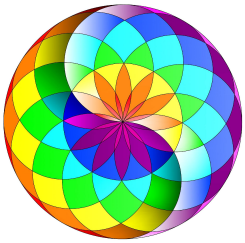
Playing In The Light

Lightworker Practitioner Training
Volume 5

By Michelle Lightworker





Published and distributed by Lightworker Reflections™

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ISBN 978-0-9803627-6-3

PLAYING IN THE LIGHT

LIGHTWORKER PRACTITIONER TRAINING MANUAL

VOLUME 5

By Michelle Lightworker

About The Author



Michelle lives happily on the Sunshine Coast, Queensland, Australia with the love of her life and husband Tony. Although, Michelle really considers Mother Earth her human home and travels it frequently. Michelle is the proud mother of two daughters Sarah and Phoenix. Michelle began her own journey as a Lightworker the minute she entered the world as she believes every part of life is a part in consciously evolving. Michelle more consciously began her lightworking when she hit rock bottom with an eating disorder back in 1990. Since then, her recovery led her to helping others in voluntary service for many years before officially studying counselling and then assisting counsellors with professional supervision. Her counselling business evolved into the educational facility The College of Creative Healing as her clients began to demand training for both personal and professional development. A highlight of her professional career was developing and conducting the Lightworker Practitioner Training, which became the catalyst for her first book 'Making Light Work – A Training Manual for Lightworkers Practitioners Volume 1'. This is the fifth book in the Lightworker Practitioner Training series. Michelle and Tony are currently developing projects in collaboration with other Lightworkers to assist in the growing consciousness towards the light. These projects include the Higher Consciousness Reflections series, the God Art Gallery, Lightfilled Yoga™ offering an online training portal and publishing inspirational books through Lightworker Reflections™. Michelle is also a Certified Trauma and Addictive Disorders Therapist which led to writing and facilitating the Diploma of Multi-addictions Counselling. Michelle studied holistic counselling with Sophia College and became a one of their facilitators of the Advanced Diploma of Holistic Counselling. Other completed studies include: Diploma of Professional Counselling (AIPC), Associate Diploma of Rudolf Steiner Education (Parsifal College); Counselling Kinesiology (Integrated Health Kinesiology) Angel Intuitive and Advanced Angel Intuitive training (with Doreen Virtue) and Zen Thai (Mount Ninderry Healing Centre). Michelle is also a qualified Australian Healing Hands Massage Instructor. Michelle worked as a Waldorf (Rudolf Steiner) Teacher

and also taught children with learning difficulties at Noosa Pengari Steiner School. Michelle has also gained over 25 years experience in both the world of business and government including working for Child Safety. This has been an integral part of her journey in finding the light within the darkest parts of humanity. Apart from being enthusiastic about her work of assisting the consciousness of humanity to evolve, Michelle adores her family life. Many of those are Lightworkers she has met along the story of her life's journey. She enjoys staying active and balances her life with regular Lightfilled Exercise and Lightfilled Yoga™. Michelle is into living life with laughter. Instead of 'doing' Lightworking, she is more interested in 'being' the Lightworker in all she does. Michelle and her husband Tony co-founded Lightworker Reflections™ as they believe that sharing our reflections is the most powerful tool in assisting the consciousness of humanity to awaken to the light. They believe, 'We are all one, we are all in it together, so let's start sharing'.

Dedication:

This book is dedicated to my mum and dad.

To my mum, thank you for saying yes to the power of creativity by encouraging me to express myself. Thanks to your contagious enthusiasm, I grew up feeling that I was a talented creative being. This has been a big part of my journey in spiritually empowering myself to inspire others to embrace their own creativity and help others.

To my dad, thank you for saying no to war by not enlisting. You not only spared your hands, your life and your first love - Art, but you stood for much more. I value your words ‘I’m a lover not a fighter’ so much. You also taught me to see the light within my surroundings by acknowledging its beauty and awesomeness. I feel your loving vision of the world has contributed greatly to my desire to love the world back to life.

And to both of you, Mum and Dad, thank you for your playful Spirits! Although sometimes not understood or valued by some, I have been touched by your love of life, laughter and adventure. I endeavor to live this way every day and not take a second for granted.

You are both such a gift to me. Thank you x

Mission Statement and Intention:

This new way of being will create and build energy towards a group consciousness of living in the light and spiritualising matter.

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Section 1: Introduction

Wow. Wow. Wow. Here we are in Level 5. Playing with the Light. I am so excited that I am able to share with you more about how to heal through the medium of art.

I was told by my guides at the very commencement of writing this book that I would be shown many processes that were different from any I have ever used. So, I feel very excited to be on this journey with you. I know the power in healing through the arts because apart from experiencing the power of play, I have also experienced it countless times with both students and clients.

