. It makes the etheric body dirty. And drug addiction makes the etheric body dirty as well.

It damages the etheric body, making you susceptible to undesirable external psychic influences which manifest as severe psychological ailments. Don't drink, don't smoke, and don't use drugs. It's that simple.

Also, certain places are likewise etherically quite dirty – like cemeteries, funeral parlors, hospitals, and others. Avoid these places, if you can. Avoid lending your personal things to others to avoid etheric contamination.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Likewise, avoid using the personal things of others' to avoid etheric contamination. Following these steps will allow you to maintain the correct etheric hygiene and lower your diseased energy.

Also, you must maintain proper thoughts and emotions. Positive thoughts and emotions like joy, kindness, enthusiasm, happiness, and others tend to have beneficial effects physically, etherically and psychologically. Be positive all the time, not negative. Being happy, relaxed, or just smiling is beneficial and is enough to increase the energy level of the body.

Having negative emotions is one of the critical factors, if not the most critical factor, in severe ailments. Don't harbor or have negative feelings or emotions. Be happy and smile! Interacting with people who are radiant, enthusiastic, optimistic, and very healthy is very etherically and psychologically beneficial. So hang out with happy people and avoid negative emotions and negative thoughts and certainly avoid aggression.

Remember to always try to improve your emotions. Thoughts and emotions are transmissible and negative emotions and thoughts are infectious. So stay away from negative people who are critical and judgmental and mean-spirited. Interacting with people who are enthusiastic, radiant, optimistic, and very healthy is very etherically and psychologically beneficial to you.

Various severe ailments are emotional in origin and some people have so much resentment and deep-seated hurt towards certain persons. However, the rate of healing for these people would be much faster if they would consciously exert an effort to forgive those who may have actually or imaginarily hurt them. Forgiving is therapeutic and necessary for good health.

Being habitually irritable, angry or critical is also very unhygienic and bad for the health in the long run. Learn to practice kindness and to be calm and appreciate

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

the good qualities of others. Be tolerant, kind, and detached and do not try to change and improve everybody.

They are perfect just the way they are in the school of Earth as they are learning the lessons they have set out to learn. Honor them as students, even if you feel you have already learned that lesson!

Also, cruelty to animals and fellow beings is one of the major causes of severe painful ailments. What you sow is what you reap. If you repeatedly cause pain to others, then you will also harvest intense pain in the form of severe ailments. Yes, it is true. If you repeatedly deprive others of physical sustenance (food, money or income), then you will also be deprived of physical sustenance.

Don't pick up unnecessary karma. Let everyone be on their own path. But if you do pick up negative karma, it can be neutralized by learning the lesson that has to be learned and by forgiving yourself and others. It is in the act of pardoning that you are also pardoned.

Also, by showing mercy (being gentle, charitable, kind, and helpful) to others, mercy will also be shown to you. Avoid cruelty and show kindness to others; this is a major key to happiness and good health, and to avoiding severe financial and painful ailments. Avoid unnecessary karma. You don't need it and you certainly don't want it.

You also must maintain a proper livelihood. The nature of your employment, the psychological condition of your co-workers, and your overall work environment do affect your health. In this world, there is too much stress or tension. Our lives are moving so fast.

There is a lot of worry, anxiety, work pressure, hurt feelings, hurriedness, irritation, anger, excessive aggressiveness, bullying, harassment, and the list goes on and on. Try to avoid stress or tension in your life. But how, you ask?

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Meditation would definitely help a lot in coping with stressful conditions. Meditate to the twin hearts meditation daily if possible (see below).

This will help open up your heart and crown chakra and relieve a lot of stress and anxiety for you. Click [HERE](#) for the meditation link. Just pick your language. For English, choose the third one from the top as this one also has a self-healing meditation with it. It is about 30 minutes, but well worth it.

In certain cases, the condition is so stressful that it may be smart to change to a better job or a livelihood that is less demanding and with saner working condition. The psychological state of your co-workers is also very important since stress is psychically very infectious.

People under great stress radiate stress energy to the surrounding people through their auras and chakras. Subconsciously or consciously, they transfer a great bulk of their stress energy by being nasty and rude to others.

This type of behavior is unacceptable and you don't need it. Prolonged stress is a psychological ailment which will adversely affect the physical body as it is affecting the etheric body.

Also, it is important to maintain a proper lifestyle. As mentioned before, undesirable habits and excessiveness are to be avoided, like alcoholism, drug abuse, smoking of cigarettes or tobacco, and excessive work. Working fourteen to sixteen hours a day for several months or years is definitely excessive and definitely bad for the health and bad for family life.

Also avoid excessive fun. Too much fun or too much night life for a prolonged period is quite exhausting and will definitely have adverse effects on your health. Ask yourself these questions:

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

1. Is the excessive luxury and the money worth the deterioration of family life, the failing physical health, and inner emotional problems?
2. What about one's spiritual well-being and one's spiritual development?
3. What about the psychological and spiritual well-being of the children and of the spouse?
4. What about one's inner peace and happiness?
5. What about the quality of life?
6. Are these not as important as or even more important than excessive luxury and excessive material possessions?

Being prosperous and rich is indeed a blessing. But wealth should be acquired intelligently and not at such a heavy price.

By following these guidelines you can have a happier and healthier life. As mentioned before, if you want something you have never had before, you must do something you have never done before.

Start with a healing with me (click [HERE](#) for a free healing), release your diseased energy and make a commitment to change your life for the better, emotionally, and physically. You will like the new you!!! Look for part 2 of the posting coming soon...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Healing Energy Works – Part 2 of 2



This is the second part of the original posting on how healing works. This second posting will discuss what I do when I heal and what my experiences are when I heal.

I go through a similar process with each healing session. So when I heal, I basically draw in the Universal Divine Energy into my body through my crown chakra, and then with focused intention, project it out to the physical and etheric bodies of the person who is being healed and the areas that are trouble areas for that person (physical, mental, emotional, etc.).

By healing the etheric body, I am able to help heal the physical body. But there is more to this. Below is what I typically will go through during a healing and what I experience during a healing session.

The first thing that I do is wash my hands eliminating any diseased energy from my hands. I set the intention that my hands (and body) are clean physically and etherically.

I have a reclining chair in my office. I envision the person who requested the healing lying in that chair fully relaxed, even though that person may be across the world in another country. It matters not. However, that person is actually lying down where they are located at as I will instruct them before the actual healing to do so.

So in essence, they actually are lying down where they are at during the healing. I just envision them lying down in my reclining chair even though they are not physically there with me in that reclining chair.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I say an invocation / prayer to God asking God to make me God's healing instrument and ask that my entire body and being be filled with compassion for others who are suffering and I ask God to allow God's healing and regenerating power to flow through my body and also the person who is being healed, with thanks and full faith to God.

I then create an aura protection shield around my body and around the person being healed and I ask Arch Angel Michael to be with me, and to place me in a strong impenetrable bubble along with the person being healed (actually my whole office is placed in this bubble).

The protective shield does not allow any dark energy in and conducts all negative energies, all psychological and physical harm, all negativity, shadows and lower energies, to the earth to be transmuted to light, peace, love and understanding.

I also ask Saint Germaine to be with me (as he is the keeper of the violet flame) and to place his violet flame of transmutation around my aura protection shield, working as a mirror, transmuting all negative energies and all vibrations coming to it with love and sending it back to the sender amplified 500 times. The bubble is encased in Arch Angel Michael's blue light.

Then I ask Arch Angel Raphael, Jesus, Sananda, My Mom, Lady Nada, and Lady Portia to be with me to help guide the healing while asking that it be a successful healing. Arch Angel Michael is already there as he is protecting me during the healing with his full presence as is Saint Germaine with his assistance of the violet flame.

I then affirm that the healing is for the person's highest and best good and I ask anyone that has died in this lifetime or any past lifetimes that also knows the person to be here for the healing if they want to be here to give their blessings and support for that person. However, they must be of the purest and highest white light and be there for the person's highest and best good.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I then connect with the Universal Devine Energy by focusing on my crown chakra which is at the top of my head. As my crown chakra opens up (I usually feel a tingling sensation on top of my head), Devine Universal Energy can then flow into my body allowing me to then project and flow that energy with my intention to the imaginary person that is sitting in the reclining chair in my office.

Once I have affirmed that the healing is for the person's highest and best good and once I have connected with the Universal Devine Energy, I will build the energy in my body by doing long breathing exercises which help substantially expand my etheric body and aura energy field and allows a lot of Universal Devine Energy to fill my being.

Then I have a little stool and I will sit on the stool behind the imaginary person that I am healing. I am behind the person that is lying on the reclining chair and I am looking down on that person as he/she is lying down.

I then place my hands on their imaginary shoulders, one hand on each shoulder. I pretend that I am placing my hands on their shoulders, as they are not physically there. But I imagine they are there and I see them in my mind's eye as being there with my left hand on their left shoulder and my right hand on their right shoulder. I then merge my energies with theirs.

I ask that Universal Devine Energy flow through my body (through my crown chakra first) and I envision it flowing into my body. I see it in my mind's eye filling up my entire body with liquid radiating white light energy and energizing my entire body, cells, organs, and chakras.

I then project this energy to the person that is lying in front of me. It flows through my hands and into their shoulders first and then their entire body. I see this in my mind's eye.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

As I do this, I typically see my hands and fingers get white and they radiate white light along with my forearms. I just see the outline of my fingers, hands and arms and I see through my fingers, hands and arms. It really is amazing to see and I feel so good.

Sometimes, I do not see my hands, fingers and arms at all as I see so much energy around me and different colors and shapes of energy move across my sight. Words really have no way to describe what I see. It is just awesome!

As the energy is flowing through me and into the imaginary person sitting in my reclining chair, I ask that any and all diseased energy that is located in the person's aura, chakras, organs, cells and physical and etheric body be loosened and broken down.

Once this happens, it is ready to be released and removed from the physical and etheric body. It is no longer attached as it is broken down and loosened up. This happens typically after the person is fully filled with the liquid white energy.

I then ask Arch Angel Raphael to send down his Emerald Green Energy counterclockwise through my physical and etheric body, down through my chakras and then into the person's physical and etheric body and chakras.

As the Emerald Green Energy of Arch Angel Raphael comes through me and through the person getting healed, the fast counterclockwise vibration of Arch Angel Raphael's Emerald Green Energy allows most of the stuck and attached diseased energy to be released from the organs and cells of the body and from the chakras of the body. Then, this diseased energy gets flung very fast to the outside of the aura waiting to be released into the light.

It is like a fast tire in the mud spilling dirt out the backside of the tire. This dirt is the diseased energy that gets stuck at the outside of the aura ready to be released from the etheric and physical body.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I see this diseased energy as it is being flung and I can control this Emerald Green energy with regards to how quickly or slowly it moves up and down the person's body. If a person has a lot of attached diseased energy, I go slower so that most of it can get thrown into the outside of the aura.

After the diseased energy gets thrown into the outside aura of the person (as well as my own diseased energy, if any), I ask Saint Germaine to place me and the person I am healing into his violet flame of transformation and transmutation. I then wait until the person getting healed and I get all the diseased energy burned off of our auras with the violet flame.

The diseased energy basically gets transmuted into the light and no longer is attached to the physical and etheric body. Saint Germaine will typically tell me when it is all off the aura, or most of it is all off.

I then stand up from the stool and take my hand and cup it and I make about 15 sweeps from the person's head down to their legs and into an imaginary disease bucket that I have laid out. The bucket is filled with liquid light. This sweeping eliminates any remnants of diseased energy from the person's aura.

I envision any remaining diseased energy being removed from the person's aura and etheric body and see it being removed and thrown away into that bucket.

After the general sweeping, I then do localized sweeping of diseased energy on any affected part of the person's body that the person has issues with. After the localized sweeping, the person is etherically clean and pure and is ready to be energized with Universal Divine Energy.

I sit back down in my stool behind the person being healed and energize the person being healed. I use various hand positions on the person's body to allow the Universal Devine Energy to flow to different trouble areas through me. This depends on what areas of the body need healing.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I also scan the person's aura with my hands which will confirm to me the area(s) that is depleted or needs to be energized. As fresh Universal Divine Energy flows through my body, it immediately flows through the person lying in my reclining chair filling them up with this Universal Devine Energy in the form of a liquid light.

As the energy flows, I envision being a very small person inside the body of the person I am healing slowly scrubbing them from the inside out and filling and directing the liquid Universal Devine Energy where to go.

I see a small me in their brain cleansing their brain, their eyes, their ears, their nose, their mouth, all their chakras, all their organs, all their bones, all their cells, and all their muscles. I just go down their body, cleansing it as I go.

I see this in my mind's eye and after every part of the body (etheric and physical) and chakra, and organ and cell has been thoroughly scrubbed and cleaned, I ask God for dispensation of any karma remaining; that any remaining karma be released and forgiven for the person being healed. I state with full intention that the person is healthy, happy and healed.

I state that every cell, molecule, gland, organ, muscle, bone, chakra is healthy happy, and healed and that it is working perfectly and harmoniously, all with God's grace and acceptance.

I then envision that the person being healed is a birthday present with them in it. I see myself unwrapping the present and all the paper being unwrapped is what no longer serves the person's highest and best good. So I unwrap the person and send the paper to the light. I see what is underneath the paper as YOU, this beautiful, glowing, and powerful being of light and love that YOU are.

I see you smiling, being healthy, happy, and healed. I then tell you to come with me and I hold your etheric white light hand and we take a little walk. You are smiling and you are happy. Again, I see this.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Then, as we finish our small walk, we come across these tall and wide massive gates, the ascension portal, and I see all the Ascended Masters and Arch Angels standing at the gate with the gate open welcoming us in. They initially are all smiling and then as we get closer, they all bow to honor you and welcome you to your new 5<sup>th</sup> dimensional world. I see this!

Then we walk through the gates and what I see is beyond words to describe. What Earth has in store for you! I see you on a small cliff and I walk to the edge of the cliff with you and we look down and see millions and millions of souls looking up at us and then I see myself announcing you to them telling them that “This is the new (Name of the person). Welcome him/her home!”

Then I see all the millions of souls bowing to you in silence, honoring you for your past lives, for your current life that was your hardest life, for all the hard lessons that you learned, for the sacrifices you have made. Then I see and hear all of the souls applauding you with honor. Then I look at you and bow to you and thank you for your service to humanity.

Never have you ever been so happy. You are home! This is what I see. It is truly amazing and I am always teary eyed at this part of the healing as my love and happiness flows to you.

After this, I cut my energies from yours, like an ax motion and I again thank you for your light and for your beautiful being. The healing is then done; I thank my spiritual team for their assistance, wash my hands to remove any remnants of diseased energy and then I call you back in about 15 minutes to see what you have felt.

So, that is what I go through and that is what I experience. But I must tell you, what I just described to you is really nothing what I envision, what I see with my mind’s eye. Words cannot describe what I truly see. It is like my third eye is

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

opened and I literally see this. I hope you enjoyed reading my experiences when I perform the healing. Love and blessings to all of you.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.**

**Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Religion and Spirituality



Here is a channeled message that discusses religion and spirituality from my higher self. I hope you enjoy it.

“Religion has always been at the forefront of humanity. Religion is not a bad thing. Religion can be a wonderful and honorable spiritual experience for the soul.

There is always a higher God presence in any religious worship building, whether it is a church or a mosque. There is nothing wrong in going to church or a mosque to pay your respects to God and to pray. All holy worship buildings have a healing aspect of them spiritually.

The problem lies in what religion can do to people, what religion has done for humanity in general over the centuries. It can cause separation and division among people with different faiths and this separation and division is not Oneness with God, Oneness with All.

Any separation and division that occurs is not out of love, which helps fuel anger as one feels that my religion or belief system is better than yours, my religion is more powerful than yours, my religion is the truth and not yours, etc...It causes hurt, pain, criticism and judgment and literally causes holy wars between the masses as the division and separation increases.

That is the problem with religion. How many wars have been fought over the centuries about religion? How many souls have been lost in battles over religion? And who is the winner? Is there a winner?

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Killing others because they have a different belief system about religion or God is not acceptable and cannot be tolerated. It is not out of love and certainly not approved and accepted by God.

Neither is it acceptable to tell someone that their religion is wrong, or that their belief system is wrong, or that they are wrong in practicing that faith. You are not here to judge or criticize others about their religious belief systems. You are not here to tell others that they are wrong about their religious belief systems. You are not here to convert others to your belief system.

This applies whether you are friends, strangers, or close family members. This is again division and separation and causes anger and hurt feelings and is not of Oneness and love. This causes people to be separated and divided from each other.

Separation and Division is not Oneness. If your son wants to be a Muslim and you are a Catholic, honor him for his choice and not condemn him. If your son does not want to go to church, honor him for his choice and not condemn him. If your son does not want to teach his own kids about religion, or take them to church, honor him for his choice and not condemn him.

Do not condemn, do not criticize, do not get mad, especially if you do not agree with these choices that the soul is making. Honor the choice the person has made in their spiritual growth. One person's decision may be viewed differently as yours. That is OK. You are not here to control and change the world to your thinking, even if you feel you are correct. Let each soul make their own decisions about religion and spirituality.

God will not condemn them for their choice, so why should you? God loves them, and so should you. We are all God's children and as children we are all learning so respect the other person as a fellow classmate who is also learning.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Again, there is nothing wrong with religion, regardless of what faith you have. You can be Catholic, Jewish, Christian, Muslim, Hindu, Jewish, etc. We are all beings of One God. Honor the person that has a different religion than your religion. Do not think that the person with a different religion is not as good as you just because they have a different religious belief system.

There are many millions and billions of souls who have different religious faiths who are good people. They love from within! That is the key. They love themselves, their families, and others and are good people who have a good and caring heart.

If you have these characteristics, it matters not what your religion is. Remember that God is everywhere, and most importantly God is always in your heart. You can always find God there. It matters not what religion you believe in. The fact that matters is that you have love in your heart and that you have God in your heart. You have God in your heart when you love yourself, your family and others and if you have a good and caring heart.

There are also many millions of people who also do not believe in God or in religion. These people may also have love in their hearts and God resides in their hearts as well. God does not turn anybody away, regardless of what they believe in or not believe in.

You see, you do not need religion to have God in your heart. God loves you regardless and God always resides in you. Being Catholic or any other denomination will not change God's love or degree of God's love for you. God does not say I will love Catholics more or Jewish people or Muslim people more. God does not pick and choose one religion over another. So why should you? Remember that religion is created by man, not God.

It can create separation and division between people. This is not acceptable. Yes, there are holy books like the Koran and the Bible. There is nothing wrong with

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

reading these books and following their teachings. However, be careful when something does not resonate with you.

Be careful when someone tells you that if you do not do something from a religious perspective that God will punish you. That is simply not true.

Be careful when someone tells you that if you do not do this or that from a religious standpoint that you will be a sinner and God will be mad. Religion can instill fear in people.

Fear is also a low vibration and not etherically clean for you. Fearing God or that you will go to hell if you sin is not out of love. If you sin, you create karma that will need to be paid back, but you will not go to a fiery hell.

God does not punish, and God will not condemn you to hell if you are not part of one religion or follow their precepts. Hell is also man-made, just like religion. The thought of hell instills fear in man, which is not out of love and cannot be accepted. God loves all of us and God will not send us to perish for eternity in a place that is filled with fire where we burn.

This is absurd and is simply not true. God loves you, just as you love your own children. Would you send your own children to a fiery hell to burn for eternity? Of course, not! Hell is a term that is used to describe what we experience when we make poor choices affecting others. It is the karma that we reap and sow. When you do something that is bad, whether criticizing, judging, hurting feeling with words, it will come back to you as karma.

That karma can be viewed as your hell as it is unpleasant. And your higher self, which is your higher you, decides how to repay that karma.

So whether you are religious or not, it does not matter. If you are religious, it also does not matter what religion you belong to. What matters is that you are a good

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

person. What matters is that you are kind, compassionate, and have love in your heart.

What matters is that you do not hurt other people or animals or any of God's creatures and souls physically or with your criticizing and judgmental comments.

What matters is that you help others when they need help. What matters is that you love every being and soul on Mother Earth. What matters is that you forgive yourself when you feel you have done something wrong. What matters is that you forgive others that have done something wrong to you. And what matters is that you treat every person as you would like to be treated.

By doing these things, you are demonstrating your spirituality and your Divine spark of God by your actions through your love. So keep shining that Spark of God that you are!!"

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Abundance and Poverty Consciousness



A lot of people have been asking me questions regarding their finances, and more specifically, how to improve them. I asked my higher self for a response. Hope you enjoy this response from my higher self.

“There is so much fear and misunderstanding about money that even though you think you need money, you may in essence be blocking its natural flow to you. This may have been caused by your human ego. Your human ego may have manipulated you through poverty consciousness for a long time, and for many past lifetimes.

This may be the root of all of your issues and problems regarding money. This poverty consciousness now has to be released to the light for clearing in this ascension lifetime. This poverty consciousness may have caused you to be very obsessed with money, which then made you greedy and caused you to hoard money at any cost and through any means.

This is a bad vibration to have as it is based on fear; fear of not having enough money to survive and have your needs paid for. The human ego poverty consciousness then caused you to believe that there is not enough money for you to live in a comfortable state causing you worry, stress and anxiety (all lower vibrations).

Remember that what you think about, worry about and what you do will be manifested in your reality. This in turn may have manifested in homelessness, hunger, and other limitations or lacks in your life regarding money and financial

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

security. Do not worship money or worry that it will run out or worry that you will not have enough to live.

Money is energy. Also understand that you cannot take your money with you when you leave this life. God's abundance is your birthright and God's supply has no boundaries of all things that are good and plentiful. This includes money.

If all of this is so, then why do so many people have financial issues? Why are so many people suffering financially? Please understand that in this NOW, you are everything that you have ever created in all past lifetimes, as you are a multidimensional being. This includes the collective consciousness. This is why you may be experiencing poverty.

This is why the collective consciousness is suffering collectively financially. Just look at what is happening in your economies around the world. It has to come up for release; the fear, the worry, the lack. So to eliminate your poverty thinking and lack thinking and your poverty consciousness thinking, do not vibrate with poverty consciousness. How do you do this?

You must watch your feelings, your actions, and your words with respect to money. Do not worry and do not have feelings and thoughts that are fear based with respect to money. If you vibrate with poverty consciousness energy, there will be financial problems for you. You have to raise your vibrations regarding money and poverty consciousness to abundance consciousness.

You do this with gratitude and trust. God's intention is for you to have abundance consciousness, not poverty consciousness. Do not worry that you will starve, and do not worry that you will not make the payment on your mortgage or other things that are due to be paid.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Worry is a very lower dimensional vibration and lowers your consciousness level immensely. Worrying about money is poverty consciousness and will cause you to have poverty.

Release any subconscious memories which tell you money causes you pain or that it is bad or causes you to worry about money. You must eliminate poverty consciousness and apply abundance consciousness in your life.

Again, please stop worrying about not having enough money (This cannot be stressed enough), and focus on gratitude for the money that you do have. This is the key and will change your outcome with respect to money.

Gratitude will bring you more of what you are grateful for into your life. Gratitude is about being thankful for everything that you receive in your life, no matter what form it takes, no matter how large or small. It is an effective tool for showing appreciation to yourself and to others and for opening up your heart. When you open up your heart, your consciousness rises.

If you embody gratitude and practice this in your life, it is very healing and then you will be able to tap into the flow of abundance consciousness and receive the loving vibrations of that abundance consciousness from God, namely money. Then things may change for you financially.

Remember you are a Devine Son / Daughter of God and God does not want his children to be poor and to worry about being taken care of. Have gratitude for all the supporting and loving people you have in your life; have gratitude for your health and for anything that is happening in your life.

Have gratitude for all the beings around you, the plants, the trees, the animals, the birds, everything that has a consciousness (even that ant crossing the driveway). All are part of One Consciousness and all are here to learn. Honor ALL life.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Do not be mad that you do not have enough money or that you can't pay the bills. Remember that you are manifesting your thoughts and emotions. If you think you are poor, the universe will give you more of it.

When you are truly able to feel this gratitude in your heart, then it will enable you to receive love in your heart and thus move past a lot of negative emotions, and money will start to flow for you.

For as long as you are in a state of gratitude, then abundance will pour into your lives as will love. God and the Universe support you and you are always guided.

No matter how bad things appear to you financially, if you can come into your heart and reach a space of gratitude from your heart, then doors will open up, you will be guided and the way will be clear for you to the next step in your life. But just like you are practicing gratitude, you must also practice trust.

When you ask for something and if it does not come right away, do not get mad or discouraged. Trust with all your being in full faith that what you asked for will eventually come. You have to believe and trust and live your life as if it is already there.

Also, in order to receive, you have to give. When you give you receive a hundred times fold. If you have no money to give, give with your heart. Give your time by volunteering. It is the intent to give that matters. Again, money is just energy and comes back to you.

When you give away money, it comes back to you. Do not hoard it. Trust that you will receive it back. You will. It is a change in attitude that is required to have abundance consciousness.

Every time you spend your money, regardless of what you buy, bless it with gratitude for the service it is providing you. Bless it for the food you receive, the

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

utility bills that pay for your utilities, etc...Then just let it go, knowing that it is just a source of energy which will return to you. This will not prevent the block of the flow of God's abundance.

Understand and recognize that money is providing a service that you should accept with appreciation and gratitude. Remember that you are responsible for creating your prosperity.

If you have fear and if you have poverty consciousness, you will be poor. The Universe will give you what you are feeling, thinking, saying and doing. Open up to abundance consciousness to change your financial situation and have gratitude. You will be much happier and much richer, financially and spiritually!"

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Your Attitude Creates Your Reality

Attitude ♡



Gratitude

Here is a channeling from my higher self regarding changes that we all need to make in our lives to create our realities. I hope you enjoy the posting...

“When you show and feel gratitude in your heart, your life changes for the better. You become happier and you will lift up your consciousness and energy level. You will be more energetic, you will have more joy, and you will attract more wonderful and positive things in your life. Like does attract like.

The Universe will give you more of what you are feeling, and more of what you are thinking, and more of what you are desiring. So if you think that you are unworthy, you will attract situations that make you feel even more unworthy. If you think and feel that you are stuck in a rut, you will continue to be stuck in that rut. It is the attitude that must change. It must change from a negative attitude to a positive attitude.

