

## **Quantum Healing with Carolina: Cord Cutting and Recalibrating Summary**

**Step 1:** Get yourself in a comfortable position either lying down, sitting or standing is fine

**Step 2:** Rub your palms together to activate your hands. Then perform a body scan with your hands starting above your head and working down to your feet. Notice if any areas feel hot/cold, heavy/sticky, buzzy/floaty and take a note of what you observe.

**Step 3:** Set your intention for what you would like to clear from your energetic body.

**Step 4:** Call in your guides, angels and arch angels to assist you.

**Step 5:** Create a vortex (a moving spiral that in this case is going down) into GAIA.

**Step 6:** Ground yourself. Imagine white light flowing down from the bottoms of your feet down into the very core of GAIA. Imagine releasing any negative emotions, fears or worries into this light stream and allow it to be transmuted by GAIA. As the light reaches the golden ball located at the very core of GAIA, she transmutes and transforms this energy into a beautiful nurturing energy, and she sends it right back up to you. Imagine this GAIA infused light wrapping around your feet/ankles and grounding you.

**Step 7:** Imagine a beautiful channel of divine white light coming straight down from source/heaven/the universe (whatever you feel called to imagine). This light comes down into the top of your head and fills up your whole body.

**Step 8:** Use this white light as a tool to cut away any energy/thoughts/memories/feelings you are looking to release. Take as long as feel you need to for this part. Place the energy that you have cut away into the vortex to be recycled back into love by GAIA. Then take both of your hands above your head, and perform a sweep release any other energy that is ready to leave your field. Place the swept energy in the vortex as well.

**Step 9:** Imagine 3 streams of light from Source/God/Universe, coming down into the top of your head. You can choose any colors which resonate with you, I usually use Divine White, Violet Flame and the light of Pink Unconditional Love. Imagine these streams of light washing through your body, and they lovingly fill the space created by what you just removed with the cord cutting and sweeping. They recharge and recalibrate your energetic field.

**Step 10:** Ground these colors down to the center of GAIA as before, but this time when the energy comes back up, nothing has been removed, instead it has been further enhanced by GAIA's loving energy. When the lights come back up allow them to go up through your feet and body and send it back up to Source from where it originated from thereby completing the circuit.

**Step 11:** Thank your angels and guides for their assistance and place an auric/energetic shield around your energetic body to protect your newly balanced field.

*Repeat this process whenever you feel you need to!!!*