We are ascending now from the bottom of the ‘evolutionary bathtub’ where we have been fully emerged in matter. We’ve had the opportunity to bring light into the darkest corner. We have faced our darkest selves within and we have faced the darkness from without. We have reached in and found the highest vibrations of matter and in doing so we have become masters of changing our vibrations. Hopefully in making our peace with the darkness from Levels 1-4, we are no longer afraid of it now. So here we are ascending in our consciousness towards spirit once again. We have journeyed through the Crown Chakra in Level 1, Third Eye Chakra in Level 2, Throat Chakra in Level 3, Heart Chakra in Level 4 and are now at a point where we hit our Solar Plexus. This is our personal power center. The Solar Plexus Chakra is associated with the colour yellow and the sun. The sun is a very powerful ally as we discovered in Level 4. Without it we would cease to exist and so would this planet. We are intrinsically connected. We have this celestial being within us. It is a part of us. Our Solar Plexus is the place in our bodies that we connect to the sun on a vibratory manner. It is like our mini sun. It's an interesting phenomenon that we are more cheerful and happy on a sunny day. It lights up our more happy joyful and playful side.

Through the power of this bright, Lightfilled place in our being, we connect with our creativity. We are connected to the wonder child within. It is through this powerful and creative place that we can use this as a strength to heal. Our creativity is the seat of our power. We are creators when we are creative. In fact without creation, there would be nothing. We literally wouldn't be here. So being creative taps us into our light. Be become creators. The more we fully realise this power, the more we are able to co-create with others. The more we co-create, the more in harmony we become with the world around us. The more peace we feel. The more authentic

power we feel, the less we feel we need to prove ourselves, the less threatened we are by the talents of others and the more we are able to celebrate other people's power and creations. Art itself is simply an expression of our creations.

The ability to feel personal freedom, what that means in the truest sense of the word, is here in the power of play. One may think that play is trivial and a waste of time. We may have been shamed in the past for playing. However, the value in play is our biggest teacher. When we play, we are open to learning. We are curious. Our imagination is ignited. Our imagination is the seed of our third eye. When we allow ourselves to imagine, we are exercising a higher faculty. When we are playing, we are more likely to be spontaneous and go with whatever ideas pop into our mind. This connects us to our higher thinking faculty of our claircognisence. When we are playing, we go with our feelings. We are more in the journey of things rather than focused on an outcome. This connects us to our intuition or clairsentience more. When we play we use our voice and we hear ourselves and others ideas through both our physical and spiritual ears. This is very exciting. We are more connected to the higher vibration of songs and music, often finding ourselves with tunes and songs in our heads and may even hum whilst playing or working. This assists us in building and developing our clairaudience.

So here we have it. The power of play builds our connection and strength of our higher faculties. The power of play has been proven to teach children more life skills that they need to cope with life on a daily basis too. For example, children learn parenting skills by pretending to be mummy or daddy. Or children learn mathematical skills by pretending to be shop keeper. Children can learn strategic thinking by playing sport such as football. Recent studies have assisted us in realizing how important it is to keep our mind active. The more active we exercise the mind, the more we keep our mind strong and the more we 'own' it. The less we play, the less we thrive. Games such as puzzles, suduko and crosswords have all assisted with brain degenerative diseases such as Dementia and Alzheimer's.

How To Use This Book

This whole book is a toolkit. Because we are doing detailed processes, it will be quite technical and detailed. In each section and with each process, I have been guided to break things down in a step by step fashion so that you can see where I am coming from. Then, if you are guided a different way, you have more of a solid framework to refer to. Over the past 4 training manuals of the Lightworker Practitioner Training, we have covered areas that we will now expand on now, with artistic therapeutic support. You will find this invaluable on your Lightworking journey, as I have. Not only in going through these processes themselves, but in assisting others who may be unaware of things that are going on with them. They may simply not be consciously aware, but by taking them through a therapeutic process and by-passing their head or logic, it can delve right into the heart of the matter and speed up the healing dramatically.

There are some main processes that I have been called to include in this book. Some are new and some assist the Lightworker Practitioner to take clients through more artistic processes that relate to the previous levels. From these, I believe that over time you will gain the skills and familiarity to design processes for yourself as you are guided by spirit. You also may be guided whilst taking someone else through these processes. So, in true Lightworker Practitioner form, these processes are not set in concrete for you. Our guidance from spirit always comes first. If in doubt, leave it out and stick with the processes that you are being given here.

The main artistic mediums that we are focusing on are clay, drawing and water colour painting. If you know that you need to focus on a particular process but your client is not responding to the artistic medium that you have chosen, try another medium. Some clients resonate with different artistic mediums more than others. Some love the clay and others don't want a bar of it but enjoy drawing or painting.

What if sometimes it doesn't feel like playing?

Using some of the processes in this manual, we may sometimes feel as if we are not playing at all. The processes in this level of training are designed to assist us in returning to a whole and balanced state of being. When we are in this process of healing, even when it is done in the spirit of play, it may not feel like play at all. In fact, we might feel more bogged down and drained than ever before. This is because when we are releasing blockages through our creative play, we also release toxins that have been trapped in those blockages. These can feel really toxic when they are released into our physical body. This is a drain on our etheric healing body. The etheric forces that assist us to be creative also assist us to heal our astral and physical bodies. These etheric forces also help us to think. When we think too much we can feel drained and lack energy. This can shut down our body and make us feel tired. This flat or bogged down feeling can be very short term if we know how to deal with our etheric body.

Suggested ways to build up and rejuvenate our etheric body:

- A good night's sleep will do the trick
- A gentle walk to get some oxygen in our bodies
- A power nap for 20 minutes
- Resting whilst imagining breathing in light into our bodies for 5-10 minutes
- Lightfilled breathing whilst moving (yoga, walking, tai chi). Imagine breathing in oxygen that is filled with light. This rejuvenates our etheric body.
- 'Clearing and Centering the Self Meditation' from Level 1 or other chakra meditations that build the energy centers and resource them.