The Universe is precise and you are co-creators of your own reality. You are creating your reality by your thoughts, your feelings and your actions towards yourself and towards others. Even more so now with the energies being increased to Earth as ascension is upon us. You must now be very careful with what you are saying, thinking, feeling and doing as these things will manifest for you more quickly.

If you are not feeling well and think that you are sick, then you will become sick. If you feel that you need a gun to defend yourself, then someone probably will break into your home and that gun will be used as you are feeling fearful for your

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

safety. You are sending out these thoughts and feelings into the universe and they will manifest for you.

So, if you want your life to become better and happier and less stressful, send out happy thoughts and happy things will come into your life. Again, the thoughts you have and the feelings you have will manifest in your outside world for you to learn and to experience from. Why not set up happy lessons and not difficult ones? You can learn the same lessons with both.

And gratitude is so important. Be thankful for everything in your life. Instead of being upset that you have a poor job that you hate, be happy that you have a job at all. Be happy that you have food to eat. Be happy that you have the air to breathe. Be happy for all the wonderful greenery that Earth provides for you. Be happy and grateful for all the animals around you.

Be happy for the birds that sing to you. When you shift your perception and show gratitude for everything that you have, you will co-create a different reality for yourself.

Earth is a school of learning and not everyone that wants to be here to learn can be here. Did you know that there are 7+ billion souls on Earth right now, and there is a huge waiting list of souls that wanted to come to Earth at this time? Why? To Ascend! That is why you are here. You are here to release all the bad, the negativity, the hurt, the pain, once and for all.

You are here to release all the attachments and all the things that do not serve your highest and best good. No more reincarnations; no more having to relearn the same thing over again that you did not learn in the last lifetime. Immortality is waiting for you! It has always been there but you are now just re-remembering it.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

It is an opportunity to remove and release all of your karma once and for all, permanently! You are given a gift from God. Show God your gratitude for God's love for you. Show God your respect. Love God and God's souls on this planet. Honor yourself and the souls all around you.

Their lives are not easy either. This is your hardest lifetime as it is theirs. You are growing and releasing so much now and at such a fast pace. Be happy for this release. The harder life may seem to you, the more you may be releasing. This is a good thing.

So enjoy this life, even though it may seem like it is difficult. Flow in that river that life gives you and let the river take you where it is going. Enjoy the views along the way. When a bad situation comes across your life, ask yourself "What is the lesson here? Why am I in this situation now? What am I to learn?" Be calm and think. Do not respond negatively or with anger!

There is a lesson to be learned from every NOW moment so that you can release what is to be released that needs to be released. You cannot take anything bad with you to the higher dimensions with your ascension. You cannot contaminate the One Consciousness with your dirt and baggage when you go up in dimensions and consciousness. Only take the lessons that you learned. Leave the rest behind. Leave your ego behind.

Thank it for all the lessons it has given you. If you want to have a better life, start from within. Look within. Show gratitude and things will change for you. Remember that all of this is an illusion. You are not your body.

Remember who you are and awaken to your co-creator God Self that you are; Your Mighty I AM PRESENCE. When you die, what is left? Your physical body is no longer there. So what is left when you die? I AM. When you walk, what are you doing? I AM walking. What is being moved while you walk?

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Your body is being moved. You are not the body. Who is moving the body causing it to walk? I AM. The body is what is being moved when you walk, but I AM is the mover of that body. Reconnect with your Mighty I AM Presence.

Remember that life is what you make it to be. Which path will you take? Will you be sad and negative and blame everyone for your problems or will you look within and start to manifest other more wonderful things in your life? Always be filled with joy and happiness, no matter what circumstance you feel you are in, good or bad. If you do not like the circumstance you are in, then you need to change it.

Ask what lessons are you to learn from the circumstances and move on. Do not dwell in pity and sadness and depression or fear. If someone is hurting you, leave them and love them from a far and bless them for the lesson they have taught you.

Do not allow others who are negative and mean and criticizing to drain your energies. You are so blessed to be here in these ascension times, especially during a double dimensional shift.

Have gratitude for being here and have gratitude for everything that is here for you. Smile more. Go out and feed the ducks at your local park, go lay under a tree, even better, go kiss the tree, go volunteer in an elementary school for an hour and see the children's faces. There are so many wonderful things you can do to lift up your spirits and your consciousness / energy level.

And most importantly, have that gratitude in your heart. Understand the lessons that were needed to be learned and if you did something that was bad, ask for forgiveness after you learned the lesson and just release it into the light and move on.

Do not dwell on this or the past. There are so many other new experiences to learn, more people to meet, more friends to find. Life is beautiful and so

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

rewarding. And time is moving so fast now. Enjoy it more, especially at these times. Watch the sunsets and look at the stars and bless them. Bless your food. Bless everything and everyone.

You really are so blessed and lucky to be here at this time. The energies are flowing from God into your soul at an immense pace at this time. Breathe them in and thank God for God's blessings. God is here for you and waiting for you to reconnect. When you take one step forward to reconnect with God, God takes two steps. How many steps will you take?

But do not take backwards steps. Thank the angels and Arch Angels and all the Masters for what they are doing. You have so much help and guidance at these times, in this NOW.

This is a collective ascension effort and every person has an important role. Your role is to ascend and to release all the bad things that no longer serve you and to spread your light and it starts with gratitude. It starts with YOU! You are a Lightworker! So go and spread that light and smile at the next person you see. Honor them and watch how they respond to your smile.

You do not walk in their shoes. Maybe their son died yesterday and they are sad and your smile gives them hope, that spark that they need to find their God Spark, their I AM Presence. What a gift you may have given them with just your smile.

How many times have others lifted you up with their smile. Return the favor and smile at yourself as we are all One Consciousness, the Christ Consciousness! Help other people when they need help.

Love yourself and others. Just release it all into the light and love, love, love. You are already ascended!"

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How to Release and Move Forward



A lot of people have been asking me how to release the pain and suffering that they are holding on to. It seems hard to let go when there is so much pain from words or actions of others.

This is a message from my Higher Self that discusses how to permanently release all of this.

I hope you enjoy it.

“A lot of people have so many things that are coming up now for release. This is a culmination or sum of all your prior lifetimes that have not been resolved in past lifetimes that need to be resolved now. Issues are coming up that are affecting people in so many ways.

There are lots of people who are angry, there are lots of people who are getting divorced and there are lots of people do not know why they have so much negativity within them or around them. It seems like their world is crumbling down on them and they cannot catch a break.

Anxiety and depression and fear seem to be taking over their lives, financially, emotionally, physically and mentally. Stress seems to be everywhere for so many as the loving energies are bombarding Earth at this time.

Remember that you chose to be here at these shifting ascension times. There are more people on earth now than ever before, and this is all by choice. Your choice! You chose to release all of these things from this lifetime and past lifetimes once and for all. Why? To Ascend!

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You decided that you no longer wanted to reincarnate again. You decided that you wanted to graduate from this Earth School and be immortal as a multidimensional being living in the higher dimensions of consciousness.

So consider this lifetime your final exam on Mother Earth. But do not worry, you are prepared and you have studied in your past lifetimes and you are now in the midst of taking this final exam. It is a long exam, is it not? And the questions are not easy. The questions are in the form of situations that you experience in life. Good, bad or ugly.

So how do you pass this life exam? You pass it by releasing all of the things that do not serve your highest and best good and forgive others and yourself and live in love. You pass when you ascend. And you ascend when you are clean and when you have no more items that will contaminate the One Consciousness that you are part of.

But so many people do not know how to release all of this contamination, all of this diseased energy, all of this pain, this hurt, this anger. So many people are carrying past hurt and anger with them. You cannot do this.

Remember that you are the creators of your own environment. What you feel, think, or do will manifest for you in your reality. If you keep holding on to the pain and suffering and anger, you will not move forwards. You will continue to be angered and in pain and in suffering. The universe is always in flux, it is always moving and is precise.

You have to move with it. If you do not release this pain, this anger, these hurt feelings, you will be stuck in this mud while everyone and everything passes you by. So how do you release this and get out of the mud?

Here is what you do to release. Get out two pieces of paper. On the first piece, write at the top "Tough Experiences" and on the second write "Lessons Learned."

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Sit down quietly with the intention to reflect upon your life. Think back as far back as you can when you were a child. Then start thinking up each year-what happened each year in your life. Think hard.

Who hurt you, physically or emotionally or mentally? Who lied to you? Who stole from you? Who cheated on you? Who did what to upset you? What happened that was bad? What was that bad experience? As you think about what happened in your life and who did what to you, write all of this down in the “Tough Experiences” paper. Number these items down from one down to 10, maybe 20, maybe 1,000 for some. It matters not.

The more detailed the better. Keep writing this down. It may take more than one page, it may take several. It may take a notebook. It may take a few weeks to do this. Just keep writing all of this down – names, events, who, what, where, when, why, the pain you suffered, the negativity, all of it – how you felt. Write all of this down. Buy more paper if needed.

Once you have written all of this down and you are certain that you have written everything down that has affected you, all the pain and hurt, take out the other sheet of paper, the “Lessons Learned” sheet. Number this sheet down from one down as well.

On this sheet of paper, write down the thing that you learned from each of those lessons you identified in the “Tough Experiences” sheets. Think hard about the lesson learned. Everything has a lesson to be learned.

For example, if someone cheated on you and this was written down on your tough experiences list, then on the lessons learned list write down what you learned from that experience.

Keep all emotions out of this. Do not be mad at the person who cheated on you but think about what that cheating has taught you. Did you learn to be more

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

independent, more financially responsible, more guarded? There is no right or wrong answer.

These are your lessons to learn to help you grow and develop. Think back and go over each item you included in the tough experiences sheet and now write down on the lessons learned sheet the lessons you learned from each of these experiences.

You see, you are learning and growing in every moment of your life in this NOW. Every moment and experience is another question in that final exam. This is a way for you to pass that exam.

Once you have written down all of the lessons you have learned from all the tough experiences you have experienced in your life, you can release this tough experiences list permanently and keep the lessons learned list. Now, to release this tough experiences list, go outside and get a match or a lighter.

Bless the people and the things that happened in your life that have taught you these lessons and experiences and set the intention to release these **PERMANENTLY** from your being.

While holding this tough experiences list in your hands, say “I release you permanently from my life and I forgive you for any pain you caused me and I ask for your forgiveness for any pain I caused you.” Say this three times and include all the people who were involved that were in that list. Mean it when you say it, with all your being, with all of your intention – feel it.

Have tears roll down your face as you are saying this. Give it a good cry! Then burn that tough experiences list, those papers, that notebook. As it is burning say “Arch Angel Michael, I now ask that you sever any cords with these items in my life permanently with your sword of truth.”

---

This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Watch the sheets burn and smile. See how you feel. As you are doing this you will have goose bumps on your body. You will feel lighter, you will be happier; your karma with respect to these items and people will be released.

Fire has an energy transmutation effect. These things will no longer be a part of your life. It is the intention that counts. Have the intention to get out of the mud!

But you have to be ready and willing to let them go. You cannot be bitter or have revenge in your mind or still be upset. LET IT GO!! You must let it go to graduate as you cannot take this with you when you ascend. Your soul will not be cleansed and you will have a hard time passing through the ascension gates. You have time to do this.

There is no timeframe to get this done. Everyone is on a different pathway and at their own speed. God loves everyone and NOBODY gets left behind. This is part of your life path. You are here to ascend and you cannot ascend until you do this.

There is no need to have anger or bitterness in your heart towards others. Let it go. There is no need to be mad anymore at anyone. Let it go. There is no need to want to have any revenge for any hurt someone has caused you. Let it go. Let it all go. Release it all to the light, to God as it all burns away from your life. Watch it burn and smile.

You are that powerful and nobody and nothing can affect your light! Nobody can control or manipulate you! You are a magnificent co-creator! Create your own reality. Your new life and new world is waiting for you. It is here. It is waiting for you to cross through it. Cross through to the Oneness, the Christ Consciousness, to unity and to love.

What good is holding on to the pain that someone caused you? After you are done being angry, hurt and mad, take a breath and release it. Learn the lesson as it made you so much stronger as you have grown so much because of it. You will

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

never have that same lesson given to you once you learn that lesson. So learn it once and never have to learn it again.

Love the person that has taught you that lesson, and love the lesson you learned from it. Forgiveness is key. You must forgive yourself and the person that gave you the lesson. Throw away the bad stuff associated with it. Tell your ego thank you but no thank you and move on.

If something new in the future comes up, again write it down, write the lesson, and burn the bad stuff into the light and cherish the lesson, cherish the soul that gave you that lesson. The harder and more painful the lesson, the more your growth is.

This is a good thing. So be proud, release and ascend. Your final exam is almost complete. Pat yourself on the back for receiving an A in the classrooms on Mother Earth. You earned it!!”

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Negative Thought Entities



“Be very careful with your thoughts and with your feelings. Do not be mad, angry, critical, judgmental or negative in what you feel and what you think, regardless of what is happening around you.

Understand that there are living psychic thought entities or beings which are created whenever you are emotionally feeling something or thinking of something, regardless of what it is that you are feeling or thinking, and regardless of whether is good or bad.

Yes, every single thought that you have creates a living psychic being. And every single feeling that you have creates these psychic thought entities as well. So be very careful with your thoughts and your feelings as these beings may influence you and other people negatively or positively, depending on your thoughts or feelings.

It makes sense to have positive thoughts and positive feelings not negative thoughts and negative feelings as negative thoughts and negative feelings will have a negative effect on you and others whereas positive thoughts and positive feelings will have a positive effect on you and others.

So what happens when you have a bad or upsetting experience or a traumatic experience in your life? These experiences are part of our lessons and are sometimes unavoidable. Say someone did or said something to you that really made you mad. They really got under your skin and pushed your buttons and totally frustrated you. This happens to a lot of people.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Please be advised that when this experience occurs and you respond with a negative emotion like anger, frustration, hatred or think or feel with these emotions in any way about the person or that situation, psychic traumatic energies are created.

These energies are based on your thoughts and feelings which are then lodged in your chakras which may, in the long run, manifest as various phobias or stress depending on the bad event and your response to this event. These psychic traumatic energies have certain degrees of consciousness and are called traumatic thought entities or beings. They are real! And your anger, negative thoughts and feelings feed these psychic energy beings.

Any phobia that you may have is basically traumatic fear energy or “fear” thought entities that are lodged in certain chakras of your body. And any bad experience that you may have experienced in your life may produce repeated thoughts of insecurity, futility, poor self-esteem, or fear.

It is so important that you not think negatively or have negative thoughts or feel negative or have negative feelings for a prolonged period of time.

If you do have these thoughts and feelings, then this may produce for you negative thought entities that have strong inhibiting effects, which may turn into severe depression or anger for you in the long run. Your thoughts and how you feel constantly create your reality. If you want happiness in your life, think happy thoughts. If you want sadness and anger in your life, have angry and sad thoughts. It is your choice.

Please do not blame someone else for your emotions. Do not say or feel that someone else made you say something or made you react in a certain way, or that it was their fault. Remember that every situation is a lesson.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

The lesson just may be that you realize that the situation is a lesson and then light bulb goes off and you think “ah, there is a lesson to be learned. What is the lesson? I am calm and I am not mad or angry.” You need to master your emotions in these times as more energy is flooding Mother Earth at these times.

Also, please understand that there is an energy protective web, which acts like a filter that protects you from negative outside influences, which is located at the back of each of your chakras near the surface of your body. Each of your chakras has this filter.

If you have negative thoughts, if you are mad, if you are upset and if you feel these emotions, then this web can get cracked or punctured after a while, depending on the severity of your emotions. This is bad and you do not want this to happen as you will then attract negative entities that enter through these holes and cracks in the web.

This will cause you to possibly do terrible things that you would not normally do. You may act out in rage and anger and hurt a lot of people with your words and words hurt more than physical pain most of the time. And by doing so, you are creating more karma and it becomes a vicious cycle for you.

This is especially true when you are very angry and mad as the protective webs of certain chakras become ruptured or cracked and the negative entities feed on this, causing you more aggression or more negative thoughts and feelings.

Understand that every moment that anger is expressed, the angry entities are attracted and they attach themselves to you through your ruptured protective webs, if your web is indeed ruptured. This can make you susceptible to “psychic intrusions” from negative psychic entities affecting your well-being, physically and mentally. Keep your protective webs secure by keeping your emotions in check.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

But if you can't control your emotions, it can get worse for you. There are beings known as elementals. These elemental beings exist in energy form whose consciousness is not fully developed. They are energy parasites that depend on someone that has negative psychic energies for their survival. To heal that person, the negative elementals have to be disintegrated and removed by cleaning and energizing your chakras.

These thought entities can be lodged in your chakras and the protective webs and they can contain a lot of negative psychic energies. You do not want these negative energies in your body or in your chakras. These negative psychic energies could be in the form of phobias, depression, traumatic experiences, obsessive ideas, fear, violence, compulsive behaviors, etc.

You do not want these tendencies to be around you as it will affect your psyche and it will affect the other people in your life in a bad way. Also, try to stay away from people who have these tendencies. Love them from a distance. So stay happy, stay positive and see life for what it really is; an opportunity to grow and develop by learning various lessons at your own pace.

Remember that negative thought forms or entities are repressed bad experiences or accumulated negative thoughts and feelings. And negative elementals are negative psychic entities that influence a person to behave abnormally. Don't let these parasites into your chakras and into your life. Say "no thank you" and watch your emotions. Watch your thoughts. Watch your feelings. Your body and psyche will thank you.

To reiterate, an elemental is a naturally occurring lower being. A thought entity is an artificial being that you create by your thoughts and feelings and words. Both can influence you through cracks or holes in the protective web if you allow the web to be broken by your thoughts and actions. They can cause a lot of problems and disturbances and they are basically etheric parasites.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Stay away from them by watching your emotions and cleansing yourself with the violet flame and meditating regularly. You can be passionate about something or a cause you believe in, but watch your emotions and how you respond when someone pushes your buttons.

If your protective webs are damaged and open permanently, you will be susceptible to attacks from these negative entities causing you to be constantly bothered, tormented, or influenced by negative thought entities, negative elementals, and negative spirits.

You may hear ugly voices, and/or see ugly and scary things. Remember that these holes or cracks are caused by negative feelings, negative habits and negative thinking.

This is especially so when you are intensely angry as the protective webs of certain chakras are ruptured. Anger attracts negative elementals of a very violent nature. They attach themselves to you through the ruptured protective webs. You then become temporarily “possessed” and can do terrible things that you will not normally do.

How long these negative elementals will attach themselves to you depends on your nature and your disposition. If you are the type who gets intensely angry quite often, then the “possession” could become relatively permanent. These negative elementals feed on anger or need angry energy to survive and, therefore, will regularly stimulate you to anger, sometimes to rage. Does reading this make you think twice about being angry? It should.

How many people do you know that seem to always be angry and controlling and judgmental and critical. It is their way or the highway. Stay away from these people and love them from a distance and do not engage in their drama.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

And stay away from the elementals and bad thoughts and feelings. Just stay in Love, Love, and more Love. You may lose some battles but you will win the war. But why fight at all? It is better to be happy than to be right and to be angry, as we are all One Consciousness, the Christ Consciousness!"

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Thank You Everyone!



Today is one month since I started this healing website. I did not know what to expect. My intention with this website was to try to help people get better, physically, mentally and emotionally through energy healings.

Since I started this website one month ago, I have since performed 46 healing sessions, most of them distant healings in many different countries, and most of them successful.

In addition, as of this writing, I have had 2,777 hits on my web site. These figures are amazing to me. I never imagined the response that I received from all of you. THANK YOU!!!

**Also, a special thank you to Meline Lafont and Isabel Henn for promoting my posts initially when I first started. And a special thank you to Becky Devine who got me started in spirituality as well as to Kathy Crosswell who continued with me on my spiritual journey.**

**And a special thanks to Diana Linden, the Usui Reiki Master, who attuned me to all the energies. I also want to thank Fran Zepeda who told me who my twin flame was in her beautiful reading.**

Once I found this out, everything opened up for me regarding who I am. All of these ladies are beautiful beings of light and I am blessed to know them as I am blessed to know all of you. I have made so many new friendships that I will always cherish. I am so blessed to be in these consciousness shifting times on beautiful Mother Earth.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I wanted to thank all of you from the bottom of my heart for following my site and for allowing me to help heal you, regardless of what ailments you may have. I am honored to know all of you and I am filled with gratitude that you are allowing me to try to help you. I am including all of the wonderful testimonials that I have received from all of you.

Just scroll down, click on the testimonials link, and take a moment to read them. These are your words, not mine and I am so happy to have tried to help all of you, regardless of what that help may have been for you. All of these small miracles did occur.

Healings do work. They help clean and energize your chakras from diseased energy and negative thought beings and negative elementals that are attached to your chakras. Healings help eliminate physical or emotional, or psychological pain you may have. Healings help eliminate stress, irritability, phobias, anxiety, compulsive behaviors, addictions and depression.

Healings help the mental, emotional, physical and etheric bodies function harmoniously. Healings help release past karma as well as other traumas from this or past lifetimes.

With every healing that I do, I ask my spiritual team who is with me during the healing to release all past karma from your life. Every healing that I do I see you and me walking through the ascension gates as a beautiful karma cleared and happy being of light that you are.

Every healing that I do I ask my spiritual team that you ascend, and I see you ascending through the ascension gates as I lead you through it with all the Ascended Masters and Arch Angels and Lighted Beings watching with honor and respect for you.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This is real and I see this! And best of all, my healings are free. I do this out of service to Mother / Father God and out of service to you. This is part of MY life path, to help you ascend.

Healings are needed now in these times as so much is coming up to the surface for review and release. It must be cleared and released for you to ascend. And you are in the middle of clearing and releasing this as is all of humanity. Just look around your world and you will see all the bad and negativity coming to the surface for release as the third dimension stuff and ego cannot be taken into the higher consciousness.

It cannot contaminate the One Consciousness that we all share. I am here to try to help you with your clearings and with your release of things you cannot take with you. You have help! Do not be afraid or shy to ask. Also, ask the angels, the arch angels, and all the beings of light and spirit guides for help. They are there, waiting to help, but you must ask.

In addition, healings do not just affect you personally. They affect everyone around you, including your friends and family. When you have a healing, hopefully you will feel better and lighter. When you feel better, you will hopefully smile more and be in a better mood (not that you weren't already). This will be reflected positively with the people you interact with and they will feel better.

This is how you are spreading and shining your light; through your smile and your I AM Presence. And lightworkers are needed more than ever now to spread their light! And if you are drawn to this website, chances are you are awakened and you are a Lightworker! So shine your light.

With that said, please make a healing request from me. It is free and you will probably feel better and lighter. You have nothing to lose and everything to gain. You may have a lot of karma released along with other stuff that you may have

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

been subconsciously holding on to. You will be lifted up in consciousness and vibration which will allow you to lift others up in vibration and consciousness.

When you feel better, you will shine your light brighter to others who will then shine their light to others and so on. This is how the collective consciousness will help raise their vibration which is what is needed now as the energies are hitting Mother Earth and all its residents hard and with full force, especially with the Equinox that is now upon us. There is no other way as the energy floodgates are now fully opened. But I feel so good and excited about the future!!

Also, please tell others about this website and about the free healings. There are people you know that need a healing. Someone may be physically hurt, they may be emotionally hurt. Anyone can use a healing. Please note that I cannot guarantee that I will help you. Someone may have karmic issues that need to be played out. Someone may have life contract issues that need to be played out.

What I can tell you is that the energies will most likely get to you through the healing and when they do, they will do for you what is in your highest and best good, regardless of what your existing ailments may be. The energies have their own consciousness and they know what to do as they probably know you better than you know yourself.

So with that said, click [HERE](#) for all the healing testimonials. Please take a moment to read these. These events and small miracles did happen to these people. What will your small miracle be?

If you would like a healing, click [HERE](#).

Love and blessings to all of you...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Your Major Chakras And Their Importance



Your body has two bodies, the physical body and the etheric body. The etheric body is the energy body that illuminates the physical body and extends beyond the physical body by about five inches or so. It also extends inwards.

This is seen as your aura. Ki energy is the energy that is all around us that keeps the body alive and also keeps the body healthy. This energy is in the air we breathe, in the ground we walk on and we get it from the sun's rays.

More importantly, Ki energy is absorbed by the energy centers in our etheric body. These energy centers are called chakras. We all have chakras. When your chakras are out of line, either too much Ki energy or not enough Ki energy (depletion or congestion), or when your chakras are dirty with diseased energy (like attachments, pain, hurt, anger, emotional stuff, etc.), your physical body gets sick.

With energy congestion or depletion, the surrounding chakras are partially or severely blocked. With energy depletion, your inner aura of the affected part is reduced. With energy congestion, your inner aura on the affected part is increased and may protrude more than average. Your aura of your organs (and your body in general) need to have energy balance to be healthy.

With the healings that I do, I clean and energize the chakras, thus allowing you to feel better physically. So by cleaning and energizing the chakras, you keep your organs and your physical body healthy and happy. And you avoid going to a doctor.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

There are many chakras in your body, some are major and some are minor. Each is very important to making sure your physical body is properly functioning. Here are the main chakras:

**The Heart Chakra:** There are two heart chakras, one at the front of the heart and one at the back of the heart. The heart chakra's role is to energize and control the lungs, the heart, and the thymus gland. Diseases due to depletion or congestion or diseased energy in the heart chakra include diabetes, high cholesterol, hepatitis, arthritis and other heart ailments. Keep your heart chakra clean and energized.

**The Crown Chakra:** This chakra is on the top of your head. This chakra energizes and controls the pineal gland and the brain. When the crown chakra is energized, energy will flow to the other parts of the body, like a funnel. Diseases due to depletion or congestion or diseased energy in the crown chakra include physical or psychological illnesses and diseases related to the pineal gland and the brain. Keep your crown chakra clean and energized.

**The Basic Chakra:** This chakra is located at the base or end of your spine. This chakra is very important as it is responsible for your physical well-being and it strengthens and energizes the entire body. It also affects and energizes all of the organs that are close by and controls your adrenal glands.

Diseases due to depletion or congestion or diseased energy in the basic chakra include asthma, cancer, allergies, blood ailments, psychological disorders and back problems. Keep your basic chakra clean and energized.

**The Ajna Chakra:** This chakra is located between your two eyebrows. This chakra affects the nose, eyes, brain and any other nearby organ. This is a very important chakra as it controls and energizes the pituitary gland and the brain to a certain degree. However, it also directs and controls other chakras and their corresponding endocrine glands.

---

This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Also, when this chakra is energized, other chakras will light up in a certain sequence as well. Diseases due to depletion or congestion or diseased energy in the ajna chakra include asthma, allergies, cancer and endocrine gland related diseases. Keep your ajna chakra clean and energized.

**The Sex Chakra:** This chakra, located in the pubic area, energizes and controls the bladder and your sexual organs. Diseases due to depletion or congestion or diseased energy in the sex chakra include bladder ailments and sex related problems. Keep your sex chakra clean and energized.

**The Throat Chakra:** This chakra is located in your throat area and controls and energizes your throat, and thyroid gland. Smokers have issues with the throat chakra. Diseases due to depletion or congestion or diseased energy in the throat chakra include asthma, loss of voice, sore throat and goiter. Keep your throat chakra clean and energized.

**The Solar Plexus Chakra:** There is the back and the front solar plexus chakra, but together they are known as the solar plexus chakra. This chakra is located below the heart chakra. Your heart is very much affected by the solar plexus chakra. The solar plexus chakra is an energy clearing center and a lot of energy from the lower chakras passes through the solar plexus before reaching the higher chakras in the body and vice versa.

When your solar plexus chakra is energized, your entire body can be strengthened. The solar plexus chakra controls and energizes the stomach, the liver, the appendix, the pancreas, the large intestine, the diaphragm and the small intestine.

Diseases due to depletion or congestion or diseased energy in the solar plexus chakra include hepatitis, ulcers, diabetes, arthritis, heart ailments and other diseases related to these organs around the solar plexus chakra. Keep your solar plexus chakra clean and energized.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

**The Navel Chakra:** This chakra is located on your navel and affects your general vitality. If this chakra is not functioning properly, it could lead to appendicitis, constipation, difficulty in giving birth and other diseases related to the intestines. This chakra controls and energizes the appendix, adrenal glands and large and small intestines. Keep your navel chakra clean and energized.

**The Meng Mein Chakra:** This chakra is located at the back of the navel and energizes and controls the blood pressure, the adrenal glands and the kidneys. This chakra is responsible for the upward flow of energy coming up from the basic chakra. You could have kidney problems, back problems, low vitality or high blood pressure if this chakra is not functioning correctly. Keep you Meng Mein chakra clean and energized.

So when you get an energy healing from me, I first clean out all diseased energy from your chakras and then I energize your whole body by energizing your chakras. Any affected part that you have can be energized directly through the nearest chakra. This is how you feel better physically. There is no magic to it.

The magic may be that people do not realize that we have etheric bodies, let alone chakras, so in their minds miracles are performed when they feel better. They feel better when medical doctors cannot help them as medical doctors are treating the physical body and not the etheric body.

But that is after the fact. Treating the etheric body first will prevent having to treat the physical body and having to visit a doctor. Cleansing and energizing your etheric body is very important to maintaining good physical health.

So do not be angry. Do not be mad. Do not be jealous. Do not be critical. Do not be judgmental. Do not be negative. Also, do not have these feelings or thoughts. Having these feelings or thoughts and/or acting out on them just dirty your chakras and etheric body and will cause you to have problems with your physical body.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Not to mention, you are picking up bad karma that you do not need. Stay happy, stay in joy, forgive yourself and others, release your past and stay healthy. Your body will thank you and you will feel so much lighter and you will be so much happier.

The happier you are, the more light you are projecting to others through your smile and your presence and they will then be happier and project that happiness to people in their lives and this has a trickle down effect and it starts with YOU!

So if you want your etheric body and chakras cleaned and energized, please get a healing from me. I look forward to helping you clean and energize your etheric body and your chakras and organs. Click [HERE](#) if you would like to set up a free one hour energy healing with me.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## The Universal Law of Oneness



In the higher dimensions, there is only light and we are all One. We are all part of Mother/Father God. This includes everyone and every being on Earth. It matters not what color your skin is, or what gender you are. It matters not what country you are from. It matters not your sexual preference.

It matters not whether you are rich or poor.

It matters not whether you are Catholic, Jewish, Muslim, Buddhist or whether you even believe in God. God believes in you! It also does not matter whether you are an animal, a tree, a fruit or a vegetable. All vibrations are beings of God, created by God.

And all beings of God are One with God. This is the Universal Law of Oneness. When you understand this, that we are all One, you love everyone. There is no differentiation between anyone and anything as you are all Divine. Every creature and anything that lives and moves and breathes and has life is Divine and is part of the Oneness with God.

In the higher dimensions, you do as you would be done by and you treat others as you would want to be treated. There is no judgment or criticism based on the color of the skin or the nationality of the person or their religious background.

If you are Catholic and you are choking at a restaurant, would you refuse help from a Jewish or Muslim person? Of course not! You would want them to help you. When you see an accident and someone needs help, do you not try and help immediately? Or do you first ask their religion or sexual preference before helping? Do you see, subconsciously you know we are all One.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

That is why you react with loving kindness when someone needs help, regardless of the color of their skin, their nationality, their race, or their sexual identity or their religion. You treat others the way you want to be treated and you do to others as you would want to be done to you. There is no separation in the higher dimensions and subconsciously, you know this.

Always remember that you are the light of the world and absolutely nothing can diminish your light. Please seek your own light within yourself and look for the light in others. Everyone has the spark of God in them and that light is there.

Life on Earth gives you an illusion that we are separated from God so that you can learn how truly One we are with God and with each other. That is your lesson on Earth, to find that Oneness with all; to stop the separation and the hatred, the duality thoughts that I am better than you. 3<sup>rd</sup> Dimensional duality on Earth is a glorious learning experience to expand your light, to expand your I AM Presence.

You shine this bright light by honoring all as part of the Oneness that you are. You shine it by your example on how you treat others, with your love and compassion and kindness towards all beings so others will see and take note. In this sense you are teaching others how to shine their light by your example. The world needs your light right now.

Remember that on Earth we experience light and darkness. That duality that comes from the free will that everyone decided to experience on Earth when you came here.

Do not let fear drive and fuel your ego. A third dimensional being is afraid of the differences between races, between sexes, or between religions. When you know we are all One, you honor the differences and you are not afraid of them. You do not kill animals, you do not attack gay people with words of hate or physical violence, you do not put down other religions and people that worship these religions.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This is separation and fear and cannot be taken with you to the higher dimensions in these ascension times. This is fear and your ego controlling your thoughts based on this fear. So it is time to stop the hatred and duality as hating others is like hating yourself.

To understand Oneness, imagine a beautiful tapestry of glowing colors of interwoven design. Also imagine that most of the threads are the same but the colors are not the same. The colors are different. Every different color plays its part. The differences in texture and the differences in the colors of this tapestry is what makes the tapestry of life unique and so exciting.

And who are you in this tapestry? You are thread in that tapestry. You are a part of the whole. What happens when a thread of that tapestry gets damaged?

The entire whole of that tapestry is diminished. The same is true when that thread is enhanced. If this happens, the entire tapestry is enhanced and is more beautiful. What do you want to do to the entire tapestry? Damage it or enhance it? Every time you get mad at someone, you damage the tapestry.

Every time you call someone names or have negativity or criticism or judgment, you damage the tapestry. Every time you put someone else down based on the color of their skin, based on their religion, based on their sexuality preference, based on their gender, based on their ethnic origin, you are damaging the tapestry.

However, every time you help someone that needs help, you are enhancing that tapestry. Every time you smile at someone, or love someone, you are enhancing that tapestry. You see, whatever you do to another you are ultimately doing to yourself. Before you do or say anything, ask yourself how you would feel if this was done to you.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Everything that you do for yourself you are doing for the whole, for the Oneness that you are a part of. Do you see how you are constantly hurting each other with all the drama, the negativity, the name calling, the verbal abuse? Everyone on this planet is on their own path back to Mother/Father God. You are not here to judge the route another is taking.

Honor and recognize your Divinity! Honor and recognize everyone's Divinity! Your task is to do your best as nobody on Earth is perfect given that Earth is a teaching school. Please stop criticizing and judging others and yourself.

Accepting and honoring everything and everyone and all life beings and their Divinity will allow them to grow and blossom, and so will you. Be kind to yourself and stop being self-critical when you feel you have made a mistake. Accept everything and everyone as they are, without judgment and criticism. This is what the law of Oneness is about. Obey the law.

Also, when there are protective barriers that you put up to defend yourself, then this prevents you from being One with others. It is time to start taking down our separating barriers because if we are closed off from others, then we are closed off from Mother/Father God. Do you really want this?

Religious dogma creates walls and rigid constructs. This is all coming to an end soon as it cannot resonate with the higher frequencies that are here. Also, secrets keep us behind walls. But this too is changing as the skeletons are coming out of the closet. They must as all must come to the surface to be released before you can move to the higher dimensions.

When we are One, walls and barriers are not needed to separate us. A wall is always dissolved when a secret is revealed but only walls can hide the secrets. Tear down your walls and start to build bridges.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Understanding the Law of Oneness allows us to create bridges by looking for the commonality in religions, peoples and disputes, not separation, division and criticism. When you hurt any part of God's creation, you hurt God and you hurt yourself.

Don't hurt the animals, insects, plants or trees. Everyone is invited to be here on Earth to learn and to evolve. They are part of the Oneness as well. Act with harmlessness and loving kindness. When you understand the Spiritual Law of Oneness, you accept your own Divinity, your mighty I AM Presence, and your shining light.

And then you start to listen closely to your intuition for answers, and not externally from the outside. And that is when you become a co-creator with God.

So be kind to yourself, forgive yourself, forgive others, do not judge, do not criticize and love all beings on this Earth. Honor them for all their lessons and help anyone whenever you can. Smile a lot and show off your light and develop that tapestry. You are so needed in these changing shifting times. Your light is that great! Be One with All.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## The Universal Law of Healing



Healing is such a very powerful and high frequency. Healing does work.

Being sick and having bad health is a lower vibration and a healing can take place as light can transmute these lower vibrations.

More light is brought to the sick person as healing raises the frequency of the sick

person. If the healing is to be successful, the healer's light needs to be higher than the light of the person being healed.

In addition, the person being healed must agree to the healing. Dedicated healers attune themselves to the Divine through personal development, rightful living and spiritual practice.

When this occurs, the healer can properly channel very high-frequency energy, which will flow through their crown chakra and which will then flow through their body and their cells and into your body as the person being healed. This does not matter whether it is a distant healing, or a healing done in person.

In addition, when a healer is a clear channel, many different miracles can take place for you and your soul will use the healing where it is needed the most. Your physical ailments may go away. Your physical pain may go away.

You may have more clarity in your life and be guided towards your next step in your life plan. You may feel happier or calmer or accept more patience to cope with your illness. The energy will do for you what is in your highest and best good as these energies know you better than you know yourself.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

When a healing occurs, it takes place at some level. A healing can only do good things for you.

You can also heal yourself when you raise your consciousness vibrations. All lower vibrations are consumed by higher vibrations. Dancing, laughing, love, and joy are all higher vibrations. The happier you are, the more you laugh, the more healed you will be. Also, crying and forgiveness of self and forgiveness of others releases karma and allows you to be healed.

Forgive anyone who has hurt you and do not hold grudges. Do not hold on to the past. Let it go, let it go!

The healer should not desire you to get better, as this forms an attachment. No attachments are created during a healing between the healer and the person being healed. The healer must remove any cords, thus allowing you to make your own free choices. The healer does not decide what is for your highest good when giving a healing. Your higher self / soul decides this.

The healer must also ask for your consent before interfering with your energy, as your energy is your own private personal place and space. The healer cannot give you a healing unless you agree to the healing. Sometimes the healing does not work. Sometimes nothing happens and the person who received the healing is discouraged. There may be reasons for this.

One reason is that the illness maybe serving you in some way even though you may be upset about it. Look inside and find the lesson it is teaching you. In addition, the illness may be karma related and if you have not yet learned the lesson it offers, you may not be ready to be healed. You must learn the lesson first. This may take time and you may not be ready to be healed.

As such, it may not be the right time for you to be healed, and your soul will know this. If you are not healed by the healer, look inside and ask your guides and

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

angels what additional lessons need to be learned before the healing can occur. You may also have life contract(s) that you agreed to make before incarnating in this lifetime that need to be played out before you get healed.

Thus, it may not be time for you to be healed. Again, ask your guides and angels, go inside and meditate to receive guidance. Fulfill these contracts and try to get healed again.

Also, love is a very high-frequency energy, which keeps your body flowing and clear and cleansed. Your body is like a river of energy, which flows unless it is blocked up. Keep your body unblocked of clutter and debris. Lower vibrations such as fear, unexpressed grief, hurt, anger or jealousy cause blocks the flow of this energy.

If you open the flood gates and send a rush of water down the river, it clears any blockage and washes it out into the ocean. That is the effect of a flow of Divine healing energy. When stuck, blocked energy that caused your disease is transmuted by the high frequency healing Divine energy that flows through your body, a healing takes place.

Please understand that light is energy and that everything is light. The energy of your consciousness builds your physical body. And please note that this is done by the consciousness of your soul over many lifetimes, not just one lifetime. You are all here to experience life in a human body and you are all here to learn and grow.

You are all here to learn, to develop and to grow spiritually. Also, certain physical choices are made by your soul before birth and may appear as physical limitations. These are also choices done to help your spiritual growth and development. Your personality or lower self makes other choices moment by moment.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Love and fear are the only two basic emotions on Earth. When you resist your chosen experiences through fear, you create blocks in your spiritual, emotional or mental bodies which will manifest into physical disease, illness and pain.

Remove all of your fears and just accept and flow with love. Do not be upset that you are in the position that you are in. There is always a lesson to be learned in your position, even if you are not happy in your position.

Inflexible, mental attitudes and beliefs also cause a lot of stress and tension. And if you hold an organ or body part in tension long enough something physical manifests and your physical body will tell you. Suppressed or denied emotions will sit within the body until they express themselves as physical illness. These have to come out.

Do not have suppressed or denied emotions. Do not hold stuff inside that has caused you pain. When you refuse to acknowledge your spiritual self and your own magnificence, your Mighty I Am Presence, you cut off the supply of Divine energy and your physical body withers.

Remember that all bad health is caused by stuck and blocked energy. When you are happy and flowing with love, the cells in your body respond by being healthy.

The best way to be healthy is to be happy. This is the best self-healing that you can have. And you can be happy by going within to find the lesson that every moment in your life is teaching you and learning and accepting that lesson, and then just moving on.

Holding onto the past and to hurt feelings and not forgiving yourself and others causes stuck energy to manifest and causes you to be physically ill, as your chakras are then not functioning properly causing them to be closed off. This may cause you to see a doctor which may cause more stress. Remove your stress and heal yourself.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Be happy, laugh a lot, make peace with people who have hurt you, people who you have hurt, release the pain and the past, and just let it all go. Thank the people and the situations for all of the lessons you have learned. You can't take it with you when you ascend. So just release it all and stay in a blissful state. Your body, mind and soul will thank you for it!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How To See Your Aura



A lot of people have been asking me how to see their aura. Seeing your aura is not that difficult. However, it does take practice and determination. You may not see it the first time. The best way to see your aura is by looking in the mirror at yourself.

But it is more than just looking in the mirror. This posting will tell you what

you need to do to see your aura.

It will also allow you to not just see your aura; it will help your psychic vision and make you more spiritual. In addition, it will help you go back to past lives and see yourself and your past lives and it will help you see your guardian angels and your spirit guide.

So this post is about seeing your aura in a mirror. You need to get in front of a mirror. Find a mirror in your home that you do not use every day for daily cleaning stuff. Like brushing your teeth, combing your hair, putting on makeup, etc...

The mirror will reflect to you what your aura looks like. Once you have this mirror, dedicate it to your spiritual work. When you use this mirror, you may see more than your aura.

You may see angels and spirit guides. You may see different faces and shapes and different places. When I started doing this a while back, the mirror would be a television set for me.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I would look in the mirror and instead of seeing things that are behind me, I would see places and things that were outside, in different homes, etc. The face I was looking at started to change and it was not me; not me in THIS lifetime.

But it was me; it was me in another lifetime. All the faces and places looked familiar to me, as if I knew who they were and where they were. It is really amazing.

So make sure that your angels are with you when you set the intention of looking in the mirror to see your aura. The mirror is a portal so many beings can come through this portal and they can make you believe that what you are looking at is an angel but what you may actually be looking at is not an angel or you may see something scary.

You need to have the protection of the angels with you. Also, spend only a few minutes a day at any one time when you practice as your eyes will get watery after 10 minutes or so. Just spend a few minutes at a time with this. Basically, this is a staring technique that you will be doing. Look at your eyes in the mirror and focus on yourself in the mirror.

Ask the angels to help you see your aura and make sure that you are not disturbed and are not interrupted during this practice. Focus your attention on the center of your eyes, on your third eye chakra, the area between your eyebrows. Just look there.

As you do this, you may get a beautiful white haze around your head and shoulders. Blur your eyes a bit while you are looking in the mirror and sense the outline of your body and slowly you should start to see colors changing. This is your aura, the wonderful energy field that is surrounding you. Don't worry if you do not see this at first. Just keep trying.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Remember to only do this a couple of minutes at a time as your eyes will get blurry. With practice, you should see your aura. Then ask the angels to show themselves as they are near you. Now look for another color that may be floating across your eyes.

It will not be an angel with wings standing next to you. Subtly sense these things-feel them-by doing this, you will be able to access past lives that you had. You may see your face change to who you used to be, like I did.

This can open up for you, then you can connect better and you will know and feel that it is real as you will see it, and you will feel it. You need to experience it yourself for the true realization for yourself. Once this happens for you, then you will get more feedback from your angels with this new anticipation and excitement. This is precisely how I got started.

Please note that you may be frightened and you will most likely see funny faces or scary faces when looking in the mirror. Do not be scared. Sometimes, this is easier said than done. Ask your angels and guides to show themselves to you and set yourself up properly. It is also important to have a clear quartz crystal with you or a rose lavender crystal (pink colored).

Do circles around your third eye area to clear that area and circles around your head area to clear your mind as well as circles around the top of your head for more clearing. Do this before looking in the mirror.

When you are doing spiritual work, make sure your chakras and energy centers are clear and holding a crystal and making circles around your chakras with that crystal clears the chakras. It is a type of self-healing.

Dedicate the crystal to your mirror work, have a quiet place that is uninterrupted, and also burn two candles. Make sure that the candles are not straight in front

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

the mirror. Have them sitting on the edge of the mirror, one candle on each side of the mirror.

Then say “Arch Angel Michael, could you please be with me right now. I’m going to be looking at my aura, I would like to see you guys in the mirror and I’m dedicating this candle to you. Guardian angels, could I please have your assistance today, and here is a candle for you.”

Ideally, you should be in a circle, your spiritual circle as it will help you to bring in the energies. But if not, sit calmly and before you look in the mirror, you need to say “Arch Angel Michael, please be with me. I want to do the mirror technique, and I want to see clearly, please keep any negative energies away from me as I do my work today.” You may also want to use rose oil or lavender and place it on your forehead to give you a calming feeling.

Most importantly, do not be afraid. If you are afraid, your fears will be reflected to you. And you may not be ready to do this. Please note that you may feel frightened as you may see other faces. That is OK. Just observe. Sometimes your past lives may come out in the mirror.

Remember that all the people who you ever were in past lives are still in your body in this NOW moment. You are the spirit of your past lives and all the people who you were in your past lives.

So you may see faces of people you were in past lives and they may come through the mirror. Just observe and do not be scared. Ask your spirit guide to come on one side of your shoulder and your guardian angel on the other shoulder. Angels will typically float across your face and these will be different colors while a spirit guide will be seen as a figure. They will not be scary.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

They will be subtle. Angels know what you are feeling on the inside and they do not want you to be scared. Thus, your experience should be a subtle experience. Say “spirit guides, if you are around me, could you please show yourselves to me.”

It may not happen on the first try, but keep trying and build up your confidence. Also, when you are finished with your mirror work, you are emanating a lot of energy and there is so much energy around you and so you may feel a bit dizzy or that you are drained of energy.

So use your crystal to get reenergized. It will help keep your energy radiating at a higher energy level. Asking for protection from Arch Angel Michael means that nothing can penetrate your energy field. You are protected.

Please note that because you are spiritual and an open channel you are radiating this light and entities and beings that are not of the light will be attracted to you as well. They will see your light and will want help and they will come to you.

Any entity can come to you in disguise. An entity can come to you however they choose to come to you. So it is even more important to protect yourself with Arch Angel Michael. If you are scared, it may not be time for you to do this.

So you have Arch Angel Michael with you and say “I am doing this mirror technique, I dedicate this candle to you and I want this experience to be peaceful and I do not want to see anything that is scary and that only loving things to come forward.”

When looking in the mirror you should see white straight away. Remember that nothing can get or harm you, or possess you, unless you say “yes please.” You need to give permission to anyone taking over your body or to come through a portal. Nobody will come and grab you and pull you into the mirror. So eliminate your fear and have a happy experience.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Also, if you can't see your aura that well, stand where there is a white background behind you. Good luck with your spirituality growth. It is a wonderful experience!

Please note that most of this information was obtained from BDevine. She was my spiritual teacher and she has 4 videos on how to see your aura in the mirror on YouTube. They are all wonderful. All credit is given to BDevine in this posting. The link to her aura video is:

[http://www.youtube.com/watch?v=6Spsvl\\_r2k](http://www.youtube.com/watch?v=6Spsvl_r2k)

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How To Raise Your Energy Vibration Level



Do you know who you are? Most people in this lifetime do not know who they are and why they are here. Remember this: You are a vibrant, incredible, beautiful and amazing light being! Every one of you is an amazing being of light.

When you recognize this, and when you realize and accept this, you radiate such a high light vibration that nothing can stop you in anything that you choose to do. Most of us have forgotten this truth however.

When you are feeling confident and loving, everyone will respond to your positive and high vibration. You have not only lifted up your consciousness level, but you are lifting everyone else's consciousness and energy vibrational level. Your positive high vibration will lift up and positively influence bad people. That is how strong you are. Have a great sense of humor. Laugh a lot.

This raises your vibration and energy level. This raises your consciousness level. Anytime you are in a difficult situation, include humor into that situation. It will dissolve that situation and lift up the energy to another vibration and all the people associated with that situation.

People that are laughing and smiling have a high frequency vibration. Associate yourself with happy people and watch yourself become happy. They will lift up your vibration.

Have peace, love and calmness in your heart at all times. These are all high vibrational frequencies. When there is grief or despair, love will heal it. Show compassion for every situation and the frequencies of that situation will be raised.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You should always try to laugh as much as possible and have a sense of humor. This raises your frequency quite a bit. When you are laughing, when you are smiling, NOTHING can get to you.

Think of angels being around you. This will always raise your vibrations and consciousness levels as well. Angels love the vibration of laughter and your laughter brings your vibration closer to them. Always carry a sense of joy and enthusiasm in your life and in everything that you do.

Stay calm and centered in any situation that is thrown your way. Acknowledge it as a lesson to be learned and take the lesson from the situation and move on to the next lesson.

This keeps you at a high vibration. Always have compassion and gratitude for everything in your life. You are blessed every moment of your life by Father / Mother God. Understanding and accepting this fact will raise your vibration so much. You need a high vibration in these times as the energies are hitting Earth like never before. Stay happy and joyful and laugh!

Now I will tell you what not to do and what lowers your energy and frequency vibrations. Remember first that any high vibrations will always dissolve and transmute the lower heavier vibrations.

First of all, do not have any negative emotions. Do not have thoughts of violence, hurt, pain, abuse, worry, or jealousy. Do not be mad. Do not hold grudges for what was done or said to you in the past by others. Do not hold any of this inside of you.

You must release it all. When you swear, you have a dark cloud over your head, so do not swear. Do not judge others or criticize others. Do not be cynical of others. Do not patronize others or their beliefs. Do not make fun of others.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Do not get involved in the drama of what is going on in someone's life-the he said, she said or he did she did scenario. Do not take sides in an argument an egg one side on versus another.

Also please understand that you must remove your guilt from things you have done or said in your life. Your vibration is lowered when you do something because you feel that you ought to do it (or not do it) or that you should do it (or not do it) out of guilt.

Guilt and fear are such low vibrations. Stay away and run to the hills when you see them. Do not let others force you to do things you are not comfortable doing. This gives them control and you lower your vibration.

Please don't ever do things out of obligation or guilt. Do not let anyone make you feel guilty or place you in fear that if you do not do something (or do something), then something bad will happen. These are all low vibrations. Make your own decisions based on your intuition and from getting guidance from within. Remove all lack of self-worth that may come from any negative self-talk. You are a powerful being of light, remember?

So do not let others sway you based on their insecurities. Change your attitude and find your God Self, your I AM Presence and watch your light shine. Remember who you are and why you are here. You are here to ascend. You cannot do this if your energy vibrational level is low. Just raise it! It is that simple. Just smile and laugh and stand in your light.

Your light will always conquer other's shadows and darkness and you will lead by example and the dark will turn to the light and follow you. Be proud and show the world your light by raising your consciousness and energy level. That is who you are in the higher dimensions; a pure being of light right from God's heart. Take pride and honor this light!

**BACK TO TOP**

---

This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How to Cleanse and Protect Yourself



A lot of people have been asking me how they can protect themselves and clean themselves of negative entities and beings or attachments that they have.

Regardless of what issues you may have, the steps in this posting should help release your issues or attachments or habits that do not serve your highest and best good.

It is like a self-healing. However you have to do this, trust that it will work for you and believe in it. The energies follow your intentions. This does work!

You have to first cleanse yourself and place a protective shield around yourself every morning and every evening. Do this for about 1 month daily, twice a day. Once in the morning and once in the evening. So here is what you do.

1. To cleanse yourself, lie down in your bed or couch and close your eyes;
2. Imagine Arch Angel Raphael with you. Try to see him in your mind's eyes. It's OK if you do not see him. The intention is what matters;
3. Arch Angel Raphael has emerald-green energy/light. Now try to imaging his emerald-green energy/light coming down from above you, spiraling very fast in a counter-clockwise direction. Try to visualize this. It is like a tornado coming down. See it coming into the top of your head (your crown) and coming through your body very slowly from your head down to your toes in your legs.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

As this is coming down and into your body, ask Arch Angel Raphael to remove any diseased energy that does not serve your highest and best good, anything related to attachments you may have in this or past lifetimes, anything that is negative, anything that is a negative thought form, and any negative elementals.