Lightfilled breathing while resting or moving is also recommended when we are physically healing after sickness, surgery or an injury. If we have depleted ourselves

too much through stress or even exercising, lightfilled breathing is amazing in how quickly it will rejuvenate us. We can just slow down the pace while we are exercising too and breath in this light. We find that this replenishes us far more quickly than simply stopping. This is explored more in Level 6 ‘The Lightfilled Being’.

It is important to acknowledge how much play can tire us out! But if we see it as a release and then rebuild, we will feel so much more positive about engaging in play and creative process work. Lightfilled play is like working out in an etheric gym! We often talk about physical fitness. However, emotional fitness is as important because it has such a strong impact on our physical bodies anyway.

Other times we are having so much fun during creative play that we feel energized instead of depleted. This is often the case when we are no longer in resistance and the play we are engaged in is feeding us, our spirit and our soul. Nevertheless, we also need to ensure that the play we are engaged in is not detrimental to other areas of our lives too. Otherwise it is a false high. Play without resistance is the best play of all – as long as we are being real about the impact the play is having on our lives. Hopefully it builds our physical, etheric, astral and spiritual bodies and supports those around us in a positive way, ensuring that we stay in healthy connection to our family and friends. Often different types of play engage different people from various areas of our lives. That is okay because we will not connect with everyone on the same level all the time.

In Section 2 ‘Lightfilled Play and the 12 Principles’ we revisit the Lightworker Practitioner Training Principles and how these relate to our personal power play center. As we have learnt, they are very powerful principles. They empower us even more when we draw on them when we are focusing on play.

In Section 3 ‘Lightfilled Play with Clay’ we cover a number of processes designed to assist ourselves and clients with specific issues. These processes are detailed and presented in a step by step fashion. Once again, we provide as much detail as possible so that you understand the rationale behind why we include each process and what to do if something pops up unexpectedly during a process. We are open to feedback to include in the ongoing evolution of this book. So if you encounter something that is important to include, please let us know.

In Section 4 ‘Lightfilled Play with Colour’ we repeat the same processes that we use with clay in Section 3, however we have tailored it for using with paint/drawing. I felt guided to include this as a completely different section, although it may seem repetitive. It would not flow correctly otherwise - especially if you are referring back to this book and just want to focus on a clay or painting/drawing process with a client. It is also a lot easier to get into these processes when you focus on the medium that you are using. Some contraindications and various elements will emerge with using one or the other and these needed to be stated separately.

Section 5 ‘Lightfilled Play with Complimentary Therapies’ we explore a number of different ways we can connect with and empower ourselves through play including: Dream Work, Higher Consciousness Reflections and Other Cards, Lightfilled Bodywork, Lightfilled Drama Therapy and Voice Dialogue, Lightfilled Movement, Dance & Exercise, Lightfilled Photography, Lightfilled Yoga™, Pet Therapy, Sand Tray Therapy, Sound and Music Therapy, Story Making, Visualisation and Writing.

In Section 6 ‘Lightfilled Play with Ourselves’ we get down to the brass and tacks of how play affects us on all levels. We relate play back to our “Wheel Of Wholeness” in order to strike a balance and we ensure that we understand how play affects all our energy centers.

Finally in our last section we explore some of the previous processes in Section 3 & 4 and tailor them to working with couples. We look at how we can encourage play in our relationships with others and how this can connect us and deepens our relationships.

Section 2: Lightfilled Play and the 12 Principles

Now let's review the 12 principles of the Lightworker Practitioner Training and how they pertain to Level 5 and Playing in the Light.

The 12 Principles

PRINCIPLE 1: HONESTY

Lightfilled play involves honesty in that we need to own how we like to play and what play means to us. It is about exploring that, giving ourselves the permission to admit it to ourselves, our higher power and others. In relationship, this honesty is very important because it extends out from the core of ourselves. Our solar plexus and the seat of our personal power center must admit to others what play means to us or else we put out our light and we can feel as if we are dying inside. It is like our light goes out. When we light up, we literally light up. This lights up our relationships and keeps them fresh and vibrant. Being honest is not only a journey of exploration, but a destination of expression. Expressing our play in our creativity, our hobbies, our energy and our light is something that if hidden from the world, eventually feels like a death of our soul.

It is great to admit to ourselves what Lightfilled play means to us, however the essence of being a Lightworker is being willing to share that with the world - to allow our light to shine on others.

PRINCIPLE 2: OPEN-MINDEDNESS

Lightfilled play means being open to things, that you may have not ever thought possible to explore, with your creativity. It is about being open enough to allow new things in to increase the light of your soul to shine. For instance, you may be a natural writer and you find that this form of creativity is comes easily for you. It may make you feel great both during and then in sharing it with others afterwards. You may be really passionate about it and relish the time that you take when you write.

Then during your life, you may meet someone who loves to paint. You've never painted before. You've never felt a desire to paint. You have no interest in painting. However, the principle of open-mindedness would say, "Why not be open to trying it out. Who knows how you will feel?" It may be that writing is your first love. However, it may also mean that different parts of you get to express themselves with painting. It may unlock a part of yourself that you never know existed. You may have even been a painter in a past life and never knew it until you picked up the paint brush in this one!