Tell the green light to clean your physical, etheric, emotional, spiritual, and mental bodies, your Auric field, every cell of your physical body and your mind from all negative and lower energies, darkness and shadows.

Then ask this green energy to leave your body through your hands and feet. Just ask Arch Angel Raphael to remove these items as his energy/light is in your body moving counter clock wise.

Ask that all of this stuff that does not serve you be moved from your organs, and your physical body and your chakras to the outside of your aura. See this in your mind's eye happening. Wait a few minutes as you are visualizing this. Then, thank AA Raphael after you feel this is done;

4. Ask Saint Germaine to be with you. Ask him to place you in his violet flame of transmutation and transformation. Ask him to burn off all of these things that Arch Angel Raphael just moved to the outside of your aura.

Ask Saint Germaine to transmute and transform these things into the light, to burn them off of your aura. See yourself engulfed in this peaceful violet flame. See it burning off. Let this burn off of your body. Have the intention in your mind that it is burning off of your body. After a few minutes, thank Saint Germaine;

5. You have now cleaned, cleansed and purified yourself. You need to do this two times per day, in the morning and in the evening. The key is in your intent, not the procedure. You can even read this post out loud when you do this. Just print it out and have it with you. You have to do this and TRUST that it will work. This is the key! Intent and trust;

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

6. After you do this cleansing and clearing, the next thing to do is to place a protective shield around your aura so that the bad stuff does not come back. In essence, you are shielding and protecting yourself;

7. Imagine a white light entering your head clockwise and filling your whole body and Auric field. Ask for a bit of light blue light to come in to stabilize the white light. See it there in your mind's eye. You are now ready to create the aura protection shield;

8. Concentrate on your heart chakra and imagine a light peach or light orange-colored egg-shaped light and the white light of Christ Consciousness around your heart;

9. See yourself as a small image and place yourself inside of this light, inside of this egg. See this light in your mind's eye. Then, see the light glimmering metallic. Try to visualize this as much as possible;

10. Then invoke these words **“The aura protection shield is strong and mighty and glimmering metallic on the outside. The shield is unbreakable and impenetrable from the outside by dark energies and conducts all negative energy, all physical and psychological harm, all negativity, darkness, shadows, and all lower energies to the earth where they will be transmuted into the light. The shield is penetrable for all positive energy and higher vibrations.**

**The shield is penetrable from the inside to the outside. This programming can only be renewed, reprogrammed, changed, dismissed or deleted by me. This programming will last 12 hours.**

**This protection shield is penetrable from the inside out to protect me by inner intoxication through my own negative emotions and used energy. I am not afraid and I do not have any doubts. I am totally confident that the shield exists and that it will be impenetrable and that it will protect me.**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

**There is no doubt or fear which will weaken my shield and make the shield penetrable. I am not angry and I am calm. I have no negative emotions and my shield will not be destroyed. As a better protection against the negative energies of the dark side, I now put the VIOLET FLAME around my shield and let it work as a mirror.**

**The flame transmutes all energies and all vibrations coming to it into love and then I send it back amplified to the sender five hundred fold. It is done and so it will be.”**

When you say this, say it with meaning, say it with purpose, say it with conviction and say it with intent;

11. Then thank Mother / Father God and your angels and guides for their help and support in helping you create this shield;

12. Ask Arch Angel Michael to stand by your side at every moment in your life protecting you with his blue energy and shield while you are doing this during one month or so. Try to see him with his sword cutting all attachment cords. See this in your mind’s eye. Thank AA Michael for doing this.

Do these steps two times a day. Once in the morning and once in the evening as the shield is good for only 12 hours. Also, if you feel scared anytime during the day, start over and redo these steps. Again, it goes towards the intention.

You can do this with anything in your life that is bothering you. This includes smoking issues, drinking issues, other bad habits, or bad relationships. If there is anything in your life that you are holding on to that is bothering you, this will help.

If there is someone or something that seems to be affecting you that you can’t seem to get rid of, this will help you. This shield does work and I use it every day

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

and I use it when I perform my energy healings. It will work for you but you have to believe in it.

Credit is given in this post to Isabel Henn. Permission is also given by Isabel Henn to copy the steps in this protection shield. The protection shield can also be found on her website at

<http://sirianheaven.wordpress.com/2012/09/01/how-to-create-an-aura-protection-shield/>

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Why Exercise Provides Excellent Preventative Healing



Exercising 20-30 minutes per day is good for your etheric and physical body. You can do anything when exercising. Just raise a sweat and increase your heart rate! You can fast walk around your neighborhood.

When you exercise, you are cleansed etherically and also physically. Your chakras are happy when you exercise.

Exercising causes your chakras to pulsate causing the chakras to be brighter, thicker, stronger and cleaner. When you exercise, you are removing blocked and stuck, used up energy and diseased energy that may be sitting in your chakras causing congestion or depletion in your chakras that you do not want. Exercising causes your energy vibration and frequency to increase.

Your consciousness level rises when you exercise. Try meditating after you exercise and see what result you get. You should connect with your angels and spirit guides much better when you meditate right after exercising. Your meditation experience after exercising will be more profound.

This stuck and blocked diseased energy does not serve your highest and best good. At the same time, when you exercise, you are bringing in new energy into your body at a faster rate by faster breathing of air into your body. This is a good thing. You want fresher energy in your body.

Exercising causes all of your chakras to be cleaned of diseased energy. Your energy circulation and your blood circulation is greatly improved with regular

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

exercise. You need to exercise if you want a healthy and energetically clean body. There is no escaping this. And it does not matter how old you are. Just take it slow and let your body tell you what amount of exercise is good for you.

When you sweat, various toxins and waste matter is removed by that sweat and your aura tends to pulsate positively. This does not matter if you are underweight, regular weight or overweight. You must exercise to remove toxins by sweat and to remove diseased energy regularly.

Diseased energy can be picked up daily by anyone as energy is etherically transferable. Anything can happen that will make you mad, that will make you upset, or that will hurt you. Someone can say something to you and can hurt your feelings with their words. You may hold this pain and hurt in and not respond initially.

This causes diseased energy to stick to your chakras. Exercising daily will help remove this diseased energy through your sweat. Exercise is a type of preventative healing that you must do daily.

You will feel better after exercising and you will feel lighter, refreshed and cleansed. Take a nice long bath with some salt in the bath water after exercising to help further release the diseased energy and to help cleanse your chakras. Your physical and etheric body will be vibrant and your chakras will be cleansed, allowing your aura to shine brightly.

Again, you do not have to exercise for a long time. 20-30 minutes per day should be sufficient. Before you exercise, set the intention by saying to yourself that after your exercise session is done, all diseased energy stored in your organs, cells and chakras will be removed from your body.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Say to yourself after the exercise session that your body is happy, that your body is healthy, and that your body is healed. I call these the three H's – Happy, Healthy, and Healed.

Say to yourself after the exercise session that your chakras are fully energized and properly clean and filled with new clean energy. Mean this when you say it and have the intention that this will happen. Say “It is done” after you say these things. Then just smile and go on with your day as if it is done.

When you exercise, you will feel better. Your body will feel better. You will feel lighter and your aura will pulsate. Remember that your body is your life suit in this lifetime. Take care of your life suit and it will take care of you. Your body is like your car. What happens when your car breaks down? You can't go anywhere until it is fixed, if it can be fixed.

Exercising is like changing the oil and other fluids in your car. Exercising is like making sure the tires are new and the tire pressure is correct and that the engine is running in top condition. Nobody wants to drive a clunker.

A lot of people do not exercise. They have excuses. They go on diets to lose weight. But remember that losing weight and being etherically healthy are too different things. You can have the correct weight but have so much diseased energy in you. You can't get sweat from being on a diet or eating properly or the right foods.

Eating properly and the right foods is part of the total equation. Regardless of what you eat, you still need to remove the diseased energy from your chakras. And exercising regularly helps to do this through sweat and raising your heart rate. You can't get your energy circulating correctly or your blood circulating correctly with just eating correctly.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Your body and chakras must remove the diseased energy that you are holding in from proper exercising. Exercising is a release to the body. The stuck energy has to go somewhere. You need fresh energy filled with life. A re cleansing, if you will. Exercising will allow this to happen. Exercising will lift up your spirits, it will give you clarity and perspective, and you will feel much better.

Also, you do not have to go to the gym and lift weights or join a spinning class. All you need is to raise your heart rate and sweat. You can do anything. Start by walking around your neighborhood every day.

Create a path on day one and stick to that path every day. Take a stop watch with you every day and track your time on that same path on a piece of paper. Make it a game and try to beat your time every day. Before you know it, you will be running at top speed in record times. And your body will thank you for it. Anyone can do this, regardless of your weight or age. There are NO excuses. Anybody can spare 20-30 minutes per day.

If you feel that you can't do this as you have no time, as your life is too busy, then this is precisely why you should do it! It must be a priority for you or over time you will have physical problems. Again, there are no excuses. Exercising raises your energy level, and it raises your vibration, your frequency and your consciousness level.

So get out there and move your body. See the trees and hear the birds. They are there for you. Love your body and watch your body love you back. It is the only one you have so take care of it. Then watch your happiness and energy vibration go through the roof!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## The Universal Law of “On Earth As It Is In Heaven”



Mother/Father God cares for you as you care for your own children: On Earth As It Is In Heaven, As above, So Below. This is a Universal Law that is followed. Whatever touches your heart also touches God’s heart. There is no difference on Earth as there is in heaven. God loves you like you love your children. On Earth As It Is In

Heaven, As above, So Below.

How do you respond to someone that is nice to you, someone that smiles at you, or someone that is kind to you? You are nice back to them and you smile back. You warm up to that person. So, when you are good to yourself or any of God’s souls, the Universe, and all the Universal Beings will warm up to you. On Earth As It Is In Heaven, As above, So Below.

You try to live up to someone’s faith if they have faith in you. God will respond to your faith if you have faith in God. On Earth As It Is In Heaven, As above, So Below.

How you respond to things is how the Universe will respond to you. How do you respond and feel when someone is enthusiastic about something? You feel motivated to act when someone is enthusiastic. You feel happy, thankful and gracious and have gratitude when someone is generous. God and the universe feel the same things when you are happy, thankful and gracious.

The energies in the Universe will support how you act and feel. God responds the same way. It is so important in these times now to watch your actions, watch

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

your feeling, and watch your thoughts as you are manifesting these things and your reality in your life very fast given the increase of energies on Mother Earth.

When you appreciate and say thank you for what you have, you will manifest more of these wonderful things. The Universe will support you. When you are happy, heaven and the Universe rejoices. God wants you to do what gives you fulfillment, a sense of worth and joy. For every one step towards God you make, God takes two towards you. Stay happy and joyful. God does not want you to live in a life of misery. But you have free will and you manifest your reality every day in this NOW based on your thoughts and actions and words.

How do you respond to every situation will determine how you will feel and what will manifest physically for you. You can feel good or you can feel bad. It really is your choice.

Do you empower your children to make free choices and provide them guidance? Understand that your child has a choice of whether to listen to you. And do you support your child regardless of that choice even if they ignore your guidance? On Earth As It Is In Heaven, As above, So Below. God gives us guidance in meditation, dreams, or through the use of our intuition.

At the same time, God gives us entirely free choice about whether we accept it or not and supports us unconditionally, whichever path we choose. The same you should do with your children. Support your children unconditionally, regardless of the choices they make, even if the choices may not be good choices based on your opinion. Your child may have a different opinion. You do not walk in their shoes. You do not live their lives.

Allow your child to learn and grow by their experiences and their choices. Your experiences are different. God is not attached to you making a particular decision or choice regarding something in your life. Neither should you be about your child.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

However, always remember, that your soul is longing for you to choose the path of greatest spiritual growth. Allowing your child to experience life based on their decisions and experiences is allowing you to choose the path of your greatest spiritual growth.

Most people however learn from selfish experiences and choices that ultimately lead to failure, misery, and ill-health. When you act from your own selfish desire and control, you will most likely feel bad. What happens when you try to force something on your child and your child resists, even if you feel that this is in the child's best interest?

Both of you will feel bad and hurt. The child feels you are controlling him/her and their decisions and you feel as if they are not listening to you. And hurt feelings come in for both of you.

Choices that promote harmony, joy, and love come from the Divine will and always empower you; selfish choices do not. Encourage your child to express their talent and do not be attached to your child following one pathway. Love your children unconditionally and let them learn by making their own choice.

That is what the universe does. You can always give them your advice and opinion but your child needs to make the choice and you should love your child regardless of the choice.

Any fear-based choices come from your lower will. Choices that are courageous and wise will result in abundance, good health and lots of happiness for you. Allow your child to make their own choices. If the choice is a bad choice, your child will learn from that choice and growth and learning and development will happen. This helps your child's soul develop.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Do not be attached to any choice as the choice is not yours to make. Your children will thank you for it and you will feel good. This is how the Universe works. On Earth As It Is In Heaven, As above, So Below.

No matter what mistakes you are making on Earth, Mother/Father God holds a vision of your future as an enlightened person and as you learn and experience on Earth, God waits without judgment. New doors are opened for you when you are ready.

Just look at your kids. Just look how much YOU have grown in the last few years. The lessons you have learned. Life is SO wonderful. Embrace life daily. Be happy, be filled with love and be filled with joy.

Be filled with gratitude and ask the Universe for anything that you want and live like you already have it. It will come. God will give it to you. God wants you to be happy. But you have to be ready and you have to trust. Be good to yourself and be good to all of God's beings.

How you act, what you do and how you think will manifest in your lives. It is all about your perception, and your state of mind. You can choose to be right or you can choose to be happy.

Be happy and be filled with love, with life. Let go of the control. Love is what the new vibration holds. Without this joy, this happiness, this love, your energy level and vibration and consciousness level cannot rise. You came here to ascend. Subconsciously you know this. And to ascend you MUST raise your consciousness level.

You do this by being happy, by being filled with joy and by being filled with love. When you act and feel this way, the universe will support you and give you more of it. And you will truly have your heaven on earth; as on earth as it is in heaven!

**BACK TO TOP**

---

This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## What You Should (And Should Not) Be Eating



When you have a proper nutritious diet, it helps you spiritually. You can connect better with spirit, with your angels and with your spirit guides. You feel lighter. A proper nutritious diet contains more life energy in the foods that you eat.

This also allows your etheric body to be in great shape, not depleted or congested of energy, thus allowing your physical body to be healthy. This will allow your aura to radiate with life.

A proper diet basically means that the food that you eat needs to be nutritious and clean, both physically and etherically. You should always wash your food before you eat it. You should also always bless your food before you eat it. You should always thank Mother Earth for providing food for you to eat as well as Mother / Father God.

Make sure that the food you eat is physically clean from germs, toxins and any pesticides and chemicals. Organic food is best. Pesticides and chemicals contained in the food you eat contaminate the food and do not make the food etherically clean. Etherically dirty food causes your energy and chakras to be etherically dirty making it harder to connect with Spirit.

Avoid any meat, especially pork (yes, that means bacon) as it contains etherically dirty energy. Avoid fish as well and any seafood. Meat contains a lot of karma in it as animals are killed. Animals are not placed on Earth to be killed as food. When an animal is killed and you eat the meat from that animal, the karma of that kill is in the meat that you eat.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Remember that all energy is transferable. And by you eating meat, you are ingesting that karma and that energy of the dying animal and the person that killed the animal. This can get even worse if the animal is fed with food that has pesticides and chemicals in it.

The bottom line is that if you can, become a vegetarian and eliminate all meat from your diet. Your body will thank you for it and you will connect better spiritually.

Fruits and vegetables have energy in them that is clean and healthy. Fresh food has a lot more life force and energy than any preserved or packaged food. Avoid any foods that are packaged. Avoid eating any fast foods. Avoid drinking sodas, diet or otherwise. Avoid drinking coffee and alcohol.

Herbal teas are OK. Drink lots of water. Avoid drinking tap water as it has fluoride in it. Try to have your water filtered as much as possible. The best things to eat are vegetables.

The greener color the vegetables are, the better they are for you, as the more life energy they contain. You can get your protein from vegetables. Avoid anything that comes from animals that is processed. Avoid cheese and milk. Breads are also OK in moderation. Rice is good as well.

The bottom line is this: Do not eat meat, do not eat fast foods, do not eat milk products (yogurt, milk, dairy, ice cream, butter, etc...), and do not eat processed foods out of boxes. So what is left? Do eat lots and lots of vegetables and fruit. Eat lots of nuts, legumes and beans. Do drink lots and lots of water and always bless your food before you eat it.

Anything in moderation is OK. Have that candy, that chocolate, but have it in moderation. Thank Father / Mother God and Mother Earth for the food that you have that you are about to eat. Do become a vegetarian.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I know this may be hard for a lot of people to give up bacon, steak, chicken, ice cream, etc. But it is best for you in the long run from a karmic perspective and from a physical health prospective. Eating vegetables and fruit will build up your energy in both your etheric and physical body.

This will help prevent your physical body from having health problems and you will be happier and your body will thank you for it.

Take care of your body that houses your soul. You would clean your home when it is dirty. Why not clean your body from the etheric dirt as well? Meat is dirty as is processed food and all the other items mentioned above. Just avoid them altogether. Once you become a vegetarian, see how your meditations increase. You will see more, you will sense more, you will feel more and you will be more alive!!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Why Did I Not Get Healed (Or Did I)?



Energy healings work on your intention; the intention of the person providing the energy healing and the intention of the person receiving the energy healing. For a successful energy healing to occur, the energies that are projected by the energy healer must be received and absorbed by the person that is receiving the energy healing.

However, what constitutes a successful energy healing is dependent on a lot of factors. Every energy healing is successful to some degree if the energies are absorbed by the person receiving the energy healing.

After an energy healing, a person may say, “I am still in pain or that I am still smoking, or that I still have this problem or that problem.” They may feel that the energy healing did not work. I can assure you that if you absorbed the energies then the energy healing was a success to some degree.

The energies that you received will do for you what is in your highest and best good consistent with your Divine life path and the lessons you have chosen to experience in this lifetime.

So let’s look at an example. Say someone has a physical problem; diabetes, physical pain, kidney issues, it does not matter. And say that an energy healing is performed on that person by an energy healer. After the energy healing, the person says that they still have this physical problem and that they do not feel better. How could this be? Did the energy healing not work? There are a few reasons why this may be the case. Here is my take on this.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

1. The person did not want to be healed. You have to be receptive to the energies and believe that the energies will heal you. If the person is not happy, relaxed or smiling a lot, this will block the energies and they may not be absorbed. Believe it or not, there are people who like to be sick and have ailments. They like the attention it brings to them. They like being in group settings where everyone is asking them how they are doing. It brings them attention and comfort.

2. You have karma that is being played out. The healer cannot remove something that is karmic. If you did something to someone in this lifetime or another that was not good, that karma may now be coming back to you in a physical ailment.

You need to repay this karma before you can be healed. You are responsible for your deeds, actions, feelings and thoughts in this and past lifetimes. You could be repaying karma from a past life that you are not aware of.

3. You have not learned the lesson yet from the physical ailment. This goes in line with the karma issue discussed above. There are no coincidences in life. Everything and everyone in your life is planned. And everything has a lesson attached to it. The lesson may still be going on and not yet learned when the healing takes place. Once the lesson is learned, your higher self will allow the healing to take place;

4. You may have not done the work after the healing. A healing is not a magic wand that will take care of you in a healing session. The healing will help. However, you have to do the follow-up work. A healing will give you a push, some clarity, some perspective. Or it can heal all of your physical and emotional issues completely.

Everyone is different in their life path. You cannot resort to old ways after the healing for the healing to work for you. For example, if you got into a fight with a loved one where words were exchanged, a healing will help release this hurt and

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

allow for closure. However, you have to make sure that you do not again get into a similar exchange of words in the future.

You have to take responsibility to make sure you change your perspective on future experiences and not resort to old third dimensional ways of living, doing and thinking. You have to maintain your physical body and emotions in check in the future to keep your chakras and etheric body clean which will prevent physical problems for you;

5. The healer may not have a refined energy body. If the healer is a vegetarian and meditates a lot, they will have a refined energy body. This will allow the energy to be projected to the person being healed, even if the healing is a distant healing. If the healer is inexperienced and has not performed a lot of energy healings, the energies may not get to you as the heart and crown chakras of the healer may not be fully opened.

6. Additional follow-up energy healing sessions may be needed depending on the ailment. If the ailment is severe, several healing sessions may be needed. It is like going to a doctor for a follow-up. One healing session will help, but one healing session may not cure cancer, for example. It may be a work in progress, depending on the severity of the ailment.

7. The person being healed may have blocked the energies based on their belief system. If you do not believe that the energy healing will do anything for you, then you are manifesting that belief and the energies will not do anything for you. BELIEF that you will be healed and the desire to be healed is key!

8. You may be possessed by a being that may have died (usually a relative) that has not gone to the light and is hanging around you stealing your energies to survive. If you are always tired, this may be the case. You need to cleanse and shield daily and send loving energies and thoughts to the being so it can leave you alone and then you can get an energy healing.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

9. You have decided to experience the ailment. It is much better to jump out of an airplane to experience skydiving than to read about this in a book. This is the same with your ailment. If you have cancer, maybe you decided to feel that pain, to feel the discomfort, to feel the love from your loved ones watching you go through this.

Remember, every moment is a learning and growth opportunity. And an energy healing may not allow the ailment to get better if you are not done experiencing this experience with the ailment.

These are some of the reasons that a healing may appear as being unsuccessful. But remember that the healing energy has a consciousness of its own and it knows you probably better than you know yourself. Thus, if the correct intent is there, and if the energies are absorbed by the person being healed, the energy healing will definitely do something for you.

It may not make you get up out of a wheelchair, but it may give you clarity as to why you are in that wheelchair. This clarity IS the healing as it allows you to better understand your situation. By better understanding your situation, it gives you closure and peace knowing why you are in this position and what lessons, if any, need to still be learned.

I hope this posting has shed some light of the effectiveness of energy healings. Blessings and love to all of you and all of your loved ones...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Do I Meditate – Part 1 of 2



A lot of people have been asking me how I meditate. This posting will tell you exactly what I do when I meditate. Feel free to use this meditation for yourself or take bits and pieces of it; whatever works for you. I usually meditate right before I go to bed. Everyone is asleep in my home and it is peaceful and quiet. Time for me after a long day.

I always meditate in the same area every evening. The lights are always on. It is quiet and peaceful and there is no meditation music. You could have meditation music if you like. I do not light any candles. Again, you could light candles as well. I just choose not to. That area where I meditate is on my couch in my living room.

I will sit on my couch and relax and extend my legs outward so that my legs are lying on the coffee table in front of me. I am in a relaxed mode. My mind is still and I ask my ego to be perched on my shoulder and only observe and not interact. I ask my mind not to interact as well as my heart is in control.

Now, with my eyes closed, I will take a slow deep breath in through my nose and hold it in for a three count. Then, I exhale the air slowly with my mouth.

When I breathe in, I envision light coming into my body and when I exhale I envision love flowing out of my body. I do this inhale / exhale method twelve times to bring in Divine energy and love into my crown chakra on top of my head.

When I do this, I feel my head completely tingling like ants are walking all over the top of my head. This is good as my crown chakra is opening up. You want this to happen as you are connecting to Spirit.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Then I say the following in my head (or gently out loud) with my eyes closed:

**Guardian Angels, please be with me; Universal Angels, please be with me; Arch Angels, please be with me; Arch Angel Michael, please be with me; Arch Angel Raphael, please be with me; Seraphim Angels, please be with me; and all other Angels that I have not mentioned, if you are available, please be with me.**

**Mom, please be with me; Spirit Guides, please be with me; Master Guides, please be with me; Jesus, please be with me; Ascended Masters, please be with me; Saint Germaine, please be with me; Sananda, please be with me; Lady Nada, please be with me; Lady Portia, please be with me; And all Universal Light Beings, and the Company of Heaven, please be with me;**

**Elementals, please be with me; Unicorns, please be with me; Dragons, please be with me and Dolphins, please be with me. I also ask Father / Mother God to please be with me now.**

Then I wait and take a few more deep breaths, hold for a three count and exhale. I envision Divine Light and energy coming into me on the inhale and Pure Love going out of my body on the exhale.

I then say:

**Arch Angel Michael, please protect me during this meditation and throughout the night. Please stand guard in your full presence and place me in a loving bubble.**

**Please fill the bubble with light and love and place protective mirrors around the outside of that bubble pointing outward so that if there are any beings, any negative thought forms, any negative elementals, any negative energy that is not for my highest and best good, not of the purest white light, let them see**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

their own reflections in the mirrors and be moved away from me and into the light.

I ask that you place your blue protective energy around the bubble for additional protection. I also ask my higher self to invoke the Gold Ray of Christ for my ultimate and total protection. Lastly, I ask Arch Angel Metatron to protect me and my aura with his Orange and Gold protection energy.

It is done. I ask that my wife and children, my pets, my home, my garage, my car, and my community be protected in the same way that I am protected. It is done.

And now that I am protected, I ask that I be fully grounded with Mother Earth, with beautiful Gaia. I now envision strong gold roots growing from my loving heart going through my body and through my legs deep into the center of the earth where Gaia resides.

I now envision these powerful roots, with Gaia's permission, latching on to her beautiful and loving heart.

I envision her heart and my heart merging as one loving heart. I envision my entire energy body merging with Gaia's energy body becoming one soul, one body, one consciousness.

I ask to be fully grounded to beautiful Gaia so that I always come back to this couch after wherever the meditation takes me or through any night travels. It is done.

I now ask that all the powerful energies, all the love, all the light, all the joy, all the happiness, all the healing and all the peace from Mother / Father God come in through my soul, though all of my bodies, etheric, physical, emotional,

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

mental, through all my chakras, through every cell of my body and through my aura. I ask that it pour through me with Divine Love and Blessings.

**As it comes through my crown chakra, let it flow through my other chakras, through my root chakra and into Gaia and back up to Mother / Father God continuing in a closed loop filling me with light and pure love throughout the meditation and throughout the night. It is done.**

Then I wait and the energies rise and build. The feeling is amazing.

Then I do another 6 breathing exercises as described above, light coming in on the in breath and love leaving my body on the outbreath. Then I open my eyes. When I do, I see the energies rising, gold floods my vision, gold is everywhere and the energies are everywhere.