Keeping an open-mind to exploring different forms of expressing yourself is extremely important as a Lightworker. If we have traumas that need overcoming, we may be quite resistant to trying new things. This doesn't mean we shouldn't try them, it means that it is an opportunity for healing. What lies beneath a trauma is often more energy. Traumas usually cause blockages to our energy. Confronting and healing traumas is a way that we can tap into more energy and utilise this energy for creativity.

So keep open to new experiences, trying new creative and energetic ventures. This includes physical activity as well as creative pursuits. Our energy often becomes unlocked when we try new physical activities of play such as dance, exercise and challenging our bodies. Playing in the light doesn't just mean that we are having fun. Playing can mean that we are challenging our bodies as well. Just think about children, do they ever stand still for very long when they are playing? How often do you see children conquer new physical challenges and light up! Mastering our bodies gives us a huge sense of achievement, empowerment and becomes a lot of fun. But first, we need to be open and give it a go.

PRINCIPLE 3: WILLINGNESS

Well having read Principle 2 on Open-mindedness, it gives you a really good insight into what you have to be willing for. For instance, if you are not willing to challenge your body physically, you will not get to experience the empowerment that comes

from overcoming perceived physical limitations. If you are not willing to stretch creatively, you will never go beyond past life traumas or tap into a vast well of energy that may be closer than you think.

The mastery of the body is from the mind. The mastery of the mind is from the will. The will is something that comes from our very spirit. If we are not masters of our will, we are very disconnected from our higher power. The strength of our will comes from our higher power. This part of ourselves that is aligned to our higher power is where our highest will resides.

As I have mentioned before, being in a state of willingness is a choice. It is a choice that we make every second. As we explored in Level 3, there is always a part of ourselves that is willing if it is for our highest good. And we also know that we encounter parts of ourselves that are in resistance along the way. The key here is to strengthen our higher selves so that we are more willing to do the things that we believe we deserve, that are for our highest good. This takes time. So be patient and keep stepping forward.

Remember, your higher self does not ever go away. Even when you are in the highest level of resistance possible. Sometimes it is all that we can do to hand over our resistant part to our higher power and not over think our decisions. If our higher self knows that some activity is for our highest good, we can feel the resistance and just do the activity anyway. I know that I have done this many times in my life. This helps me stay in good physical shape and keep a routine. Often physical or creative activity assists me with getting past my initial resistance. I know that it strengthens my will and aligns it with my higher power. Aligning your will to encourage play is very important in spiritual development and evolution.

PRINCIPLE 4: FORGIVENESS

When we forgive ourselves for suppressing our personal power, we gain a compassion for the other parts of ourselves that helped us survive in our lives. Loving the parts of ourselves that help us survive is not a sign of weakness or indulgence. We can love these parts, forgive them for the sabotage, resistance and

avoidance of our personal power because we know that they truly are frightened parts wanting to protect us. We no longer hate ourselves. We are at peace with our past and we know that we did the best we could at the time. Now we are in a state of mind and heart where we are able to allow this level of forgiveness to provide a new platform of defining who we truly are in our most powerful state of being. We lighten up and allow ourselves to play with this idea and to propel us forward. We no longer live with regret over time lost. We know that it is all in perfect timing and order. We refuel and we reengage in the present so that we do not lose any time and this motivates us to move forward.

With this type of state of being, as Lightworkers, we find that we are able to work with others in such a way that they can see their potential as powerful beings. We do not ignore their vulnerable or resistance selves. However, because we are at peace with our own, we do not step into judgment or frustration with our clients. We work with them in such a way as to hold a space of compassion 100% of the time. We know that we cannot force our clients to be willing or see what we can see. However, this does not hinder our vision. We are able to communicate it clearly. We can see beyond any limitations that the client has of themselves. We can also be in total peace with where our clients are in themselves now and what they are ready for. So this forgiveness is such a gift to ourselves and to others. We hold the space and invite others in to share the vision that we hold for them.

PRINCIPLE 5: UNITY

When we are at ‘one’ with our personal power, we can also fee ‘at one’ with others who are in their own personal power too. Life becomes so much more playful. Being powerful and empowered does not mean that we are serious all the time. Lightening up, means just that. We lighten up. When we are empowered and light, we have synthesized our personal power and it is playful and light. We find that others lighten up more readily in our presence. We are unified and our vibration effects the people around us.

This type of empowerment allows us to connect with others wherever they are too, because this is not a false sense of empowerment. The feeling of our personal power is more of a real sense of empowerment that connects us with others rather than disconnects us through our lower ego.

Lightfilled play is so universal. Our view of the world can be one where we see life as a state of play. Not as in a game, but as in a journey. We see everything in process. This process is play. Things play out. We see that we are a part of this journey. We see the bigger picture, especially in our personal daily reflections. We see we are all connected and how our state of play affects others. This helps us lighten up.

In our meditations for Level 5, we connect our solar plexus with the sun and the core of the earth. This is very important because we are a mirror of these beings. We are connected. Our personal power center of our solar plexus fills us with the energy that is in the heart of our earth and the sun's vibrant power. We are ALL connected to these powerful beings. As we all connect with these beings, we connect with each other. Imagine that your solar plexus is connected to the sun, the core of our earth and to every human beings solar plexus on this planet. What a thought! But it is true. We are all connected. No one can take our power. We can never truly take someone else's power without trying to take our own. This is the principle of unity. Whatever we do to others, we do to ourselves. This means that if we give to ourselves for our highest good and the good of all, we also give this to others. Remember this the next time you feel that you are being selfish for meditating or having some Lightfilled Play time. As you give to yourself on this higher vibration, you not only give to others, but you give to the entire planet and the entire universe too.

PRINCIPLE 6: DISCIPLINE

Sometimes it takes discipline to play. As I mentioned before in the principle of willingness, we do encounter parts of ourselves that are in resistance from time to time. Sometimes we find that it is easy to step into our normal Lightfilled Play activities and then we need discipline to try other Lightfilled Play activities that don't come as naturally to us.

Also, sometimes we can get so caught up in the daily grind that we completely forget about play. We might be working too much. Perhaps our play has become work because we are cramming it in or trying to reach deadlines to finish a project. It is always important to ensure that you feel as if your play is giving you a sense of stepping into your light more. Sometimes we find that a hobby becomes too disciplined and we are living more in our heads with the activity. If we are not feeling our energy move from a physical or creative activity, then we probably need to change activities. Sometimes our energy gets stuck because of our attitude towards feeling pressure to finish something or 'do it right'. If this is the case, then we need to ensure that we hand the project over to our Higher Power and ask for what the next step is to do. When the will is spiritualised, the play element will come back into it. It will feel like fun and enjoyable even if you are trying to reach that deadline. Finishing projects that are fun is all part of the growth experience of Lightfilled Play.

When we choose to make a career out of a hobby, we might find that we need to find different playtime activities that fill us with energy. We may feel more depleted from engaging in our career hobby because we are using our head more or caught up with the admin or business side of things. So…make sure that you mix it up. When it's time to knock off work, then stick to that and stop. Make sure that you plan your play time activities so that you feel as if you are expanding your body and soul with light, energy and breath. For example, if you are living your dream with your own Lightworking business but you are sitting all day, you will need to move your body physically. Get out and get some fresh air. Plan to exercise daily. Make sure you get some sunshine. If you are active all day physical through your Lightworker calling, then make sure you have time to be still and listen, visualise and do a creative activity that does not challenge you physically. It is all about balance. It takes discipline to keep things in balance. Remember that we are Lightworkers in physical bodies. As we remember ourselves as Lightworkers, we don't want to forget ourselves as physical beings too.

PRINCIPLE 7: FAITH

Often when we are playing, we need to have faith in the process of the play. With Lightfilled play, we are experiencing a process in assisting us in becoming more of who we are. This process of play can sometimes have difficult or challenging bits to the process along the way. Sometimes during this process we don't see the light at all. Sometimes it doesn't even feel like play. However, if we know that we are being guided through a process and that our Higher Power has our 'back' so to speak, then we need to have faith with every step we take along the way.

Exercising the principle of faith as a Lightworker with Lightfilled Play means that we are trusting our guidance and that of our clients 100%. We know what we are being told. We know what our clients are ready for and what they are not ready for. We know what we know. We even know when we don't know. This is important too. Sometimes we simply don't know the next step of the process. Even if it is written there in black and white (as in the Lightworker Practitioner Training). At these times, we need to exercise our faith that we will know when the time is right. It is also a part of our journey NOT TO KNOW. This has been my experience many times over, let me tell you!! We need to have faith, that when we don't know, that is perfect too.

The process of play often goes in directions that we really don't see coming at all. That is play in its essence. So being a Lightworker, facilitating Lightfilled Play means being at peace with the process. It means that we are stretched as Lightworkers in our 'not knowing but being at peace' department. This is very good for us. Especially recovering control freaks like myself!

PRINCIPLE 8: RESPONSIBILITY

There are 2 major areas of responsibility when we are exploring Lightfilled Play.

1. Being responsible for owning what type of play we want to explore

When we are responsible for owning what type of play we want to explore we are being honest with ourselves and others about it. We may keep it to ourselves or

share it with appropriate people that we can trust. This is fine. However, on some level we are all connected and we all ‘know’. So it is about being transparent about what type of play we are exploring. It is not about hiding who we are. It is certainly about sharing it appropriately but it is also about not being ashamed of who we are. When we hide away, we hold a certain level of shame. So taking responsibility is about releasing shame and stepping forward into the light.

Sometimes we may feel that the only being that we can share our process with initially is our higher power. This is fine too. And can be extremely empowering, because we are not doing something to prove anything to anyone nor gain their approval. So it always depends on our energy, our motivation and our rationale behind how much we share or do not share with others. At the end of the day, ask yourself if you are comfortable in your own skin and at peace with your Lightfilled Play decisions. If you answer yes to both, then you are probably on the right track. If you answer no to one or both, then it may be time to start sharing the Lightfilled Play process and journey with other appropriate people that you trust. Remember, don’t hide your light nor your process. You have nothing to be ashamed of. We are all created equal.