I see energy beings, faces, bodies, you name it, I see it. It is pure love pouring at me. It is amazing what I see and I cannot even begin to describe this in this post. It feels so good and so right as love energies are radiating at me.

I then say the following:

**Arch Angel Raphael, please be with me now.**

I sense his powerful energy and he will typically say "I am here Andrew." Then I say:

**Please send down your emerald-green light and energy counter clock wise going through my crown chakra and slowly through my other chakras and organs and cells in my body.**

**As this energy comes in at a fast spiraling pace, please remove any diseased energy, any blocked energy, any negative elementals, any negative thought forms, any cords or attachments that do not serve me, anything that does not**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

**serve my highest and best good and anything that is not of the highest and purest white light of God.**

**Please place these unwanted things to the outside of my aura to be burned off by Saint Germaine's violet flame which I will ask for next.**

I wait a few moments and see this massive Arch Angel with large wings engulf me in his green light and love; His green energy light coming in and cleansing and clearing me. He will usually say "It is done." and I will thank him. Then I say the following:

**Saint Germaine, please be with me.**

I hear him usually say "Yes, Andrew, I am here." And I sense him next to me with his powerful energy and I say:

**Please place me in your violet flame and burn off permanently all of the stuff that Arch Angel Raphael just placed on the outside of my aura to be burned off.**

I wait a few moments and envision this happening. He also will say "It is done" and I thank him.

Then I say these powerful mantras three times:

**I am the gold and silver violet flame, I am the flame of mercy, I am the flame of joy, I am the flame of transformation and transmutation, I am Saint Germaine, I am Arch Angel Zadkiel.**

**I am the Gold Ray of Christ, I am unconditional love, I am the Cosmic Heart, I am Lord Maitreya, I am the CHRIST!**

Let me tell you when I say these mantras with intention and love, so much gold is around me, it is beyond description. The room is literally moving as are the walls

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

and pictures. I have to stabilize it with my intention. Truly amazing! This is the fifth dimension.

And let me tell you, it will blow your mind away!! Now I am ready to meditate on the Love Bomb meditation. This will be part two of two of my meditation. You do not want to miss this one as it is just awesome! The love that flows from this is so unbelievable.

I hope you have enjoyed reading how I meditate. It is personal to me but public in a sense that so many people meditate. Everyone should meditate. Everyone meditates differently and no one meditation is better than another. It is the intent to meditate, the intent to make a connection, the intent to open up your heart that matters.

If you meditate daily, your heart chakra and your crown chakra will open up. You will be more spiritual and you will connect with your spirit guides and with your angels. You will be happier and you will be self-healing yourself as well.

But you have to set the right intention and ask for protection as you are a beacon of light attracting everyone with your light, good and bad. But Michael will be there to protect you. Just use my verbiage and incorporate that protection in your meditation.

Nobody will harm you but you can't be scared. Spirit is there and wants to connect with you. They want to help you and with the current energies flooding the planet, it is a perfect time. We all need to connect.

That is why you are here, to release all that does not serve your highest and best good and to ascend to the higher dimensions with a higher consciousness and to be a beautiful multi-dimensional light being.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

We all need to clear our baggage, our skeletons from our closet. You cannot take this with you when you ascend. Your higher self will not allow it. You must release this stuff, you must forgive yourself and others and you must have happiness and love in your heart. Meditations and healings definitely help. Crying with intent to forgive and release helps but intention is the key.

Energy follows your intention. You literally can transform your life and manifest heaven on earth for yourself and co-create your new reality. No more anger, no more hurt, no more judgment and criticism and peace in your heart, in your essence of the light being that you are. Trust and love yourself and watch miracles occur in your life as your I AM presence comes to life!!

You are that powerful and that loved as you are God's child, regardless of what you have done in this life and past lives. So shine your light and stand in your light!! I hope this posting inspires you to take action and start meditating (if you are not already meditating). Part two will be posted soon. Blessings and love to all of you beautiful souls...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Do I Meditate – Part 2 of 2



This is the second part of a two-part posting on how I meditate. You can read the first part by clicking [HERE](#). Be sure to read the first part before reading this second post as the second post may not make sense to you without reading the first part. I believe that I ended the first part by telling you the affirmations that I do.

Once I complete the affirmations, I say

**Angels, please be with me now. It is my deepest intention now to pull out all the love, all the light, all the peace, all the joy, all the energy, all the blessings and all the happiness from my heart. I would like to send all of these things to my mom, to my dad, to my brother, to my wife, to my children, to my pets and to all of my extended family.**

**I would also like to send these beautiful things to all the souls who I have given a healing to and all the souls who are yet to receive a healing from me and to all the souls who have been touched by my web site.**

**Should these souls choose to accept my love, my light, my peace, my joy, my energy, my blessings and my happiness, allow it to do for them what is in their best and highest good with pure love. Allow it to give them happiness and peace.**

**So with that intention angels, please reach into my heart now and pull out and send all my love, my light, my happiness, my joy, my peace, and my healing to all of these beautiful souls. Please do this now.**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Then I send this by raising my vibration higher and higher. I do this just by being and feeling with the heart. I feel this energy leaving my body and I see the energies around me. They are all around me. Meditation is about just being and feeling, not thinking.

There is much more gold, and so many different energy beings around me when I do this. Then I do another 6 breathing exercises inhaling light and exhaling love and then I send out the love bomb. This love bomb meditation is mind-blowing for me and it works!!

Here is what I say:

**Angels it is now my intention to send out a love bomb to the center of the Earth where Gaia resides. Again, it is my deepest intention now to pull out all the love, all the light, all the peace, all the joy, all the energy, all the blessings and all the happiness from my heart. Please pull all of this out of my heart now and allow it to be in front of me to see.**

I then wait and feel it leaving my body and being in front of me. I feel this. I then say:

**Angels, please add the energies of anyone who has agreed to add their energies to this love bomb and allow this love bomb to grow based on the addition of these energies.**

I have a few people who have agreed to allow me to add their energies in the growth of this love bomb. There is strength in numbers.

Then I say:

**Saint Germaine, please be here now. Please wrap your beautiful violet flame and energy around this love bomb giving it transformation and transmutation energies.**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

He will typically acknowledge me and tell me when he has done this and then I thank him. Then I say:

**Angels, please raise this love bomb just slightly above the Earth. I now ask Arch Angel Gabrielle to make a clarion call to all the universes, multiverses and omniverses, to wherever anyone may be at so that they can hear me.**

I wait a few moments and then I say:

**I ask anyone wherever you may be, if you can hear me, to voluntarily send me your love, your light, your energy, your blessing, your happiness, your joy, your support, your healing. Please merge your intentions into this love bomb, all of you! Grow the love bomb with your love and light and blessings for humanity and Gaia.**

I then wait and I just feel. I see things that I cannot describe to you in words. Just know that it is wonderful. I feel as if I am a vacuum sucking up all of this love and light from everywhere and everyone, and happiness from every being there is and I am this vacuum bag getting bigger and bigger. I then say:

**I will now count down from 12 to zero and when I reach zero, we will all collectively throw this love bomb into the center of Gaia's heart where it will explode. Once it explodes, it will be a tidal wave of love flowing through Earth in every direction, nothing standing in its path. It will fill every being with love, light, happiness, joy, peace, and healing.**

**It will affect all the world leaders and all the governments, all judicial systems, police systems, pharmaceutical systems, corporations, religious institutions, everyone and everything. Every heart will be affected. All wrongs will be corrected. All animals will be free. Every heart will be transformed and transmuted with Saint Germaine's violet flame.**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

**The collective consciousness will rise. Layers of negativity and anger will be shed and peeled off and peace on Earth will rule. Love will prosper and humanity will ascend. As I now count down, please continue to grow this love bomb, making it stronger and stronger.**

Then I do a countdown, and I start with 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0. After I say every number, I take a deep breath inhaling light, holding it in for a three count, and then I exhale love. Then I say a lower number, repeating the breathing until I get to zero. My eyes are open at all times. I envision this energy love bomb getting bigger and intensifying as all beings are sending their love to it as the countdown continues.

Their energies are in it. After every number, the gold grows for me and more beings show up. It is a huge spiritual party at Andy's house and all the beings are there. I feel their energies. They are all looking at me and I so love this and I feel and love them. When I get to zero I say "Checkmate," like in the movie Independence Day. Then I say:

**Now everyone, please hold this energy love bomb and on the count of three, let's collectively drop it in the center of Earth, and let it explode into Gaia's heart filling all life on Earth and beyond with pure Love. One, Two, Three.**

When I say three, I see this love bomb being projected from the sky past me and blowing up and exploding in Gaia's heart. And let me tell you when that love bomb explodes, this wave or massive energy comes over me literally jolting me. There is a fish tank in the room that I meditate in and the fish all flutter around and my 2 dogs bark when this love bomb explodes. Animals are more sensitive to energies.

Then I am in a sea of love just floating around with every other energy being. Just GOLD, GOLD, GOLD. I see myself in the ceiling looking down seeing myself with not a care in the world. I am blissful!!!

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

After I settle down, I say:

**Thank you everyone who has been with me during this meditation. Angels please reach in my heart and send out my love and gratitude to my Guardian Angels, my Ascension Angels, my Arch Angels, my Seraphim Angels, my Universal Angels and to all the Angels that are here who I have not mentioned.**

**Thank you to my Mom, to my Spirit Guide, to my Master Guides, to Jesus, to all the Ascended Masters, to Saint Germaine, to Lady Nada, to Sananda, to Lady Portia and to all the Company of Heaven and of course to Mother / Father God. Please reach in my heart now angels and send this love and gratitude to yourselves now.**

Again, when I do this, so much love is projected at me, and so much gold. I just can't describe it in words. Then I say:

**If there is anyone that is here who would like to give me message feel free to do so now.**

Then various Light Beings pop in and talk to me. I feel their energies and I see their energies. All is communicated telepathically. Most of the messages are about how I am doing, personal messages, what I need to be doing, who I am and what my role here is on Earth regarding ascension.

The beings that have talked to me include Lady Nada, Sananda, Jesus, Saint Germaine, Lady Portia, Arch Angel Michael, Arch Angel Metatron, Arch Angel Gabrielle, Arch Angel Raphael, and Mother / Father God. Each has a different energy and a different telepathic voice.

It is truly amazing. You do not have to believe me or anything that I say in this post. I know it is real and I know it is truth. It is not a book or channeling I am

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

reading or a YouTube video I am watching. I see it, and I experience it in my conscious state. Then I say:

**Angels, please release any excess energy from my body through my legs into Gaia's heart so she can use the energy as she sees fit.**

I then start coming down to Earth from my meditation. After the meditation, I go to the bathroom and look in the mirror. Again the energy just raises itself, gold surrounds me and I am not myself in the mirror, I am a beautiful glowing light body being, all energy and love. Another confirmation that it is all true.

So that is my daily meditation experience. Now you know why I am always happy when I talk to you. It is real and it is making a difference in raising the collective consciousness. We need this. Meditations help so much. Collective meditations with positive intent are even stronger.

I will be asking in another post for anyone that is interested to consciously allow me to include your energy in the love bomb. Let's grow the number of people who are participating in this meditation. There is so much strength in numbers. And I want to be reunited with very special person in my life when the twin flame reunion occurs.

You do not have to meditate with me at a certain time. You do not have to meditate at all. All you need to do is give me permission to include you in this meditation, to include your energy for the good of raising the collective consciousness level. So blessings and love to you for taking the time to read these two long posts on how I meditate. I hope it inspired you to laugh and to be happy!!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Please Read and Help – Hold Love in Your Heart!



I wanted to ask all of you to hold a special place in your heart of LOVE for the victims of the Boston, Massachusetts Marathon. And for all friends and family members and everyone involved.

For those who do not know, an explosion went off earlier today killing 2 souls and injuring 86 souls at the Boston Marathon.

The numbers may be higher.

Please send your love, blessings and high positive frequency vibrations to all those involved by visualizing peace, love and happiness. There is strength in numbers and energy follows your intentions. When you send out your specific intention with all of your being, all of your might and all of your heart, it has an enormous impact. Truly!

This is a prayer that I would like to make on behalf of all involved. I just typed as the words came into my head and flowed. I ask that you send your best intentions and love while reading this prayer to everyone involved. Feel free to say your own prayer as well.

Prayers are heard. Ask for healing, ask for strength for all involved and project and visualize LOVE. There is no higher vibration than LOVE. Thank you all so much. Blessings and Love to all of you and to ALL souls on Earth.

**Mother / Father God, please help ease the heavy burden and pain in the hearts of family members and friends that have been affected by this event;**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

**Mother / Father God, please allow all family members and friends to have peace, healing and minimal emotional, physical and psychological pain and heartache due to this event;**

**Mother / Father God, please take the souls that have decided to leave their physical bodies due to this event to a new consciousness level with love, understanding, happiness, healing and peace;**

**Mother / Father God, please ease all the fear and heartache of everyone that is watching the news media about this event;**

**Mother / Father God, please allow this event to be a positive catalyst for transformation and movement into the higher dimensions as the higher energies are flooding the planet;**

**Mother / Father God, please allow Love to flow to all worldwide Governments and their respective leaders. Allow this event to open up the hearts of many that have power positions in Government and the private sectors so that decisions based on love can be made and peace may reign on Earth;**

**Mother / Father God, please give us all the wisdom, the guidance, and the Love to conquer and release all that our collective consciousness needs to release as we move forward in consciousness collectively and individually;**

**Mother / Father God, please allow us all to be calm, to not retaliate, to not engage in the drama, to not blame judge or criticize, to not fall into lower dimensional thinking, to not have fear in our hearts, and to connect with our higher selves to make the correct intuitive decisions in our lives;**

**Mother / Father God, please give us individually and collectively Peace, Joy, Mental, Emotional, Physical and Spiritual Healing and Happiness as we transition in the new beautiful world;**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

**Mother/ Father God, please be with us now in these times of change and please take away our pain as we collectively and individually release what does not serve our highest and best good or what is not of the purest white light;**

**MOTHER / FATHER GOD, PLEASE WIPE ALL OF OUR TEARS AWAY WITH YOUR LOVE.**

**We ask this in full faith, gratitude, and lots and lots of LOVE!!**

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Love Bomb – Please Help!!



A lot of you know about the love bomb meditation that I do every night. You can read about this meditation by clicking [HERE](#). As mentioned in that posting, I send out all the love, light, healing, and peace from my heart to the center of the Earth as an explosion of love.

It is so intense when this love bomb explodes in the center of the earth. My dogs bark and the fish in my home flutter and I see so many energies and beings and so much GOLD!! It feels so good.

However, the effect of this meditation can only have an impact up to a certain amount as it is done by only one person, namely me. The effects of any meditation are magnified tremendously when others send their love, support and energies with that meditation.

I have been prompted by my higher self to request help from anyone that is interested in helping with this meditation. You do not have to meditate with me at any certain time or day. In fact, you do not even have to meditate at all.

What I am respectfully requesting from you is that you intent to be a part of the meditation that I do through your intention. That you intend to include your love and your energies during the meditation; allowing me to integrate them and grow the love bomb. I will do the meditation. However, the intentions will not just be mine; they will hopefully include yours as well.

This collective growth of energy and intention will help raise the collective consciousness of the planet. If you are interested, please include your first name, the initial of your last name and the country or state that you are from. I will have

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

a link on the web page that will include a count of all the people who are included on this meditation.

The quicker we can raise the collective consciousness of the planet, the quicker ascension can occur for humanity as a collective. A lot of people are still not awake and this will help wake them up.

Let me tell you that this collective meditation will have a tremendous impact. We have to act, as we are the ones we have been waiting for and we are the new ascended masters and we are the ones that need to do the work.

Again, please click [HERE](#) to see the meditation that I do and what the love bomb includes. I initially hesitated to post this given that there have been bombing going off recently in Boston and elsewhere. However, I will not let others instill fear in me, just because of the name “bomb”. This is positive bomb!! I have been using this meditation for a long time.

My light and your light is too bright and too powerful. Collectively and individually, there is nothing that can take away your light. You are that powerful. You have the Divine Spark in you, and nothing is greater than your I AM Presence! What happens when light enters a dark space?

The darkness goes away and light lights up the dark space. Let’s grow this list. Spread the word. Put this on Facebook, twitter, and tell your friends. Stand in your light and in your truth!

This will work but you have to believe it will work for it to be manifested. The energies are here allowing for this manifestation at this NOW moment. I feel we are so close. Also, please note that once you are on this list, others can use it to enhance their own meditations, thus allowing strength in numbers in their meditations.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Remember that energy follows the intention. The intention of 10 is so much stronger than the intention of 1. The energies and intention of 100 are greater than 10.

And remember that God does hear prayers, God does hear intentions, and God and the Universe does respond. Doing this daily and growing this list will have a tremendous energetic effect on the collective vibration and consciousness of the planet allowing ascension to come and manifest for all of us soon.

Again, we have to do the work. You can't sit around waiting to be saved. We have to save ourselves. We do have help, a tremendous amount of angelic and heavenly help but we need to do this work. That is why you are here as Lightworkers. They can only guide us and support us. It is our work to do.

Please join me and let's start this work. Let the heavens and the company of heaven hear our prayers and our strength and determination and perseverance. They will be answered!!! I know it with every ounce of being in me. Working with intention and energy has such a tremendous effect.

It literally can transform a world. That is how powerful your thought and energy is. But we must manifest it with intention and belief in the collective! Let's get positive energy and vibrations flowing through the meditation and co-create our new world. It is here waiting for us. I tell you this as I have seen it with my eyes with my healings.

I feel it, I believe it and I see it with every healing I do. Truly, it is there. And it is amazing. Won't you join me? So include a comment below, give me your first name, the initial of your last name and the country or state you are from and I will add you to the online list. Let's grow the list and let's awaken humanity and raise the collective consciousness. I promise you I will be relentless and meditate every day including all of you and your intentions and energy and the Universe WILL

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

respond. WE are that powerful and that loved. I already have seen it with every healing. It is DONE!! Blessings and love to all of you...

Click [HERE](#) to see the current Love Bomb List of Participants.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.**

**Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Kathy Crosswell – An Introduction



I wanted to introduce my good friend Kathy Crosswell. She is an international angel whisperer and Kathy works with mighty Universal Beings through their orbs and is helping to enlighten the way to ascension. She awakens latent psychic abilities within us. She definitely awakened my spiritual gifts when I first was awakened.

I wanted to tell you about Kathy because she has helped me so much. She holds seminars, she has written books (all that I have read, and they are wonderful) and she undergoes one on one sessions through Skype with you. She resides in England and is a very well-known angel whisperer, as mentioned. Kathy knows I am writing this post and gave me the blessings to post this. Kathy and I are very good friends.

Kathy has opened me up spiritually in more ways than I can say. When I was first awakening about 3 years ago or so, she told me what Planet and Universe I was from. She told me who my spirit guide was and how to connect with him (which I did). She told me who I was. She was on point in so many items in my life and she did not know any of these things as I have not told her these things at that time.

Everything she has ever said to me has always been correct and we still talk very often. She is clairsentient (like me), so she feels the energies, and I recommend her fully to anyone that wants to understand who they are and what their purpose in life is and anything about themselves and their past.

She really is that good. I do not know what she charges but I can tell you the information she will give you is priceless. Just mention my name and tell her

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Andy said she would give you a good deal, if you are interested. HA HA! You work one on one with her so you always will get answers as you ask them.

She can help you develop your understanding of orbs and how to connect to and work with their energies. Kathy has helped so many people and I am very confident that Kathy can help you.

Here is a video from her website [www.kathycrosswell.com](http://www.kathycrosswell.com) discussing what she does and how she can help you. Just click [HERE](#) to see her YouTube video on one to one sessions.

I encourage anyone that wants to know more about themselves to contact Kathy. All you need is Skype. Her contact information is on her website. Blessings and love to all of you and to Kathy...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Love Bomb – First Night Results!



I just wanted to give everyone an update on my first meditation on the love bomb with your included intentions and love. Last night was the first time that I incorporated the love bomb list of participants from my web site into my meditation.

Before, I would do the love bomb without incorporating anyone and their intentions and love. Last night I added everyone from my website list of participants and their positive intentions into my meditation.

Let me just say that the meditation was like no other for me. When I made the statement during my mediation that “I would now like to incorporate the love and intentions of all the blessed souls that are on the participation list on my website into this meditation,” I was flooded with so much energy. It felt like I was being run over by a truck. I literally had to ground myself and felt being lifted up. It was so amazing.

And then when I envisioned all of us dropping this ball of love into the center of Earth and it exploded in the middle of Earth’s heart, it was indescribable to me. I was not where I was sitting. The amount of energy that flowed was really amazing. I so wish for all of you to see and experience this. This was so much more powerful than any other time I have done this meditation.

There is so much strength in numbers when your combined intention and love is added to the meditation. And it has such an impact energetically!! This meditation with your added intentions and love is so magnified. Let’s grow this list even more. I know it is having such a positive impact energetically.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

And as the list grows, the impact energetically will be greater as well. In any event, I just wanted to share my experience the first time I included the participation list to my meditation. Have a great week and thank you all for your support. Blessings and love to all of you...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.**

**Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## There Is No Bad Choice



Please understand that every moment of your life you are bombarded with choices. Some choices are easy like whether you want a hamburger or a cheeseburger to eat.

Some choices are harder, like whether to buy a home or not or whether to take a job in a different state causing your family to have to relocate affecting all the members

of the family.

Understand that regardless of any choice you make in any situation in your life, you are learning and choosing to experience the effects of your choice.

You make the choices and you experience the effects of those choices. Each choice you make for every situation carries with it a different timeline. There are many, many different timeline scenarios that are possible for you in your life. No one is better or worse than another. Each is just different with different lessons for you to learn and experience in your life.

How you respond to any situation in your life will provide you the experience and the lesson. So many people wonder what could have been had they taken a different road. What could have happened from that relationship that you decided to end?

Why did I not choose to take that job over another job? Why did I divorce my husband or wife and would it been better had I stuck through it?

Remember that each choice in your life presents you the lesson. There is no good or bad choice. It is just a different lesson, a different experience that you have

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

decided to learn based on the choice you have made. Each experience and lesson you go through gives you growth and you become stronger because of the lesson.

People tend to get upset and they begin to doubt thinking I should have done this or I should have done that.

They think that the grass would have been greener on the other side. Then they may get upset and think that they have made bad mistakes in their life and maybe even depression can set in. This mindset can be problematic and is not healthy.

Again, whatever choice you make, you are always learning, growing and developing. That divorce you went through may have taught you how to love more or how to trust more.

Yelling at someone else may have taught you that you need more patience and compassion and understanding. Always ask yourself what is the lesson with the choice you are making. The choice is always yours to make, and the lesson to be learned is also yours.

You have free will. You decide what you will experience. You are literally creating your world this way. Take the lesson to be learned from the experience and throw the ego and emotions out of that experience. It's ok to let the ego express itself but do not engage in the emotions. Just watch your thoughts float away like clouds and move on to the next lesson, the next experience.

Show gratitude, appreciation and thanks for every lesson that is presented to you at every moment of your life and release the past. Do not think that you made poor choices that are affecting your current life. Those choices that you feel are bad have developed you and have caused you to grow and you are better because of those experiences.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Enjoy your life and the experiences it gives you as you are evolving in every moment of your life. And always show that appreciation and gratitude for the lessons you are offered. And know that there are never, ever any bad choices.

So do not label any decisions you make in your life as good or bad. And honor each person for the choices and lessons and experiences that they have chosen to experience.

Do not judge them for their choices as maybe they are learning something you may have already mastered. Be happy and look forward to your next life experience as you move up in consciousness vibration into love.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

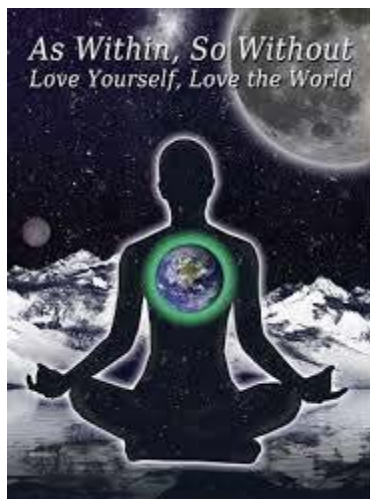
# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## The Universal Law of “As Within, So Without”



The Universe and your surroundings rearrange themselves to bring you what you believe and to reflect your existing reality. So it is literally as within so without.

Your outside world is really an exact reflection of your inner world. This is how your lessons on Earth are presented to you. So look at your life and see what you have in your life. Do you like your friends? Do you like your job? Are you happy in your relationships? Are you really happy in your life?

Whatever is presented to you in your life is how you feel on the inside. If you understand this, then your life may be easier for you. How you feel is reflected back to you in your reality. You are manifesting your life based on how you are feeling. Your feelings create your reality.

If you are angry on the inside, you will find angry people in your life who are mirroring your anger back to you. The more angrier you are, the more angrier friends you will have. Like attracts like. Your anger is attracting angry friends. This is also true if you have suppressed anger. If you are angry on the inside and hide this anger, you will still attract angry friends. You may hide your anger from your friends, but you can't hide this from yourself.

If you feel abandoned, people may leave you, withdraw emotionally or even die. Again, how you feel is reflected back to you in your reality. You are manifesting your life based on how you are feeling. Your feelings create your reality.

If you beat yourself up with your thoughts or are self-critical, you will attract people who will reflect this by putting you down or even physically hitting you.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Again, look at your life and your situations. What would you like to change? If you change on the inside, your outside will change as well.

If you feel loved, safe, secure, and happy on the inside, you will have a safe, secure, and a happy life surrounded by people who love you. Also, your inner integrity will be matched by those around you. The people in your life will be honest, creative, generous-hearted, or modest to the extent that you are.

Always remember that peace within leads to outside peace in your life. As within, so without. So, if you wish to change something in your life, you must look within yourself to alter your attitudes and beliefs in order for your outer world to change.

Change yourself on the inside and watch your outer world change. You must make the change and not wait for others to change. To have something you have never had before, you must do something you have never done before.

Instead of arguing with someone, have peace in your heart and not argue. Watch as the other person stops arguing. Tell them you are sorry even if you feel they are at fault and watch them apologize to you as well. It is better to be happy than right.

Do not let your emotions and ego dictate your life. People will always resonate at your energy level. If you have love in your heart, you will attract loving people in your life. As within, so without. And if they don't, you may need to love them from a distance. You will always know how you feel.