2. Being responsible for the impact that our play has on others

Lightfilled play does not disconnect us from others. When we play, we can play unconsciously or consciously. Unconscious play does not take into account the impact (either negative nor positive) that it has on others. Conscious play is Lightfilled because it benefits the person playing and also acknowledges the impact (either negative or positive) on others. So it is not about being playful and insensitive. Lightfilled play engages our awareness to connect us more to others, not less.

When we are exploring parts of ourselves and lighting them up through play, our aim is to ensure that they are accepted and healed. This means that we end up with greater wisdom and acceptance of others too. Having said this, not everyone is going to share our view of the world nor accept certain types of play that we engage in. Others may be judgmental or shame us for exploring. Our play may trigger other

people's shame or grief in their inability to explore play at this time. We need to remember that some people do not respond well to our healed parts, our light shining or our new found empowerment. They might find this confronting, threatening or overwhelming. We can notice these things without taking them on. We certainly do not have to change ourselves however we may choose to moderate how much information that we discuss with these people as it may be beyond their current level of consciousness or understanding. This is fine. Stay out of judgment of others. Especially, do not take other's feelings of disapproval or judgment on board. Just live and let live. Don't stop being you nor let other's opinions disempower you. Only you can allow that to happen. Pray for the strength to continue to step into your power and light. You may wish to pop them in the 'Womb of Transformation' as discussed in Level 4 which is a loving way of letting them go and acknowledging their own free will to change.

PRINCIPLE 9: LOVE

Choosing to play in the Light is a loving choice. It gives us the opportunity to love the parts of ourselves that are vulnerable, resistant and empowered. All these parts are important to our journey. As we love ourselves, we are able to love others more and more. We judge others less. We accept others light more too. We don't feel threatened by other empowered people. We see their divinity more and more.

As a Lightworker, it is important to hold the space of love during Lightfilled Play. Clients will go through so many processes on the journey of this Lightfilled Play. We need to always remember that our clients are a mirror. If we are judging them, we are transferring a judgment we have of ourselves onto them. We need to own this. We need to ensure that we take this back into our own meditations and ask for acceptance and love of this part of ourselves.

Over time, we begin to love the process of play. We see that the process is the life of the play. The destination becomes each moment of play as it lights up our consciousness. We learn to love the journey.

PRINCIPLE 10: WHOLENESS

Lightfilled play in its essence allows us to become more whole. It returns us to a state of wholeness because in the process of playing, we become more conscious of all the other parts of ourselves. In choosing a certain issue to focus on in our Lightfilled Play, we uncover many things that we had no idea existed. This is both exciting and scary at times. However, one thing is for sure. We have an opportunity to return to more wholeness because we uncover that which is hidden. Had it not been for our play, we may have never discovered it. This is because play unlocks our unconscious world. This world that exists even though we are not currently aware of it. I love it when a client lights up because they have unlocked their unconscious selves through a process of play. So simple, yet so powerful.

As a Lightworker we are provided with the tools to assist our clients to unlock their unconscious mind and body through this Lightfilled Play. We are so privileged to have this information. This information changes people's lives forever. It is such a wealth of riches that no money can buy.

PRINCIPLE 11: JOY

In being a Lightfilled being, we need to be willing to step out of our comfort zones. Often we align fun with playing. Sure, playing is fun. However, Lightfilled Play is more joy-filled play than fun-filled play. What is the difference? Well joy-filled play comes from a deeper sense of satisfaction that is aligned to a higher purpose. Fun can also be joy-filled too. However, fun can also be a cover up or avoidance of reality. Joy is not a cover up or avoidance of reality. True joy that is. Because true joy is aligned to our highest purpose. True joy connects us with our higher self. Sometimes true joy means that we are doing something that feels like a stretch. It might be public speaking, setting up our own business or doing our first consultation. On one level, we might be nervous as hell. On another level we are actually in a state of pure contentment that we are exactly where we are meant to be.

Joy is connected to our willingness too. When we are willing to align with our highest will to be in our personal empowerment as a Lightworker, it brings us the most deepest sense of joy that we could ever hope for. Nothing comes close. No amount of play time that is just ‘fun’ matches it. Lightfilled play is about being willing to stretch our human self to align with our higher self. Sometimes the journey is fun. But there is no arguing that it is a deep sense of joy along the way. Even if our human self is sweating blood, sweat or tears.

PRINCIPLE 12: PEACE

I hope that the end result of our Lightfilled Play is peace. We find that during Lightfilled Play we get more and more peaceful the more that we do it. Fear of the unknown can often hinder this process. However, we hope that the end result of the process of play, provides us and our clients with a deep seated sense of peace. We find that when we accept our process, we feel more at peace with ourselves.

As a Lightworker, we can allow ourselves to be at peace with another’s process because we know that they are doing exactly what they are meant to be doing and they are exactly where they are meant to be. When we first start out, our own fear of the unknown may provide us with lots of nerves. I recommend handing your clients over to your Higher Power at the start of each session. This helps you to relax and know that everything is in perfect order. You will hear, see, know and feel more spiritually connected when you are relaxed and at peace with the process.

Section 3: Lightfilled Play with Clay

There are many ways we can learn to play with our intuition. The best way we can play with it is to connect with the earth and our bodies. Our intuition or clairsentience is basically listening to our bodies. So in this section, we explore working with processes that are based around one of the most densest vibrational artistic mediums, that of Clay. We are learning how to make the earth work for us. Matter matters. It matters so much. It is the most physical representation that we can get of expression of our souls and spirit.

My mentor for working with clay has been Dr Patricia Sherwood Phd who was my teacher in the Advanced Diploma of Holistic Counselling through Sophia College. It was a great course and we learnt to process and resource ourselves using the medium of clay. This method I have saved for teaching you in detail until now because it is best learnt in a way where you can fully immerse yourself in connecting with this medium. I am receiving guidance from spirit in working with clay, that differs from the processes I learnt through Sophia College. The processes I learnt and experienced through Sophia College were right for me at that time in my life. They were perfect for what I needed and resonated with. Now I find that there is more to be experienced from the Lightworker's perspective. It really excites me to be sharing this with you as it is completely unexpected.

Firstly, clay itself is earth. It is very dense. Solid. Total physicality. Unless we add other elements to it, it doesn't move. When working with clay in Lightfilled Play, it takes the other elements of fire, air, water and spirit to ensure that we reconnect with our Higher Selves, release blockages and strengthen ourselves. The element of fire through our ego, wills the clay into shape. It takes the air element of our astral body to move the clay in line with our feelings. We call on our feelings of grief, passion, anger, sadness, joy and fear to move the clay in the way we feel. This movement is symbolic of the astral forces that we learnt about in Level 4. The shapes that are formed in the clay are representative of energy that is stuck in our astral body. When we add water, we connect with our etheric body. These astral imprints that live in our aura and etheric body are more finely and gently revealed with the help of water. So we shape the clay into form with our feelings and will. We move it with the expressiveness of the astral body and we reveal its finer truths by using the gentleness of water to release these forces. In the process of our ego's consciousness witnessing the astral body's imprint in the etheric body, we gain back

awareness of our memories related to the event. We then use the element of Spirit to resource and rebuild our astral and etheric bodies through the clay as well. The end result of clay is then representative of how we have healed our body. The physical representation of clay and earth is also mirrored in the healing affects that the clay process has on our body.

The astral body exists in the rhythmic system. When we experience trauma or abuse our breath is usually interrupted. This creates an imprint and memory in our etheric body. Going back into the imprint via the clay also unlocks the memory of the traumatic event. In doing so, it ignites our spiritual vision or third eye.

It is much the same as with our dream work when the ego and astral bodies leave the physical body behind during sleep and go off to be nourished by spiritual worlds. When they return they bring lessons of awareness that are communicated by the astral body through our dreams. When the ego and astral body returns to our body, they weave back into our etheric body. This is the point when we start to remember our dreams. We can then experience our dreams in such a way that everything in the dream is symbolic and has meaning. When we try to unravel the meaning, we get the message of what the astral body is showing us that we need to resolve.

Our memories are in the ether or etheric body. When we are connecting to this etheric body, we must be connected with the physical body. The etheric body never leaves us until death and holds all the memories of all our experiences in all of our physical bodies from all our lifetimes. Our astral body holds all the feeling memories at whatever stage they are up to in the GROW (Grieving Restores Our Wholeness) cycle that we learnt about in Level 2. Unless we have this connection with our physical body, we have no access to full memory function of all our lives.

The process of working with clay is not a complicated process. However it is very powerful. It is benevolent. It is about revealing the depths of our soul and placing them before us so that we can see what lies beneath, what lies within and we can find solid ways of supporting and resourcing ourselves. With your client's consent, you may wish to take a photo of the clay/painting/drawings as your own reminder of your client's process. Your client can take their clay pieces with them and put them on display to serve as a powerful visual reminder of their healing.

The main areas that we will be learning processes with using clay are:

1. Healing Original Wounds
2. Childhood Developmental Stages Healing
3. Personal Empowerment
4. Resolving Grief and Loss
5. Resolving Dysfunctional Roles and Relationship Dynamics
6. Channeling Higher Vibrations
7. Releasing Attachments, Cords or Carried Feelings
8. Balancing our Masculine and Femininity
9. Strengthening Our Connection to a Higher Power
10. Transforming our Shadow
11. Wheel of Wholeness Integration - Specific Area
12. Wheel of Wholeness Integration - All Five Areas
13. Balancing our Energy Centers – Specific Chakra
14. Balancing our Energy Centers Intergration
15. Power of Play
16. The Perfect Sphere
17. Relationship Resolutions
18. Releasing Armor

The Tools of the Trade

When we are working with clay, we need a few tools to assist the process:

- A drop sheet or tarp if you only have carpeted floor
- Small wooden boards made from thin masonite or clear tough plastic
- Brown or white clay. Art and craft shops sell these. You may get lucky like me and find a wholesaler. I was able to get it locally for $12 per large rectangular block.
- A bowl of water
- Kitchen wipes, tissues or towel on standby to soak up excess water
- A pillow on the floor is fine but if you have a client who isn't comfortable on the floor, make sure there is a small table that they can use.

Contraindications

Clay work is a drain on the etheric body so it is contraindicated for:

- pregnant women
- those with major illnesses where the etheric body is depleted
- anyone who is sick
- those recovering from surgery
- the elderly
- children under the age of 7 or with weak etheric bodies.

Healing Original Wounds

This process assists us with identifying and releasing emotional wounds that have been caused by abuse or trauma in this life or others. The client will experience emotional and/or physical pain, numbness or emptiness depending on the wound.