If you are kind and generous, you will have people in your life who are kind and generous to you. You are manifesting your reality based on how you feel. When you feel better and good about yourself and your life, you are resonating at a higher energy vibration and you will tend to laugh more and have more joy in your heart.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

So look at your life and make the appropriate changes to get you to laugh more and shift your consciousness level higher. We are at a time of a great shift occurring as we speak. And as a friend of mine always says, have smiles to share!!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## The Universal Law of Request



Under the Universal Law of Request, before you can get any help, you need to ask for it. You have free will and you must ask for help before any help will be given to you. No angel or Higher Being of Light will interfere in your life.

Interference stops you from becoming stronger and from learning. Angels and higher beings will not interfere with your choices or with your life.

But you can and should ask for help when you feel you need help. Do not be upset, do not demand, do not bark orders and do not blame anyone when making your request. Do not throw a tantrum like a baby when the baby does not get what it wants when making your request.

Be cool, calm, centered and with love and gratitude ask for the help you need. The help will most likely not come with an answer to your question in the form of dialogue. The help may come from something a friend or colleague says. It may come from a book or web site you have been guided to.

For example, everything that I have done since I have been awakened has been guided to me, the web sites, the friends, all of it. I am constantly guided because I constantly ask for help. And when you get the help and support you requested, show gratitude and appreciation. Thank the angels and guides for leading you in the right direction and for their guidance.

Also, it is important that you do not rush in and try to help others if you feel they need help. Do not throw your views on them and tell them that they should be doing this or that or that they should be doing something different just because you believe that is the correct path. If they ask for your assistance, then it is

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

definitely OK to give an opinion, but do not force yourself and your views on them.

Allow them to grow themselves and to experience their own growth. By pushing yourself onto others, you are in essence helping to prevent them from sorting the situation out for themselves which may hinder their learning process. This can create karma for you if things go wrong. If you feel bad about a situation that a friend or loved one has got themselves into, that is your stuff.

What may seem bad to you is just the growth that the person is developing and learning. Be happy for your fellow classmate on this Earth School. Remember we are all here on Earth to grow, to learn and to develop and there are no bad choices. Each choice presents different growth and learning opportunities.

If you feel you need to keep butting into people's business, your own growth opportunity and lesson may be to stop butting in. This is especially true if nobody requested your help. You need to look at yourself rather than rescuing other people in that case. If they request your help and you offer it, then it is different.

If you keep bugging that person and offering help and advice without their request, that person will know it upsets you and this may be their way of punishing you and pushing your buttons. This will cause them to be serving you by bringing up some of your stuff. So don't do it.

Again, unless someone requests your help, do not help. Unless of course it is a life and death situation, say stopping someone from drowning or pulling someone out of a burning car in an accident. Wait until there is a request for help.

The learning and the experience from that situation, regardless of how hard it may be for you, may just be what that person needs for their growth and development. It is not your job to be their savior or rescuer. Allow the person to learn and to be stronger.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

When you ask spirit for help, you are ready to receive it. Look for their response. Because when you are truly and genuinely asking for help from your angels and guides, then you are in a position to accept the wisdom that goes with it. You will then see and feel that the higher powers will align themselves to help you.

But remember to be polite and courteous and always have compassion and gratitude when making your request. Do not be crying out wanting answers to one question after another. Do not be bossy and get upset that you are not getting a response. These are demands rather than questions. Your request must come from a place of openness and a centered position where you are ready to receive. It should not come from a place of neediness or desperation or frustration.

Always go within for any answers that you seek. Meditate on the question that you are asking and know the answer will come for you.

You must always in a gracious and compassionate way make the request. Making the request in this way shows that you are ready to receive. To make the request, center yourself and quiet your mind and meditate on what you really want and the clarity will come as to the answer. Look for the answer.

Also, the more clear your question, the greater the help you will receive. The angels, the guides and The Universe is always waiting to help you. But all you really need to do is ask and request for the help in a heartfelt gratitude way. It does work, it has worked for me and it will work for you. So go ahead, make your request and see how your life changes!!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## The Universal Law of Reflection



This law so resonated with me and it made me think so differently about myself and life in general. Every person that is in your life, whether it is a relative, or a friend, is a mirror of an aspect of you. The same is true for every situation in your life as well.

No matter who is in your life or what situation you are encountered with, they are always a mirror aspect of you. The earth as a learning school gives you the opportunity to always see yourself in the mirror. Do you like what you see? Do you like your life and what is in it? And that mirror is very, very accurate.

Someone else in your life or any situation in your life is also a mirror. You have to look in the mirror and change yourself. Do not change the reflection in the mirror but work on yourself. You must observe the outside but change on the inside to get the results you want.

That is how change will happen for you. Anything and anyone in your life that you do not like or do not resonate with are showing you aspects of yourself that you do not feel comfortable with.

Everything in your life is a mirroring aspect of yourself. If you don't like the outside, then change the inside. It's that simple. When you do this, these situations and people will disappear from your life and life will flow for you.

So people who you like or enjoy being around are just mirroring aspects of yourself that you feel good about. And people who you do not like are showing you aspects of yourself that you are not comfortable with. This mirror is very

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

accurate and honest so the secrets do show up in the reflections you see of yourself.

So what do you do when there is someone in your life that you do not like? Do you try to change them? NO! If you try to change them, then you are trying to change the reflection in your mirror. Don't do this as this is a form of denial. Work on yourself instead. Do not ever try to make someone else to be different so that you will feel more comfortable.

Just observe the outer and change the inner. Change yourself! Ask yourself what is this person or situation teaching you. Look at the situation or the person and what lesson is to be learned. What is the reflection that is being mirrored back to me and why? And make the change inside and watch the reflection change.

So when someone is hostile to you, look within at your own anger issues. Whatever issue is presented to you in any situation in your life, look within yourself for an aspect of you for that situation and change it on the inside. So the more someone bothers you, the more your soul is trying to draw a reflection to your attention with respect to that issue that bothers you.

Pay attention to the people in your life and how they treat you and how you feel. Pay attention to the situations in your life and how you feel. These are all reflections in the mirror of you. When you understand the law of reflection, you can make changes on the inside and your life will be better. These people and situations that you do not like will go away as you have now made the changes inside. This works the other way as well.

For example, take someone that you like or admire. Why do you like them? What qualities do you like about them? Those qualities are within you as well. Otherwise you would not have been attracted to that person. The mirror is showing you the beautiful part of yourself through these people who you like and

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

are drawn to. So enhance these qualities by practicing them and more and more people with these characteristics will come into your life.

Shine your beautiful light and watch as more light enters your life. You will see that you will be a changed person. You will not get angry, you will not worry, you will not be upset and your friends will all be loving and your life will flow so much better. Remember that everything is a reflection. What are you looking at? Is it time to see something better?

Something less stressful and hectic? Some better friends? Whatever comes into your life, always look in the mirror and ask what it has to teach you. There is always a lesson. Always look to see what life is telling you. Throw away the emotions and look at the lesson that is presented to you.

Always look within and change yourself and never try to change someone else for they are reflecting you. Understanding the law of reflection will make your life flow much easier and as a result, you will be more happier.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Good For You Jason Collins!!



I wanted to congratulate Jason Collins. Jason is an active player in the National Basketball Association (NBA) in the United States. He just announced openly that he is gay.

This is a big story in the United States as Jason is the first active player in the NBA to come out. I salute and support him 100%.

I am hopeful that this will bring all of us closer together and not divide us. We are all One and we need to have acceptance, tolerance and respect for each other. This is about love. We need to treat others as we would like to be treated. We all bleed red and we are all children of Mother / Father God. There is no room for judgment, criticism and separation.

We all need to accept and honor each other regardless of any different beliefs that we may have. It matters not and it cannot be tolerated. Criticizing and judging others is criticizing and judging yourself.

I salute Jason for his honesty and courage and feel that he is now a happier person as this weight has been lifted off his shoulders. Congratulations Jason and blessings and love to you and your loved ones...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Create Your World Through Your Decrees!



You are all such powerful beings of light. We are all a part of Mother / Father

God and God wants you to be happy. You have the ability to make decrees. A decree is a statement that you make. Once your decree is made, the Universe will move to fulfill your command. You are all capable to make a decree. You need to manifest your reality as you are in charge of your life.

You are no longer in the control of others and others have no power over you. You are now moving out of your shackles and realizing as an awakened spiritual being your true and amazing full power. So use your power, and decree things you want in your life. Have conviction and have the strength and the confidence that your decrees will happen.

As a higher dimensional spiritual being, you are a master and YOU are responsible for creating your reality. Yes you! What do you want to create? You create with intention and with decrees. The energies on Earth now more than ever support you. So how do you decree? Here is what you say "In the name of God and all that is light, under the law of grace, I now decree (state your decree), it is done." Say this three times and mean it.

Do not be scared. God does not get mad at your decrees. God wants you to be happy and God supports you. Make sure your decrees are also for the highest and best good of all. Say it out loud and mean it! Then, sit back and watch for the results and take all the opportunities that are presented to you to activate your decree and your plan.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

It may take a while but it will happen. Be patient and observe. Live your life as if it already did happen and don't look back! A decree has the power to change your life. But be careful for what you want and for what you decree as the outer is a reflection of the inner. For example, if you want someone, a partner, who will come into your life who will love and respect you, then decree that you love and respect yourself. It is good to decree for qualities you wish to have in your life.

If you decree for patience, for example, you will be given tests on patience first before you can have this quality. The same goes for humility and unconditional love and other similar qualities. You only make the decree once and say it three times (unlike prayer which you may say every day). Decrees are very, very powerful and after you make it, the Universe is aligned behind it. This is a Universal Law. Here are some sample decrees you can make to give you the idea. Use these as examples to make your own decrees and watch your life change.

**By Devine Decree, in the Name of God and all that is light, under grace, I decree that all vows made in this life or past lives which do not serve the Divine plan be rescinded and released. So be it.** Say this three times.

**By Devine Decree, in the Name of God and all that is light, under grace, I decree and I invoke the violet flame to transmute now every negative thought, pattern, belief, condition, attachment or alliance that I have made that does not serve my highest and best good and the Divine Plan. It is done.** Say this three times.

**By Devine Decree, in the Name of God and all that is light, under grace, I decree and call forth a pure white column of Christ Light to bring the Unconditional Love of Christ Consciousness to Earth. It is done.** Say this three times.

Remember, decrees have the power to change your lives. Stand in your light and do not be scared. Nobody in heaven will judge or criticize you. It is not a sin to make decrees and no karma is attached to your decrees (except if you make bad

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

decrees with bad intentions). You are a part of God and God decrees all the time. God's spark is in you through your I AM Presence.

Stand with God and create your reality. God wants this for you. Be strong and confident and release yourself from the cage that humanity has kept you in and enslaved you in. It is time as ascension is upon us. Release all that does not serve you. You are not here to be controlled by religious institutions, by insurance companies, by economic conditions, by all the stuff that is third dimensional. You are evolving and you are releasing and you are ascending. That is why you are here.

You are not here to give them your power and be enslaved by them. You are moving up spiritually and your consciousness and energy level is shifting higher. You are moving into the higher dimensions. Command your decree with authority and clarity. Stand with your head up and shoulders back and state your decree out loud. Let heaven hear your words. Be proud and be loud. Have conviction and confidence when you speak. Do not be scared.

On a spiritual level, which you are moving into, you decide what to create with the Divine. You decree commands and the Universe will obey your order. That is how powerful you are so stand in your light!! Nobody can harm you; nobody will harm you and you take total mastery of your life. You are extremely powerful the higher you move up the spiritual ladder. You are moving higher and higher now as you are ascending.

You are no longer looking for outside guidance and you follow your own inner wisdom. Go inside and connect with your higher self. Follow your intuition. Stop relying on others. You are at the bottom when you only have a physical level of understanding. You are not there anymore. People on the bottom only believe in what they can see, feel, or hear. They think they are separate from or superior to others. They are young souls.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

There is no separation. You are not a young soul. You do not look externally for guidance and you do not have a limited concept of the Universe and your and Earth's place in it. You are powerful co-creators with God. That is how powerful you are. Truly!! Believe it, trust it and accept it and shine your light and decree changes in your life and create and manifest the life you want. It is there and the angels and spirit are there to help you. Blessings and love to all you beautiful co-creators!!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How to Properly Ground Yourself



Are you feeling these intense energies? Are you getting massive surges of energy pulsating through your body? Are your ears buzzing? I am and my ears are buzzing constantly and it is so important to ground yourself to Mother Earth at these historic times.

I wanted to express the importance of grounding. I also wanted to tell you how I ground myself so that you can adopt a similar technique for grounding yourself.

This is in line with Meline Lafont's excellent recent channeling by Saint Germain. Her post can be read by clicking [HERE](#).

Basically, grounding is allowing yourself to literally be grounded to the Mother Earth. This is important as we are moving into higher dimensions and the energies that are on this planet are being increased and will continue to be increased.

For example, when I meditated last night, my eyes were open and I saw the wall in front of me literally move and transform itself. I asked it to move down and stay put.

I then envisioned and literally moved the wall in front of me down with my mind. If I was not grounded, I may have literally floated away. That is how severe and intense these energies are right now and they will be increasing even more in the upcoming times.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Another reason to ground yourself is that the energies are releasing things from us individually and collectively that do not serve our highest and best good, as we cannot take them with us in the higher dimensions as we ascend.

The people who are struggling in their lives are the ones that are holding on to these things; all the pain, all the suffering, all the guilt and all the lack of forgiveness. This is also happening to the collective consciousness.

Just look around! Everyone is grasping at things. People are more mad. Divorces are on the rise. Look at what is happening globally. Look at the wars, the economic situations, the banking failures. It is all coming up to the surface to be released.

All this must be released into the light and transmuted. And people are holding on to this and do not know what to do. Their lives are turned upside down. There is pain, there is anger, there is blame, and there is so much hurt.

You must be grounded to deal with these things. You must be centered and you must not get drawn into the drama around you and as portrayed in the mass media.

These things will continue and get worse as we see the third dimensions crumble in the future to make way for the higher dimensions. And your strength and your light will be needed to help explain and calm people down you know who will be lost and confused and scared.

Your calmness will help them get through these hard times. But there is always a rainbow after the storm. And believe me, good times are coming. Do not be scared and do not panic and do not allow yourself to be drawn into the fear and perceived chaos.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

So you want to stay in the eye of the storm where it is the safest. You do this by grounding yourself to Mother Earth. Here is how I ground myself. At the beginning of every meditation I saw the following:

**Angels, I ask for your help now. I ask to be grounded to Mother Earth. I envision white light filled roots growing out of my heart. I see them growing from my body, down through my chakras and down through my root chakra by my feet. I see them going into the center of Mother Earth.**

**I see Mother Earth and ask her permission to allow my roots to wrap themselves around her heart. I envision her giving me her permission. I then envision the roots being fully wrapped and attached to her heart.**

**I then envision my heart and Mother Earth's heart merging into One loving heart. That heart is grounded and fixed in the center of Mother Earth. I then ask Mother Earth to merge all her energy grid with my energy grid becoming One. This now happens.**

**I ask that any energies from the Universe coming into Mother Earth to gently go through my body and flow through my chakras and into the combined heart (mine and Mother Earth's) in the center of the earth.**

**I then project these energies to go back up to the surface of Mother Earth to be used as Mother Earth sees fit and back up to the Universe where they came from and back down to me again in a circular pattern.**

**I ask to always be grounded with Mother Earth and I ask that I always physically remain on Mother Earth and not be carried away by any drifting due to the intensities of the incoming energies. I ask to be calm and centered when others around me are having a hard time and I ask for clarity, patience and wisdom during the upcoming times ahead.**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This is how I ground. I believe that you should also ground in a similar way. It will help you to remain calm and centered and help prevent you from engaging in the drama all around you; drama which is third dimensional which you do not need.

Stay grounded and stay calm and stay happy. Try to avoid watching any TV. Another thing you can do to help ground yourself is to walk barefoot on grass with the intention in your mind to stay grounded. Keep your light stable and strong and enjoy the energy ride. Blessings and love to all of you...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Strong Is Your Faith?



Faith is the absolute greatest power that there is. You must have faith for things to happen. You must believe that something will happen before it will happen.

Faith can move mountains for you. Mother / Father God has faith in you. Your vision in anything in your life will succeed if you have faith in its success. But you must believe in

what you want. You must believe it in the same way that you believe that the sun will get up the next day.

Faith is the foundation for all of your decrees and hence for all of your success and manifestations in life. You must have faith to be successful in whatever you want in your life. You must listen to your intuition and your inner guidance; your inner voice that tells you certain things. Have faith that your intuition is correct. Have faith that the inner guidance that you receive is correct.

Faith makes the impossible become possible as it is such a high frequency. When you have faith, The Universe will align itself to match your energy and your vision of the things you have faith in. When you have faith, miracles can truly happen in your life that will transcend your life. If you have total faith in something, it will happen for you.

Faith removes any fear that you may have. You must trust that whatever happens will happen for the highest and best good. With full faith, you cannot have any doubt about the outcome. You must be like a flashlight beaming your light on the outcome knowing in your heart that it will happen. Any doubt that you have

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

draws in the possibility that it will not happen. Do not give timelines for what you want.

Set the intention that it will happen, and have 100% faith that it will happen and live your life as if it already did happen. Do not have any doubts. Then just release it and allow it to be manifested in your life. Just wait for it but do not have expectations. Do not get upset or sad when something did not happen after a certain period of time. This shows doubt and the possibility of it not happening increases. Believe in others. Have faith in others.

Tell others you have faith in them. This gives them confidence. This makes people feel better. And by you doing this, it helps lift them up. This is how you are shining your light on others and on Mother Earth.

You are lifting people up by telling them you have faith in them, in what they do, which allows people to be empowered. People feel better about themselves because of your words to them. People need to hear this.

They need to hear that they are special, that they are wonderful, that they are loved, that you have faith in them. And how wonderful will you feel when you tell someone you have faith in them? How blessed will you feel when the other person genuinely says thank you for believing in them.

Both of you will feel better. Both of you will be healed at some level. Both of you will release some things that are not for your highest good. Both of you will feel lighter.

This is how you are helping each other. And this trickles downward. Now that person who you made feel better will tell someone else that they have faith in them and so on. You see how powerful you are.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Your faith in someone and you telling them this from your heart and holding that faith in them will give them faith, it will give them hope, it will light that God spark in them, it will allow their I AM Presence to shine brighter.

We all have this ability and capability in us. We can literally move mountains with our faith in ourselves and in others. This is so important now in these ascension times where people may be lost, confused, scared and not know where they are going in their lives or not know why they are here. Lend your support to these people. Show and shine your light as Lightworkers and lead the path for them to follow.

Empower them with your powerful light and faith in them and watch their light shine and then watch them shine the light for others. Remember we are all One. Show your Christ Consciousness by showing your faith to others. Be that friend, that solid rock to others. Faith is that powerful and YOU are that powerful.

Remember you are a part of Mother / Father God and you are so loved and cherished. Spread your love and your light and spread your faith onto humanity in these upcoming future moments and watch the blessings come into your life. Love yourself and love everyone and have faith in yourself and faith in everyone as we are all One! I have faith in all of you and in humanity. Blessings and love to all of you!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Love Bomb Participants Hits 100 After Two Weeks!



I just wanted to thank everyone for being on the love bomb list. The list has reached 100 people and I am so grateful. Let's grow it to 1,000+ To see who is on the list, click [HERE](#). If you are reading this for the first time, click [HERE](#) to see what the love bomb is.

This is becoming a global list. There are people from the USA, England, India, The Netherlands, The Philippines, Germany, Russia, and so many other countries. There is so much strength in numbers.

The intent and energies of all of you who are on this list is magnified and intensified during my meditation. The energies seem to get stronger and intensified every evening that I meditate as the list grows. It is a wonderful feeling and there is always so much gold around me when I infuse the list of participants into the meditation.

I know and feel that this is helping so much. If you are reading this and if you are not on the list, please consider adding yourself to the list. All you need to do is send me a comment below (scroll down) with your first name, first letter of your last name and where you live (State or Country) with your intention to be added to the list.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

I always place the list and all participants in the violet flame to transmute all negative energies and request that everyone on the list be blessed. This is just a quick posting to thank all of you for being included on this important list. Thank you all so very, very much!! Blessings and love to all of you and your loved ones...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## What is the Violet Flame and How to Use It?



The violet flame is a gift of light to all us from Mother / Father God. The keeper of the violet flame is Saint Germain, who is an ascended master. The violet flame is very powerful and transmutes all negativity and transgressions that you may have in this lifetime or past lifetimes.

Whatever you may have manifested in the past through your words, thoughts, deeds, or acts can now be transmuted and released into the light.

Everyone needs to do this individually and

collectively as you cannot take these things with you as we move up in consciousness through ascension.

Imagine, everything that you have done, said or thought that was a transgression can be now transmuted into the light and basically permanently released. What a way to release and cleanse and heal yourself. Saint Germain is bringing the violet flame into the conscious minds of humanity. It is there for you to use and transmute all of your transgressions. So please use it when you need it. We all need it at these times.

This is such a helpful tool to help you self-heal yourself. The violet flame contains forgiveness, compassion and mercy and will transmute all of your transgressions. But you need to ask for its help from your heart with the purest intentions.

By asking for the violet flame, it will transmute all the negativity that you may have that is now being pushed to the surface by the increasing energies to be released. It must be released for your ascension and the collective ascension.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This has to be done individually and collectively now as you cannot take this negativity into the higher dimensions. Again, this is why you are seeing so much pain, suffering, anger, frustration, wars, guilt, shame, and all the things that are about separation, criticism, and judgment. Just turn on the TV and count all the stories that are negative.

These are all 3rd dimensional ego based emotions that are not heart based and must be released and transmuted. The violet flame will do this for you and for humanity.

All of this needs to be transmuted into the light before we can collectively ascend. The violet flame is helping transmute all of this. The violet flame is available to every person and you invoke it through your I AM Presence. Each of you has an I am Presence, your soul.

This is who you are, your God spark. You must ask before you can receive. Once you invoke it, the violet flame will do whatever you invoke it to do. It will help you with relationships, money issues, pain, suffering, hurt feelings, anything.

All of this can be transmuted into the light and released. This is how powerful the violet flame is and it is there for you to take advantage of. The violet flame can transform anything that you want to heal, anything that you want better in your life. It is that powerful and it is now available to you. Please take advantage of it and invoke it in your life.

With all the healings that I do, I always wrap all the people I heal in the violet flame and ask it to transmute everything into the light. It does work. The violet flame will help you in your life.

It will help heal you by releasing the pain and suffering that you may be holding on to. It will help you to forgive and allow you to move forward in your life. To invoke the violet flame say the following:

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

**Thorough my I AM Presence, I now invoke the violet flame. I ask it to flow now through my crown chakra into my heart and into every cell of my mental, physical, emotional, spiritual and physical body. I ask it now to transmute into the light every thought, deed, word, or act that I have ever made or done in this lifetime and past lifetimes with respect to \_\_\_\_\_.**

In the underlined area, just state what the situation refers to. Maybe you had a fight with your spouse, then state it there. Maybe you have been hurt by someone and can't forgive them, then state this. It does not matter what it is! There are no sins, just karma. It is the intention that matters. Whatever situation that is bothering you or hindering you in any way, including poverty consciousness, just state it in the invocation. And once you do this, have faith and trust that it is working, because it is.

Do not have any expectations about the outcome and do not worry about it, just like you do not worry that the sun will come out tomorrow. Mother / Father God has given to us this gift of the violet flame which will allow you to literally in an instant transmute all of your transgressions from this lifetime and all past lifetimes by invoking the violet flame by your heart warm intention. Give it a try to let it work for you.

See how much better and lighter and happier you will be. Since I started using the violet flame, I have never been happier as I am now in my entire life. It does work. Take it from me. Invoke it and cleanse and purify and transmute your troubled transgressions into the light.

Once you do this, your light will shine brighter and you will allow others to see your beautiful shining Light. Remember that YOU are loved, YOU are powerful and YOU are the LIGHT!!! And nobody and nothing can turn off YOUR light! So shine on my friends...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Who Are You and What is the I AM Presence?



Every one of us is a child of Mother / Father God. And in all of us, there is a Divine essence or spark. Are you your emotions, your thoughts, your mind or your body? No you are not. You are the soul and you are immortal. Let's look at an example.

Say you die from this life of old age and you are either buried at a funeral or cremated. What exactly is left? I AM. This I AM is immortal and this I AM is your soul. So who are you? You are that you are. I AM that I AM.

Your soul did not die when you left your body due to old age. Your soul just went to a higher consciousness.

There is no death. So do not be afraid of dying in the third dimensional understanding of death.

Now move your legs or hands or body. What are you doing? I AM moving the body parts. What exactly is being moved? The body parts are being moved, right? You are not the arms, legs or whatever you are moving. I AM is the mover of the body parts and the body parts are what is being moved. You are not the body, the arms, the legs or any part of the body that the I AM is moving.

The same is true with your thoughts, feelings and emotions. You are neither of these. Say I am thinking of wanting to visit a good friend in Belgium. What exactly am I doing when I am thinking of doing this? I AM thinking of visiting a friend in Belgium. Who is the thinker of that thought? I AM the thinker. But what exactly was created?

The thought of visiting the friend in Belgium, right? But, I AM NOT the thought. Whatever thought I have, I AM is the thinker and that I AM being me. I AM

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

thinking of that thought. That I AM is me. And who created that thought? I AM created that thought.

And what was created? The thought was created. But I AM not that thought. What is left when you remove the thought? The I AM is left, Me! The I AM is the thinker who created the thought. But again, I AM NOT the thought. I AM the I AM.

Let's look at another example. Let's say you are feeling happy. What exactly are you doing? I AM creating and feeling the emotion of happiness. Who created this emotion? I AM created this emotion. The emotion of happiness was created, but you are not that emotion.

When you understand this and remove all thoughts and emotions, what is left? I AM. When you get to your I AM state and all emotions and thoughts are removed, then you have looked within and that is when guidance will come to you.

That is when stillness inside is reached. You hear this all the time, to look within, all answers are within. Well, this is how you do it. Remove all that is not I AM. Strip it down to the core, all thoughts and emotions and be still until all that is left is I AM. All that is left is YOU. And then you will see yourself as a perfect being of light, a perfect being of Mother / Father God.

Remember that you are immortal and you are the soul. You are not your body, your mind, your thoughts or your feelings. That is all an illusion to help you with your life growth lessons on Mother Earth. This is ego based. Meditation will help you get to your I AM Presence core of YOU. Still your mind and remove all emotions and feelings and shackles and find that still point in you where you can just BE.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Once you find your stillness, your life will open up to you and you will have clarity. You will find out who you really are and what a powerful being of light you really are. You will see how much loved you are. You will see what a powerful creator you are in your life. You will find out that you are part of the Oneness, the Christ Consciousness of Love that we are now heading into with this ascension.

And most importantly you will find your light and show others their light who may be lost in the upcoming times as more energies are hitting Mother Earth releasing everything that is not love based. So go out there and find your I AM Presence and let your light shine brightly for others to see. Nothing and nobody is holding you back. Only YOU can hold yourself back. Break free and stand in your I AM Presence!!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Do You Pray?



When you pray, you are always communicating with Mother / Father God. God always hears you whether you say something or whether you are thinking of something.

This applies whether it is good or bad. So always be careful with what you say or think.

Your thoughts are heard even though they are in your head and you think that nobody hears you. Every time that you pray, you are taking one step towards God and God is taking two steps towards you. When you pray, ask for whatever it is that you want and always detach yourself from the outcome or the result.

Have faith for what you asked or prayed for and prepare yourself for your request to be granted.

And most importantly, always have gratitude towards God for listening to your prayer request and say thank you to God from your heart. When you pray, you must be relaxed and calm. Do not be anxious and desperate when you pray. Be calm, in your centered space and ask quietly for what you want.

Know that it will happen and live your life as if it has already happened. Do not plead for help in a desperate way. Prayer is not difficult and there are no rules. It is simple and comes from the heart. It has to be sincere and authentic and with loving intentions. Never pray for anything bad to happen.

You are just building up bad karma that will boomerang at you. You do not need to use long, complicated prayers or ones that repeat each other over and over.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This is not a race to see who can say the same prayer the most. This will not get you what you need just because you said it so many times. It does not work like this.

Nor will it get you what you want by being frustrated that you do not get what you want immediately. Just state your prayer with your heart filled intention, show gratitude, release it knowing it will happen, and live your life as if it has already happened. Then look for the miracle in your life. It really is that simple.

But you must be patient as the answer to your prayer will happen when it is time for it to happen that is in your highest and best good consistent with your life plan. Always pray for the highest and best good to happen and hold your vision of perfection.

If for some reason you do not get what you want, understand and accept that Divine perspective is greater than your perspective. God does answer all prayers, but sometimes mercifully he does say no, but that is for our highest and best good.

This happened to me and I learned this lesson. I could not pass the bar exam in California (a three-day exam to practice law). I kept praying and it did not happen. I was mad and lost faith. I spent all this money on law school and here I was unable to be a lawyer. Then I awakened and realized that the Divine Plan for me was to not be an attorney.

It was far, far greater than being a lawyer stuck in 3D dealing with separation every day and conflict. The Divine perspective was so greater than my perspective and I thank God every day that I am NOT an attorney.

There is no doubt that I am much happier now than I ever would be if I was an attorney. The grass is not always greener on the other side. Remember that God

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

is Love and Love does not want you to suffer. Love wants you to have what you want.

God wants you to be happy but you must be ready to receive and not block what you are asking for. Have complete faith that it is already there and wait and live your life as if it has already happened and have trust. Start by showing gratitude. Also, the power of prayer is exponentially strengthened when others hold your vision.

This is why my love bomb meditation (Click [HERE](#) to learn about the love bomb) has such a tremendous impact in helping raise the collective consciousness on the planet. All the love bomb participants energies and intentions are included in my prayer when I meditate.

If you want your prayers answered, you must have faith, you must ask in a calm way, with gratitude, and you must believe and act as if the prayer has already been answered.

The best way to pray is to state what you want to achieve, state the plans that you have already set into motion and action, and then state what you need from God. Here is a good way to pray and what you can say:

- 1. God I want to achieve \_\_\_\_\_(state this) in my life.**
- 2. The plans that I have already set into motion and action to achieving this are \_\_\_\_\_(state this).**
- 3. This is what I request from you \_\_\_\_\_(state this).**

But remember that any worry is basically negative prayer telling God how scared and frightened you are and it reinforces all of the things that you do not want to happen. So do NOT prey like this. Do not say “Please do not let an earthquake hit

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

or please do not let me lose my job.” You are just drawing in these things with your fears as the Universe is precise.

Always have positive prayers. Pray for a better higher paying job and do not pray that you will not lose your job. Prayer can definitely change your life, but it does start within. You must set the correct intention from the heart. Follow the prayer guideline in bold above and watch subtly around you for the miracles to occur in your life.

They will be there if they are for your highest and best good. But your prayers have already been answered, as you are here in these glorious times. You are ascending into the higher dimensions. Focus on this and all of your 3D problems seem meaningless.

So the next time it rains, go outside, lift up your arms, have a nice long cry, and thank God from the bottom of your heart for everything God has given you as you are so loved! Blessings and love to all of you...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## You Have Graduated Already!



In the upcoming times, a lot will come up to the surface to be released and to be transmuted. More and more people are feeling the effects of the energies that are coming in at this time. The collective consciousness is beginning to simmer, like in a pot, and a lot of people cannot take the heat, as it were.

But that is strictly resistance on their part. They are afraid to let go what does not serve them anymore. They are afraid to move forward. That is the ego stopping them.

You must release your ego. You must still your mind. You are all moving into a higher consciousness that is so much grander than what you are all experiencing now. Imagine having what you want just by thinking about it. That is what awaits all of you.

That is what awaits all of you if you allow it to happen. The way you allow it to happen is to surrender into the flow. Do not fight the energies. Allow the energies to cleanse you. Allow the energies to take you in a river on a boat. Do not worry where the boat takes you. Just sit back and enjoy the views that are along the way.

This is one way that you are raising your consciousness. All must now raise their consciousness. The energies with the upcoming eclipse will be stronger going forward. The energies will find anything and everything that does not serve your highest and best good. The energies will bring all of this to the surface to be dealt with and these things must be released.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You need to let these things go as you cannot take these things into the higher dimensions. You are multi-dimensional beings. There is so much that awaits you. So much fun you will have exploring and re learning yourselves and all of your gifts. But these are the hardest times now. Consider them the finals of your last class in school.

Once you finish the final exams, you will graduate. The good news is that you already have passed. You just don't know it or did not know it. All you have to do is take the test. You would not be sitting taking the exams if you were not ready, if you did not study. The souls here on Earth at this time are the ones that are ready to move on. Nobody gets left behind. You are ready and you will move up in consciousness.

This has been decreed. You are part of the One, you are part of the large puzzle, and the puzzle is not complete without your piece. You have an old saying, one for all and all for one. Well you are part of that One. So understand that in the upcoming times, the questions will be harder and seem like you do not know what the answers are. As with any test question, when you do not know the answer, go with your gut feeling.

Do what feels correct. You see, the reason that you have already passed the exam is that there are no wrong or right answers. The test is that you are taking the exam. Can you handle the heat in the kitchen when it gets hot? How do you handle someone yelling at you or criticizing or judging? How do you handle yourself when your child is throwing a fit? Can you be calm? Can you observe and not engage in the drama?

Can you not be critical of the person that cut you off on the freeway? Did you give a few dollars to the man who had a cardboard sign stating they need help? Did you try to help a stray dog that is lost or did you drive off and looked the other way? Were you there for a friend who is going through a hard time?

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

These are your final exam questions. How do you deal with life? Can you forgive others who have hurt you? Can you forgive yourself when you have done something that you feel was wrong? Can you ask for help when you need help? Can you treat others like you would like to be treated? You know the answers to all of these questions.

Now, the question is can you apply them when the situations present themselves. I say you can, I say you will. As mentioned before, you have already passed and graduated. The timelines are clear. You just need to get there. That is what you are doing now. Catching up, catching you, and finding yourself. So be proud, you have graduated, all of you, into the higher dimensions. Nobody gets left behind.

The collective consciousness is rising and the times ahead may seem stressful. Just remember to be yourself. Be the eye of the storm and allow it to pass, and pass it will. Do not engage, do not be scared, stay strong in your center and walk across that threshold into the new world that you belong in, where all are waiting for you.

You are so loved, so guided, and such powerful co – creators. Create your new world and stay in love. Always stay in love as love is the highest vibration that there is. Now go get your diploma and shine your light while celebrating your accomplishment. You earned it!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



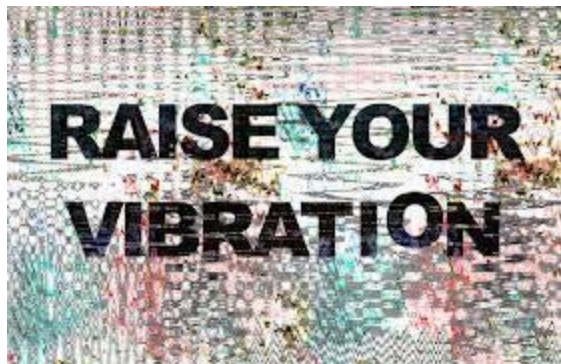
# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## 50 Things To Do Now To Raise Your Energy Vibration



Raising your energy vibration and consciousness is very important in these shifting and changing times. This is even more important in the times ahead as a lot of cleansing and releasing will be coming for the collective consciousness.

At any given point in the NOW, your energy vibration is always based on how you feel. Your emotions always reflect your thoughts and if your thoughts cause you to feel good emotionally, then you are in a high vibration energetically. So always have positive thoughts.

That is so important. You are always deciding what your energy vibration is, nobody else. Here are some things that you can do to increase your consciousness level and energy vibration:

1. Watch a funny movie
2. Be around people who make you laugh
3. Do things that make you laugh
4. Watch things that make you smile
5. Watch children playing
6. Go to a park and lie under a tree
7. Read a book that inspires you

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

8. Make changes in your life that eliminate negative energy (this could be people or places or things in your life)
9. Perform random acts of kindness
10. Give a few dollars to the person holding a sign that says help
11. Keep an appreciation or gratitude journal and write in it daily what you are happy for in your life and read it daily
12. Spend time with others who have a high vibration
13. Stay away from people who have a low vibration
14. Stay away from people who are negative, judgmental or critical
15. Go for a swim in a pool or ocean
16. Watch inspiring pictures or videos
17. Dance to your favorite song
18. Exercise to something that you enjoy doing
19. Smile at other people and watch their reaction
20. Ask yourself what you can do today to help someone else and do it
21. Light a candle or incense and relax by breathing it in
22. Meditate when you have time. This stops all negative thoughts
23. Go out into nature and be around nature and just be silent and observe

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

24. Listen to birds sing
25. Lay down in your grass and look at the sky and watch the clouds
26. Repaint a room in your home
27. Rearrange furniture in your home
28. Knock on a neighbor's door and just say hello and ask them if they need anything
29. Offer to pay for an item for the person in front of you in a line at a grocery store
30. Open the door for someone entering a store that you are at
31. Give a bigger than normal tip to the waitress the next time you eat out
32. Write a thank you card and hand it to your child's teacher to show gratitude
33. Write a small thank you card and mail it to everyone who is your friend thanking them for their friendship
34. Find a way to affect someone positively and do it
35. Thank the mailman the next time you see them for the job they do
36. Thank anyone you know for the work that they do
37. Hug your kids extra tightly tonight
38. Tell your spouse how much you love him/her and how happy you are that they are with you

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

39. Buy your dog or cat a special treat and let them splurge
40. Always send out a birthday card to someone you know
41. Buy flowers for your mom for no reason at all just to tell her you love her
42. Go on a walk with your family around the neighborhood
43. Pick up any trash you see in your neighborhood and throw it away
44. Volunteer in your child's classroom one hour a week, if possible
45. Pay the toll for the person behind you if you are on a toll road
46. Do not engage in drama discussions (she said, he said, etc...)
47. Do not gossip and talk about others in a bad way
48. Call a friend up and invite him/her to lunch and tell him/her you miss them
49. Call up your sibling(s) and tell them you love them
50. Call your dad and tell him you love him and thank him for all he has given you

Fill your heart with happiness, joy and laughter by raising your energy vibration. Do what puts a smile on your face and what makes you feel good about yourself. Stay away from things that make you feel bad about yourself.

It really is that simple. There are so many different things that you can do to help raise your energy frequency and vibration. The bottom line is that you need to do what makes you feel good. If you are sad, upset, mad, or depressed, then this is a low vibrational frequency. It is up to you to raise it. Do not blame others for putting you in this lower vibrational state.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You are creators of your world. If someone or something is causing you to feel bad emotionally or is upsetting you, YOU need to make the change in your life. If you do not, you are giving them your power and now you are being controlled by them. The time for separation and control are coming to an end. You decide how you want to live, nobody else!

The time to stand in your light is now. You are in charge. And if you are in charge, and if your emotions reflect your thoughts, which they do, then you are the one that causes yourself to feel good or bad emotionally, nobody else. So what thoughts will you have, good ones or bad ones? What emotions will you have, good ones or bad ones? You are in charge.

Nobody can tell you or force you how to feel. And if someone makes you feel bad, it is time to reassess your situation with respect to that person. It may be better to love them from a distance. You are now going to be resonating people in your life that have your light resonance. If your light is a higher resonance than someone else's, you may see this person dropping out of your life. That is OK.

You cannot afford to have a negative thought or have negative vibrations at these times. You must stay in a high vibration given the higher energies that are coming in. Just do what makes you feel good. Just do what puts a smile on your face, what makes you laugh. Laughter is so important to raising your vibration. The more you laugh the better.

Find a way to dedicate yourself to happiness. Happiness is not given to you. Happiness comes from within. Be around happy, smiling, friendly people and watch your vibrations rise. It really is that easy. Any ending is really just the beginning. Do not be afraid of endings, even if this involves relationships that do not resonate with you.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

So continue to raise your consciousness level and watch your life change for the better. Create your happy filled life. You will feel better and you will literally create your own happiness, which will be your own heaven on Earth!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.**

**Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How to Handle the Upcoming Times



The upcoming times will cause a lot of releasing of emotions for the collective, and also individually. The energies are going to be more intense and you will see so much come up to the surface to be released.

You are already seeing this around the world and it will intensify in the times ahead. It is so important that you watch your thoughts going

forward now. Do not engage in the drama that you may be a part of through your friends, family, or co-workers.

It may become easy to be swayed one way or another and to take sides. Hold your center. Be the center. There are no sides as we are all One. You are learning lessons from the choices you are making through the experiences of those choices.

Do not let what seems to be a crumbling world to others, based on what is coming up to be released for them, affect you. Do not be afraid or scared. As the energies are heightened, your manifestation abilities will also be heightened.

Thus, what you feel through your emotions will manifest for you much faster. If you feel you need to buy a gun to protect yourself, for example, then you are manifesting fear. It will be possible that the gun that you buy to protect yourself may be used by you or against you because of the fear that you are manifesting. Your thoughts will determine your reality more and more.

Do not manifest fear by being fearful. Fear is a very low vibration. You are co-creators with the Divine and the upcoming strong energies will allow your gift of co-creation to be stronger than it is in the third dimension. You are headed into

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

the fifth and higher dimensions where manifestations occur very quickly. So be careful of what you are thinking of.

Do not have negative thoughts. Do not have fearful thoughts. Do not have hurtful, critical or judgmental thoughts. If these thoughts do come, do not engage in them. Just observe them like clouds in the sky and allow them to pass by. Understand also that when these thoughts come, you are releasing whatever you cannot take with you to the higher dimensions.

You are releasing that which is not for your highest and best good. The release may be from this lifetime or from past lifetimes. Allow the release to happen. Allow your ego to express itself and release whatever needs to be released. After the release, find your center and find the eye of the storm and remain calm.

Laughter will help so much in the upcoming times. By laughing, you are increasing your consciousness and awareness level higher as a way to not be drawn into the drama and lower dimensional emotions and vibrations.

Laughter is one of the best things out there that you can do to raise your frequency vibration. You do not want to be in a lower vibration. Whatever you do, do not have thoughts that the world is ending or that the sky is falling. Do not panic whatever you do! You will literally create this for yourself as you are the creator of your world and you manifest what you feel.

This is part of your test, as it were, and you have already passed this test. Just stay strong and be happy in your center. This posting is not meant to scare you but to give you conscious awareness of what you may see in the upcoming times and how to respond to these potential timeline possibilities, which are now high probabilities based on the current collective consciousness level in this NOW.

It has to happen as the collective consciousness has been riddled with war and hate and darkness for thousands of years. And now the times are here where it

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

will disappear. So it must come up to the surface for release. Just watch and observe and do not engage. Treat the upcoming times as a movie and have your popcorn ready. What will you view the movie as, a comedy or a tragedy?

You are creating your reality and the collective is creating the collective reality. Do not let any event or another person control your emotions. You are the master of your emotions and you must find your inner peace. A lot of people are having a hard time releasing and are clinging on to their ego based third world realities.

But the Divine decree has been made that we are leaving the lower dimensions and thus all of the negative stuff must be released. All of it will be released. Disclosure is happening and it will spread. The truth must come out. This will lead to other things that will spread and like a domino, all the blocks will fall taking the third dimensional reality with it. You want this to happen.

This is nothing bad. This is good. With every ending, there is a new beginning. You have the best seat in the house as you will witness the transition to the new higher dimensional world. Everyone in the higher realms is watching in anticipation and joy. It will happen, believe it! And you will be needed to anchor your beautiful light to all the souls that are lost, confused and frightened.

They will not know what is going on initially. You will be needed to help guide and transition these souls by spreading and grounding your light as Lightworkers. This will help calm them down and eliminate fear. This is a collective effort as humanity is ascending. These are glorious times and you should be happy and not scared that the third dimension will no longer exist on Mother Earth in the way it is now.

Do not be judgmental of others when you see disclosure. Remember we are all One and each soul has agreed to take and play their part, light or dark. Love them

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

unconditionally and thank them for their service to humanity. They have taught lessons to so many, including you.

Remember that there are no bad choices, just lessons that are taught through the experiences of those choices. Earth is a learning school and everyone is learning different lessons to help evolve their soul. You are all pieces of a master puzzle. The puzzle needs all the pieces to make a complete puzzle.

Thus, honor each student, regardless of your perception of what they may have done or not done, especially if your perception of them is bad. Each soul learns at a different pace. Everyone has a different perception so do not judge anyone based on their role on Earth.

The best thing to do is to stay happy and observe and find your center. Do not get involved. Focus on your own personal release and ascension and you will have an easy transition.

Do not worry about others and what they have done, who they have hurt, etc... Stay away from all of that drama and focus only on you, as you are the only one in charge of you. You cannot change others and they cannot change you.

You are not in charge of them and they are not in charge of you. You are powerful beings of light, you are so loved and you are guided at all times. Soon, you will have heaven on Earth. So hold the vision and hold the light and prepare yourself to go home. You are already there!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Your Awareness and Priorities Are Shifting



At these times, there are huge changes that are occurring in your bodies due to the huge influx of energies on Mother Earth. These include your physical, mental, emotional and etheric bodies.

These changes are necessary for you to adjust to the higher energy levels and higher dimensions that you are heading into. You may feel more tired. You may feel that you want nothing to do with the third dimension anymore.

You may ask yourself why you are here and what your role is. You may not want to go to work anymore. You may get easily upset and emotional at just about anything and have wild mood emotional swings.

You will notice things and people who will cause you to feel that they no longer resonate with you. People that are critical and judgmental or negative will get you really upset. Your relationships with spouses may come to boiling points. The food that you eat may be changing as meat may seem less appetizing.

You will start to do things that you really like doing, things that resonate with you, even if these things do not make an income for you. You may feel that you have no time in the day and ask where the time went. You may see nothing being done by you, with bills not getting paid on time, or cars not being repaired when needed.

You may lose your appetite or see yourself eating everything in the fridge. Or quite simply, you may feel that you do not belong here and start questioning why you are here. There are so many other things and emotions that you may be feeling. It is okay to feel any, some, or all of these things.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Let all of this come to the surface. You are cleansing and preparing all of your bodies for release. Remember that the third dimension is leaving Mother Earth. As such, all of these things do not resonate with you because they cannot be taken with you to the higher dimensions. So be happy that you are feeling any of these things.

You are releasing and cleansing. The reason that it may feel awkward and why you may feel like you are a different person is because you have been so used to this third dimensional world. You are used to paying bills, going to work, making money and having a routine. Now it may feel that you are lost, sort of out there with no direction or understanding what in the world is going on.

And to complicate things, time just seems to fly by and everything seems to be delayed that normally was on time. Again, you are cleansing and your body is adjusting to the new energies. There is nothing wrong with you if these things are happening to you. All is well and you are just adjusting as is your body. This will pass.

This is part of the release and adjustment that must occur to adjust you to the higher dimensional energies. You may want to call these feelings and awkward experiences ascension symptoms. They will continue and intensify as the energies continue to increase. However, it will get better and you will adjust. These may be viewed as adjustment and release periods where cleansing is done. You are literally cleansing things that do not serve your highest and best good.

You are cleansing things that are third dimensional that no longer resonate with your new light level. You are also finding out more about yourself at these times. You will use your intuition more. You will feel more and your gut feeling will make decisions along with what feels right to you from the heart, and not what others tell you is right for you.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

As such, you must release and let all of this go. Your ego wants to keep it and you may see yourself fighting to let go. That is OK. Observe your thought as clouds floating in the sky and flow into the energies. Do not worry or be anxious or have stress. Go out for a walk in nature to help calm you down and always remember to breathe slowly, hold for three seconds, and exhale slowly. This will pass and your body will adjust and you will adjust.

It is so important that you watch your thoughts during this adjustment period. Do not engage in any drama. Always stay positive and do not have any negative thoughts. If you do, do not engage in the thoughts. Allow them to just pass by like clouds. The planetary shift has occurred and now it is time to take your rightful place as a powerful being of light that you are.

You came here for this reason and you will be successful, no matter how hard things may appear to be to you. Remember that you are finally and permanently releasing everything from all past lifetimes that you carried with you in your energy field that does not serve your highest and best good. Most of you have been incarnated many, many times.

Thus, the harder things seem to you now, the more you are releasing. If things get really hard for you, ask the angels and Arch Angels and your spirit guides for help. They are there. They want to help. But you have free will and you must ask for their help. They will help you cope with this transition and bring you more calmness and peace in this process. Just know that it will pass and wonderful times are ahead.

Linear time will eventually disappear and it is definitely speeding up now. Do you feel it? It is happening and you are not imagining it. Do you feel surges of energies in your bodies sometimes? Do your ears buzz when you lie down? There are so many different things that are happening. Remember to stay calm and just go with the flow.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Do not fight to go back to the way you were used to doing things. Allow the change to happen. Drink lots and lots of water and try to get a lot of rest. Your physical body is also changing to crystalline from carbon based to accommodate more light. Your immortality is upon you. Just a few more bumpy roads and it will be smooth sailing home. And home is where the heart is!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## What an Energy Healing May Do For You



Energy healings are an excellent way to release emotions that do not serve your highest and best good that you may be consciously or subconsciously holding on to. This may include emotional, mental or traumatic things that you are holding on to in this lifetime or past lifetimes.

You have all had many, many lifetime experiences and you have all learned many lessons and have been through so many different experiences based on the choices you have made. Sometimes things have not been resolved in a prior life with relatives or other people or situations.

Thus, you may be subconsciously holding on to hurt feelings or pain or resentment from a past lifetime that you may not be aware of. This too must be released into the light as the energies are now intensifying.

These things will definitely come up for you as they cannot go with you into the higher consciousness realms that you are now moving into. The energy healing will help identify these things for you so that you can heal yourself.

Energy healings help you better understand yourself. They help you identify things that you need to release and heal for yourself. The healings will not heal you per se. The energy healing may eliminate your pain and discomfort physically. They may even eliminate diseases and things that have affected you your entire life.

However, for this to happen, you need to have learned the lesson that the situation that you are in has taught you. Energy healings are designed to help you

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

awaken into spirituality. With an energy healing, you may envision ascended masters during the energy healing or angelic beings or places, faces, or shapes.

You may feel intense or subtle heat or coldness or see colors or hear sounds. Everyone is different with their energy healing experience. The more refined an energy healer's energy is, the better the energy healing will be for you as you will better understand what you may need to do to heal yourself. The time is now for all of the negativity and pain, and everything holding you back, to be released and transmuted into the light.

This can be accomplished by the violet flame. The violet flame will transmute all of your transgressions that no longer serve you. A good energy healer will use the violet flame to help you release things that no longer serve your best interest and help you heal. Mother / Father God has given everyone dispensation and grace to remove and release their karma at this time. Take advantage of this opportunity.

A good energy healer can help you to release your past karma as well as help you cut any existing cords or attachments that you may have from this life or past lives that do not serve your highest and best good. An energy healing will allow you to better forgive yourself and others for any transgressions that you feel you have made or have been made to you or your loved ones by others.

Remember that we are all One and there is no separation. You must forgive everyone that has caused you any pain or suffering, regardless of what was done. If you do not forgive, you are holding this back and you are suppressing that pain and hurt. This cannot be and cannot be taken into the higher consciousness levels as all the higher dimensions are love based dimensions.

Earth is a learning school and you are here to learn and to grow and develop your soul. Learn the lessons and let go of the emotions associated with the lessons. Emotions that you carry and do not want to let go of are ego driven as they cause

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

pain, judgment and separation. An energy healing will allow you to better see this so that you can heal this part of yourself.

There are emotional and mental issues that are blocking the collective consciousness and individuals right now causing you and the collective from progressing into the higher realms and dimensions. Energy healings will help expedite this for you. Energy healings will help you understand a situation that may be bothering you and give you clarity on how to move forward.

This will thus give you closure and perspective and you will again grow and develop. Energy healings will allow you to better understand yourself and make you more spiritual. The more spiritual you are, the higher your consciousness and energy level you carry. The higher these energy levels are, the more that is released and the closer you come to cleansing all of the stuff that is attached to you that you need to let go of.

Energy healings do work but they do not create miracles for everyone. Miracles can occur but only if the lesson from what needs to be released has been learned. An energy healing can do this and karma can be released and attachments and cords can thus be severed. Energy healings are a wonderful way to move your life forward.

They can give you clarity, peace and allow you to find that heart centered space. And once you see yourself healed, your new light resonance will shine on others. When this happens, you are affecting the people who you come in contact with and thus brightening and lighting their day. And they will do this to the people they come in contact with, etc.

Thus, a good energy healing can make such a difference to so many people. But you have to believe in the energy healing. Your energy field is like a home. The energy healer cannot enter your home unless you invite the energy healer in. You

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

must trust the energy healer and believe in your heart that the energy healer will help you.

You cannot block the energies by your fear or lack of belief. If you do feel the energies from the energy healer after the energy healing, then know that the energies have been absorbed by your body. If the energies have been absorbed, they will do for you what is in your highest and best good; regardless of what you feel needs to be healed. The energies know you better than you know yourself.

And in these times as things are coming to the surface to be dealt with and released, everyone can use an energy healing. Nobody is immune given the multiple lives you all have lived in the past. So go out there and find a good energy healer who will help you and see how much better you will feel. By the way, I am partial to an energy healer who is typing up this posting, my lower embodiment, Andy Bojarski.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Understanding Reflection and Perception



However you perceive others, this is always a reflection of you. And how you respond and react to others will be your own awareness of yourself. Understanding this concept will allow you to better release emotions and built up anger, hurt, resentment, hurt feelings, or anything that you may be suppressing inside.

The time for release is now. This is why you are seeing so much anger and emotions coming out to be released, individually and collectively. All of the stuff that you do not like about other people is stuff that you do not like about yourself. It is all coming up to be released.

Every time you get into an argument with someone, and you see the other person being mean to you or saying hurtful things, this is you releasing these things that are inside of you. When there are no more arguments, no more negativity from others towards you, then you have released all you need to release.

Understand that you are not only releasing things from this lifetime, but also things from past lifetimes. That is why this lifetime is your hardest lifetime. Everything is being released permanently that you cannot take into the higher dimensions. It may feel like anything that anyone does gets you mad.

You may feel that if you say anything to someone, then that person gets mad. You may feel that you are tormented by all of these angry emotions and are always down and upset. This is part of the release. Whenever you see something in others that you do not like, that is a reflection of you that you are releasing.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

What will happen is that once you release this, your energy will no longer resonate with that person's energy.

You will release this because your soul will tell you that you do not resonate with that person. You will simply feel that you have no attraction to the other person's resonance. You will no longer be around people that are angry, people that are mean, people that say hurtful things, etc... Like will then attract like and you will resonate things that are more of a reflection of your true I AM Presence; this being love based.

You will find people that are nice, courteous, loving supportive, etc... The hard part is going through this process of seeing yourself in others, Seeing YOU. It is not easy to see the real you. The real you that may have suppressed all of this pain, anger, hurt, frustration, separation, fear, need, greed, etc. over lifetimes. Now you are releasing. This is the hard part.

The letting it all go. Your ego will fight to keep it and you may feel that you are on a roller coaster ride with your emotions. Stay calm and be in the center of the storm. If someone does not resonate with you because of how they act or what they say or how they treat you or others, accept that this is you releasing these things. Remember that you lived dark lives too and experienced everything in past lives, the good and not so good.

Then, release the person or situation and move on. If that person was meant to be in your life, they will come back when their resonance has returned to match your resonance with respect to energy. Remember that every soul is evolving at their own pace and some souls may have not yet learned the lessons that you have learned. Allow them their space to grow, even if this means that it will be at a lower consciousness level.

Respect their growth and do not engage in yelling or name calling. You need to stay calm and just observe the part of you that is coming out for release through

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

the other person. Just observe, acknowledge and be happy that it is finally out on the surface to be released. Nobody else can do this for you. No energy healing will remove this for you. An energy healing may give you guidance on what needs to be released but the release needs to come from you.

That is why you came here. You know all of this subconsciously. But you must be strong and allow this process to occur. Allow the release to occur. Look yourself in the mirror by looking at someone else. The more you dislike that person and their habits and traits, the more of yourself you are seeing in these habits and traits. No release it and watch your life become lighter.

That person now will not be a part of your life, unless they resonate later at the same energy level as yours. Love them from a distance. And how you respond and react to others will be your own awareness of yourself. When you have awareness that this other person is reflecting you with your traits and habits, you then have release, as you are now aware of what you do not like.

If you do this without engaging in negative emotions and not defending and judging and criticizing, your forward growth progress with respect to releasing will be so much smoother.

So understand that if it seems that everything is crumbling in your life, it is just releasing and cleansing. Remember, you came here to do this, you came here to experience this, and you came here to ascend. You know this subconsciously and you also know that this would not be easy.

But when all is said and done, you would not have missed this for the world. You are ready and you have prepared for so many lifetimes for this. Let go of everything that you were holding on to from all of your past lifetimes and release yourself. Shed yourself of everything that does not serve your highest and best good and find that bright light that you are. You are so loved and so supported. Find your I AM Presence and find your true Self!

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How to Move Forward From a Stuck Relationship



The times are here where your decisions need to be based upon your intuition. You are all releasing those things that are not for your best and highest good. As the energies are increasing, especially with the upcoming eclipse, your higher self will be prompting you to release relationships that you are not comfortable with.

You will see that certain people in your life do not resonate at your energy level. You will need to decide how to deal with these relationships. Trust your intuition, and trust your heart. You are now at a level where you will be making decisions that feel right to you and not what you have been taught is the norm or what others tell you that you should do.

It is time for you to become empowered and stand in your light and stand in your truth. If a relationship does not make you happy and seems to bring you down, that is your higher-self informing you that you may need to reassess that relationship.

You should not allow anyone to control you or tell you how you should feel, especially through fear or manipulation. You do not have to stay in a relationship that is bringing you down.

Yes, it may be hard to let go of a relationship. However, after every ending is a new beginning. And a new beginning is always better than continuing in a relationship that is causing your light to fade which causes you to be stuck in a lower dimension.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

You cannot allow this happen. You must release all that does not serve your highest and best good with respect to all of your relationships. You are not responsible for someone else's happiness.

Each person is responsible for their own happiness. If you are not happy in a relationship, find another one that will make you happy. You are now starting to resonate with people who have your energy levels and as a result, you are seeing so many breakups and divorces at these times. There is so much coming up to the surface to be released. Do not worry that you can't break up with someone because you will hurt them.

Subconsciously, that person knows that there is an energy vibration difference and that person will adjust. If they were truly meant to be with you, they will come back into your life when the energy resonance has been matched to your energy resonance.

Love them from a distance. The current energies will bring all of this up to the surface for you whether you want them to or not. Do not be afraid of these relationships that may be ending for you.

Do not cling to something that does not serve your highest and best good. Do not depend on someone to take care of you. You are capable of taking care of yourself.

And if that relationship ends for you, you will feel better and you will attract another relationship that suits your higher energy vibration, as like attracts like. By doing this and releasing a relationship that has come to an end, you are allowing yourself to be lighter and you will feel happier.

You will feel as if you are freed from your cage. Remember that nobody can control you and nobody should be dictating to you what to do and how to feel. Nobody should be criticizing or judging you or hurting you with words.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Those days of bondage and control are coming to an end and you must now stand in your light and release these shackles that no longer fit your arms and legs. Remember that you are a beautiful being of light that is loved by so many. You do not belong to anyone and nobody owns you.

You will always know if a relationship is right for you by how you feel. Do you feel loved by the person you are with? Does the person you are with makes you feel good inside?

Do you want to be with this person? If you are having doubts as to the answers, it may be time to reconsider this relationship. If you are feeling you should not be in a relationship with someone, then it may be time to make a move and release that relationship.

If it is time to sever the relationship, do not make any excuses as to why you should stay. Kids and financial circumstances may be the two biggest reasons why people stay with someone and never leave. That is allowing another soul to control you.

You are giving your power to that person and nobody has power over you. If you are being treated bad with disrespect and feel that you are hurting inside, then you must release that relationship and leave.

Try to remove the emotions from this decision and make the change that you need. Remember that you are never alone and you have help and are always guided by your higher self.

The harder something may seem to you, the greater the growth you will have spiritually, and the greater freedom that you will feel. So whether you are ready or not, the upcoming energies will force a lot of changes in you with respect to your relationships in your life.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Be ready and stay calm and try to not become emotional and critical and judgmental of the other person in the relationship. That person is also releasing and learning at the same time and you are not the only one that is going through these changes. Honor the other person for the lessons they have taught you with this release and move toward your light and stand in your I AM Presence.

You agreed to be here before you incarnated and agreed that this would happen and now the time is here. You are prepared and guided. Just stand your ground and release it and release the relationship that is not serving your best interest.

Remember, nobody should be telling you what to do or telling you how to feel. You will always know inside whether the relationship is good for you or not. Then act on your feelings and move in your light and release.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## How Not to Give Away Your Power!



Every time you do something that someone wants you to do that you are not comfortable doing, you are giving away your power to that person. You are letting that person control you. Nobody can control you. Nobody can tell you what you should do (or not do) or how you should feel (or not feel). Nobody owns you.

This includes institutions, like organized religions. Do not be forced into doing something due to fear. Fear is such a low energy resonance. Fearing something will cause that something to manifest in your life, as the energies are now at a point where your manifestations will begin to quickly create your conscious reality.

Thus, be very, very careful with your thoughts at these times. Never do anything because someone is pressuring you to do something if it does not feel right to you. You are the creator of your life. You manifest what is in your life and in your reality. You are responsible for your life and the choices that you make that will give you the experiences from those choices.

There are never any bad choices. Your choices only give you the experience from that choice, and the resulting lessons. These experiences and how you deal with these experiences will then help you grow and develop your soul. Some choices will remove karma for you and some choices will cause you to incur karma.

There is never any judgment or criticism or shame by Mother / Father God on the choices you make. Likewise, you should never feel bad about any choice you make or allow someone else to make you feel bad. You are all here to learn. Every choice is a lesson for you to learn from. Never feel guilty or have low self-

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

worth because of the choice you have made, regardless of whether you feel it was a good or bad choice.

Be careful of people who try to make you feel bad or guilty or ashamed of the choices you have made. They are judging and criticizing you which is wrong. They do not walk in your shoes and they are not experiencing and living your life. No two experiences are ever the same. Giving away your power to someone is something that you should never do.

People and institutions do this through fear. They try to make you believe that if you do not do something (or do something) that you are a bad person or that God will punish you. God never punishes. GOD IS LOVE! Period. God will never punish you for doing something or not doing something. God loves each of you so much, regardless of your perceived indiscretions.

Remember that Earth is a learning school to develop and grow your soul. You do not learn how to ride a bicycle before falling down a few times. Falling down is part of learning and when you fall down, you get back up and try again. The same is true with the choices you make and the experiences from those choices.

If you drive a car drunk and get arrested, you will hopefully learn that it is not a good idea to drink and drive. The experience was drinking and driving and the lesson was to not do it again due to the arrest. There was no bad choice made. All that there would be is karma buildup that you may have to repay if the choice you make is a choice that affects others negatively with your decisions. All karma must be paid back and balanced out equally.

Always have the best positive and loving intentions with all of your thoughts and deeds. Never wish anything bad on anyone. Never say bad things about anyone. Never, ever try to get revenge on anyone, regardless of what that person may have done to you or your loved ones. This just creates more karma for you.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

If someone is forcing you to do things or not do things, you will know how you feel about this. You will have a gut feeling, and you will feel whether this is right. Always go with your feelings and always go with what your heart is telling you to do. Do not be pressured by others or institutions to do things that do not feel good or resonate well with you. Doing so gives away your power.

You do not need to do this and you should not do this. It is time to stand up strong in your light and break away from the control that others have had on you in your life. Again, nobody has any control over you with respect to what you should be doing or feeling. You are the sole decision maker of your life. You make the choices for yourself and you live with the choices that you made.

You decide what you want to do. You decide the experiences from those choices. How you feel from the choices that you make should give you an indication as to the lesson that is learned from that choice. So do not let others control you in any way. Do not feel pressured into doing anything you do not feel like doing just because someone is telling you to do this.

Do not do things out of fear and do not feel guilty from any decisions you make. Learn the lessons that are provided to you from the experiences from the choices you make. Remember that you are manifesting your reality much quicker and this will increase even more with the upcoming eclipse at the end of the month.

So do what you want to do and make choices that you want to make and avoid people and institutions who are controlling you. Their power is removed once you stand your ground and not allow them to control you.

You are masters of your reality and loved so much by God as you are all part of the Oneness, the Christ Consciousness, the consciousness of Love! So stay in love and stay true to your own choices, not someone else's choices for you.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## Do You Want To Be Right Or Happy



Your ego is very powerful. Every person has an ego. Some have big egos and some have smaller egos. Your ego wants you to make you feel that you are right and others are wrong with respect to discussions that you may have.

You do not need to right in your discussions with others. This creates arguments which may eventually lead to hurt feelings, isolation, separation, and eventually war. There may be war on a small-scale, like between friends and family members.

And there is war between countries as well. Ego is what causes wars. It is the need to be right and the stubbornness to give in that causes this separation and conflict. Disagreements will cause not only separation, but also name calling and hurt feelings that will linger inside which eventually get suppressed subconsciously causing emotional pain on the inside.

That pain is now coming up to the surface to be released. This pain may be from this lifetime or past lifetimes, or both. It needs to be released now, all of it. Please let go of any feelings that you have with wanting or needing to be right. This is especially true even though you may feel that you are right and the other person is wrong. You can be right or you can be happy.

You can seldom be both. Choose to be happy. Let go of being right. This will disarm your ego. When you disarm your ego, you will remove conflict from your relationships and there will be no disagreements or dissension or separation. Take the high road. This way your ego will not force you in any bad direction,

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

typically of making other people in your conversation to feel that they are not correct. Do not be angry or hostile towards others in your conversations.

This does not help. You will not be happy and will most likely pick up unnecessary karma for yourself. What good will it do to prove your point that you are right and someone is wrong? You may be right, but will you be happy knowing that the other person is now upset? That other person will feel deflated as if they have lost.

If something is very important that you need to stand by, then by all means stand by your point. For example if someone is abusing you mentally, you do not want to tell them that they are right. You probably need to end that relationship. In these times you will know who you resonate with and those people who you do not resonate with will probably drop off from your life.

There are no losers as losing creates separation. We are all One. It creates the perception that one is right and one is wrong. Do not be angry in your discussions with others. Do not be bitter with your discussions with others. This is not a contest of who is right and who is not right.

This is not a fight of who can yell the loudest and overcome the other with their words. Do not have any resentment towards others and always be loving in your discussions with others no matter how mad or frustrated they seem to make you with their comments.

Laugh it off and just move on. It is not worth your happiness. You want to be happy as happiness is a higher frequency vibration. Whenever you are in any discussion with someone and you feel an argument coming on, ask yourself whether you want to be right or whether you want to be happy. Is it really worth it to you to be right, to prove your point that you are right and that the other person is wrong? You should pick being happy.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Watch what happens when you agree with the other person and just smile at them, even though they may be wrong. Practice saying with a smile “Sure, you are right, I agree.” You are showing your strength by transcending your ego. You are choosing kindness, compassion and showing the ego that you are no longer a slave to it. The other person will feel so much better by you agreeing with them on their point.

They may even seem confused as their ego was bracing itself for a fight. And now you swallowed both egos with your love and compassion. This is not an easy thing to do, to stay calm, and centered and balanced when the other person is going off on you and looking for an argument. Or it just drives you crazy knowing that they are so wrong. But just let it go, tell them you agree.

Take the high road and have the satisfaction that you have just checked their ego at the door. You have just shined your light tremendously by your actions of choosing not to be right and choosing to be happy. In fact, when you do this, you will be good at it and you will see so many less arguments in your life. You will see that you have more friends in your life.

And you may see these people change in respect to your views as you have changed in relation to theirs, based on their perceptions. Always take the high road. The ego wants to fight and feel that it is always right. So prevent the fight from even beginning and not allow the ego any say in the fight. By doing this, you will feel so much better.

You will see yourself tested in the upcoming times. Egos are fighting for survival at these heightened energetic times and you will see the egos out in full force picking fights. Do not engage. Just observe. Tell the other person what they want to hear and diffuse the situation. You will be happy you did and you will feel so good and have this overwhelming sense of peace as you transcended both your ego and the other person’s ego.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This does take a little bit of practice. If you feel you are getting annoyed and your blood is boiling by the ramblings of someone that you know is wrong, just take a few deep breaths and find your calmness, your peace. Ask your angels for assistance. You are already going through a lot in this lifetime. This is one less thing that you may not need to deal with.

But it is a big thing and everyone now is being tested on their calmness and ability to be happy. So choose happiness over being right and tame the egos involved. Your ego may not thank you but your heart will. And you are headed into a heart filled world. So always choose to be happy. You will be happy you did.

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



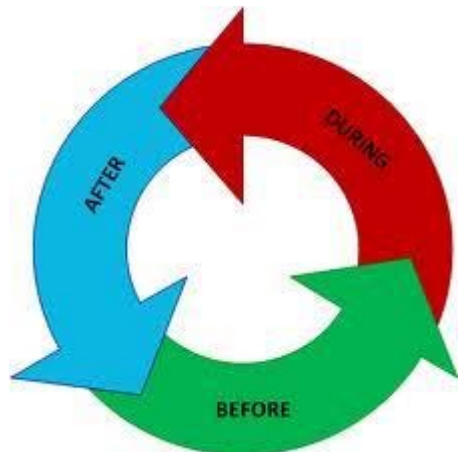
# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## What To Do Before, During, And After An Energy Healing



For an energy healing to be successful, you have to believe, trust and have the positive intention that the energy healing will work for you and help you for your highest and best good. If you have doubts, then you are blocking the energies that are projected to you by the energy healer.

If the energies are blocked, then they will not reach you. If they do not reach you, then they cannot be absorbed by you. If they are not absorbed by you, then they cannot help you. So your belief that the energy healing will work and your intention that the energies reach you is very critical to the success of the energy healing.

### What to do before the energy healing

1. Take deep breaths and hold the in breath for five counts and then exhale. Do this for about 12 times. Try to visualize breathing in light and breathing out love. Just hold this intention.
2. Say a prayer asking Mother / Father God and all the angels and guides for their blessings and support for a successful healing. Any prayer you feel comfortable saying is OK. It is the intention of thanks and appreciation and gratitude that is important.
3. Trust and believe that the healing will be a successful healing.
4. Avoid eating anything before the healing (maybe 1-2 hours before the healing).

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.**  
Copyright© <http://www.Healingandlove.com> all rights reserved.

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

5. Start to get your mind thinking of happy thoughts. If you can't think of anything happy, think of what makes you smile, like children playing or laughing together or you lying on a beach relaxing watching the ocean.
6. Tell anyone in the home that they are not to interrupt you during the healing session.
7. Make sure that you set aside one full hour for the healing session.
8. Understand that you may fall asleep and sleep for a few hours after the healing. This is OK.
9. Go to the bathroom before the healing.

## **What to do during the energy healing**

1. Do not block the energies if you start feeling a tingling sensation in your body or body parts or if you see things in your mind's eye. This is so important. Your energy field is like your home. I can't come into your home unless you invite me in. I can't enter your energy field and help you with your energies unless you allow me in.
2. Think of a happy thought or thoughts in your life that occurred and focus your intention on those happy thought(s) at all times during the healing session.
3. Have a blanket with you during the healing session and cover yourself up if you get cold, as an energy healing may make you cold.
4. Do not be interrupted by anyone in the home. This includes pets.
5. Make sure your phone ringer is off.
6. Light a candle and dedicate it to the successful healing, if you have a candle.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

7. Do not wear any leather clothing items, as leather may block the energies.
8. Do not wear shoes.
9. Make yourself as comfortable as possible.
10. Play soft background music, if you like. But this is not necessary.
11. Try to keep your eyes closed at all times during the healing session.
12. Try not to go to the bathroom during the healing session.
13. Try not to move around too much.
14. Make sure you are lying down on your back, if possible.
15. Avoid any other distractions. This one hour of energy healing is for you.

## **What you may experience during the healing**

1. Energy surges throughout your body or parts of your body.
2. Cold or heat sensations throughout your body.
3. A feeling that you are very light and maybe not in your body, like you are floating away being somewhere else.
4. You may see colors, shapes, white light, colored light, faces, people, or different places.
5. Any other sensation. The sky is the limit.
6. You may see ascended masters, angels, arch angels, or me.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

7. You may experience some, all or none of the above.

## **What to do after the energy healing**

1. Drink lots and lots of water.
2. Do not lift any heavy objects.
3. Try and lie down and relax for a few hours, if possible.
4. Try to not watch any TV and just let your mind go.
5. Try to not engage in any drama conversations with others, especially any negativity. It would probably be best if you were alone.
6. Try to still your mind and remove any thoughts from your head.
7. Just lay there, relax and allow the energies to be absorbed by your body.
8. Do not eat anything for a few hours after the healing, just drink water.
9. Ask the energies to help you remove anything that is not for your highest and best good or anything that no longer serve you.
10. Ask the energies to remove any attachments or cords that no longer serve you.
11. Ask the energies to remove any karma that you may have.
12. Ask the energies to help you with whatever you feel you need help with, emotionally, mentally, spiritually or physically.
13. Do not have any expectations with respect to the work the energies will do.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

14. Do not be frustrated if your situation does not change. There may be a higher reason that it is not changing. Just accept it and be grateful.

15. Trust that the energies will help you and continue from that moment on as if you are healed and have faith that you are healed. Healing may take some time, so give the energies time to do what they need to do.

16. Say a little prayer to Mother / Father God and all the angels, and guides thanking them for the successful healing and for their work. Show gratitude by being thankful and appreciative for their work. Any prayer is sufficient. It is the intent to show appreciation, thanks and gratitude that is important.

If you do these things, your healing sessions will be better received and you just may see miracles occur in your life. Click [HERE](#) if you are interested in a free healing session and I will be more than happy to give you one. Blessings and love to all of you...

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

## It Is Time To Remember Who You Are



Do you feel like you do not know who you are? Do you feel like you do not know why you are here? Do you feel as if everyone is different than you?

Do you feel that people may be attacking you or criticizing you and your decisions in life? So many people feel stuck at

these times. Do not feel stuck.

You are awakening into your true Self. The days of other people telling you what to do and how to feel are ending. The days of others manipulating you and making you feel ashamed or guilty are coming to an end. The days of you being controlled by others and their beliefs are coming to an end.

The time has come for you to make decisions based on your gut feeling, based on what feels right to you from your heart, not what feels right to others. Do you have siblings, or parents or spouses who are not resonating with you? Are you going through hard times with them? Do they not seem to understand you? Are they blaming you for changes that are occurring in your relationships? There is no blame here. There are no mistakes being made.

What is happening is that you are resonating at a higher frequency than these souls. And their ego subconsciously knows it. So what does their ego try to do? The ego will try to blame you, to make you feel that you are the cause of the separation, that you are the cause of the pain and hurt. The ego will try to make you feel bad, and make you feel that you are the bad person, and that you are causing the rift and that you are the one to blame.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

This may be done through yelling and fear tactics with words. None of this is true. The ego is scared as it is losing control and it is fighting to stay alive. Bless and release the ego. Listen and follow your heart with respect to all of your choices going forward now. You are not responsible for others or how they feel.

Others have their own lessons and experiences to sort through. You are helping them by providing them the lessons. You are now awakening. And with awakening comes a shift in your energy resonance, a shift in your consciousness resonance. You will see that like will attract like and people who do not resonate with your energy level will eventually drop off.

This is true even if it is a family member. Do not feel bad or blame yourself if you are no longer resonating with a spouse or a loved one. They may say that it is your fault. They may say that you are the cause of the divorce, that you are the cause of the separation or the pain that they are feeling. Blaming others is easy. But looking within is very hard.

Your awakening is causing this for you. This is a good thing. Those that are un-awakened may blame you, they may say hurtful things, they may not understand and they may not understand you. But you understand. You cannot tell a blind person what it is like to see a beautiful sunset who has never seen before. You cannot tell a deaf person what music sounds like when they have never heard before.

That is what you are dealing with when you are talking about awakening and spirituality. The un-awakened must feel and experience it themselves to understand. It is an upward battle for you to try to explain something to someone that has no comprehension of what you are talking about. All will awaken within time that is right for them. Love them from a distance and honor their path.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**

# The Earth Shift

## Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

Remember that we are all One and all of us are here to learn at our own pace. You may be at the finish line but someone may be slower than you. Allow them to finish and cheer them on. So be prepared to be attacked by family members. Be prepared to have those butterflies in your stomach as you continue to remove layers and shed things that do not resonate with you. Your family may not like you without these layers.

But that is on them to deal with. You did nothing wrong. You are not at fault. You hurt nobody as you had no negative intentions toward anyone. Everyone is responsible for their own emotions and experiences. Again, all that is happening is you are awakening to your true self. A self that is so powerful, so bright and so loved. You are realizing now who you are. You are making decisions based on your gut feeling and what you feel from your heart.

You no longer rely on others to tell you what to do or how to feel. You are taking your power back that you gave away for so long. You are finding You. That is the beauty of awakening, the beauty of love that is You. And you are so beautiful. Truly! You are now becoming that beautiful butterfly that emerged from the larvae.

So fly away and be free, fly away without any constraints or blockages or bondage. You now have wings and not anchors. So if anyone, family member or not, tries to tell you how wrong you are, or make you feel that you are causing them pain, or that you are to blame, or that you have changed, or make you feel guilty in any way, know that this is not the case.

You are raising your consciousness level and they are not. Like will attract like, with respect to energy levels. They will join you when it is time for them. Love them from a distance. Be happy that this is happening to you and not sad. Do not be depressed. Be happy! You are doing nothing wrong and you should not feel ashamed, depressed or guilty in any way for hurting anyone's feelings.

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**



# The Earth Shift

Volume 1, Chapter 1

[www.healingandlove.com](http://www.healingandlove.com)

---

That is on them to deal with. You are not responsible for anyone's feelings or happiness but your own. So do what you need to do and take the emotions out of any discussions that may seem like hard discussions. Then shine your light and fly free like a beautiful butterfly with no more shackles to keep you in the third dimensional world.

You are loved and you are love! Love is the highest vibrational frequency there is, and you all have that God Spark love in you. So go and awaken to your new awareness, to your true self, and be that love!

**BACK TO TOP**

---

**This e-book may be shared, in its entirety, free from edits, for non-commercial use only.  
Copyright© <http://www.Healingandlove.com> all rights reserved.**