It is a good intervention tool when:

- A client has revealed a traumatic event during a session and they wish to resolve it.
- A client is overwhelmed by or stuck in their emotions in relation to a traumatic or abusive event in their lives.
- A client is experiencing recurrent flashbacks of a trauma and it is causing the client stress (Post Traumatic Stress Disorder).
- A client has no memories of an event but intense feelings they cannot explain.
- A client has an absence or disconnection from any feelings of a traumatic or abusive event.
- An unexplained tumor, lump or other illness appears out of the blue.
- The client is describing feeling empty in an area of their body.
- A client keeps recreating destructive patterns with themselves and their relationships.

Example

A recent event has triggered off a heightened emotional response in the client e.g. Amy discusses feeling upset and 'silenced' by her partner Dave during an argument where he was talking over the top of her. Amy feels she has no voice and her energy is stuck in her throat. Amy also feels judged and abandoned by Dave. Further

exploration through dialogue with Amy reveals a time when her father yelled at her for having an opinion at the dinner table when she was a child. She was told 'children should be seen and not heard'. Amy has struggled to express herself freely in relationships with men. With further exploration through clay, Amy experiences memories about a past life where she was beheaded for standing up for her beliefs. The energy stuck in Amy's throat, the feelings of being judged, rejected and abandoned, all stem from this incident from a long time ago.

How this process can help:

- This process can help to make conscious where the original wound occurred in the etheric body. We find that until it is resolved, we continue to recreate these stories and events in our lives. Unless they are resolved in the etheric body they eventually filter down into our physical body resulting in physical illness.
- We unlock memories of events that may be hidden from our view.
- We assist the client in increasing their clairvoyant abilities. These processes clear our energetic centers that enable our spiritual organs to function more clearly.
- We assist the client in releasing emotional blockages.
- We assist the client in moving along the grieving process towards wholeness, joy and gratitude.

Step by Step Process for Healing Original Wounds

This process involves using 3 pieces of clay. One represents the original wound, the second represents the resource needed to heal the wound and the third is the healed wound. A fourth piece may be required if there is a guard blocking the client from feeling their wound. This is discussed in more detail below.

1. Identify the issue. It may be presenting itself as the flashbacks, overwhelming feelings, health issues, pain in the body or numbness. It may also be a recent 'trigger' that has incurred overwhelming feelings. These triggers are usually the catalyst for further exploration. No logical understanding is required to explore what has fuelled the trigger. If we are highly emotional, it is usually because of an old wound.

2. Ensure that it is the clients wish to resolve the issue and wound. Gain their consent.

3. Create a simple statement, wish or goal to resolve the issue or wound. It can either be negative or positive. Whichever one incurs the most reaction is the best because as we are in reaction, we stimulate feelings in our astral body. And when our astral body is stimulated we are more likely to be able to access information. Here are some examples of statements used from the standpoint that is more focused on the negative: 'I wish to stop attracting abusive partners', 'I now release fear of stepping into my power as a Lightworker', 'I want to be free of resentment towards my mother'. 'I am now healed from my fear of abandonment'. Positive statements can also be used as a way in. For example, if we feel sick in our stomach when we say an affirmation such as 'I am a powerful Lightworker' or 'I am 100% comfortable and happy in my body' then this is a good signal that we have some wounding. If it works then use it!

4. Ask the client to close their eyes and sense into the part of their body that they are feeling reactive, pain or the feelings. If the feelings are too overwhelming they may choose to use the entry/exit technique of stepping into the wound to get a sense of what it is like in there and then stepping back out of it. The client will literally feel their wound and take one step forward into it. Then they step back out again and form the wound in clay. They may even choose to shake it off because it is so overwhelming. Essentially, the intention of the entry/exit technique is that they are stepping into their etheric body and auric field and getting a snap shot. Then they can mold it in clay. With others, they need to be in the wound and fully connect with it because

they haven't been connected for so long. The main point is to choose the method that allows the client to come closer to understanding what shape the feeling looks like so they can form it in the clay.

5. Ask the client to mold the clay into the form of how the wound feels in the body. While the client is molding the clay, they are connecting to this imprint. They may cry and release frozen feelings. Tears are said to be the etheric body melting, dislodging and releasing emotions that have been waiting to thaw out.

6. If the client is absent from their feelings, step 5 will not work. What will work is asking the client to mold the block or guard that is defending them against feeling these feelings. Once they have done this, you can have them mold what is underneath, behind or within the defensive block. If they still cannot access this, they are not ready or they don't feel safe yet. I recommend that you explore other resources to assist them such as 'Channeling Higher Vibrations' clay exercise, 'Clearing and Centering the Self' or 'Daily Guidance' meditations. These will give the client more support so that they feel safe enough to explore their Original Wounds.

7. Once the client has molded their original wound in form, we can then take them through a meditation or talk to them to find out what they needed at the time of the trauma or abuse. We try and identify this down to an archetype or spiritual resource. We are after a quality that will fill them and raise their vibration. Such archetypes can include: love, strength, forgiveness, acceptance, compassion, nurturing, protection and confidence.

8. We ask the client to mold this archetype in the clay. It may present itself in the form of an angel, ascended master or other non-specific form. Ask the client to focus on how this archetype feels whilst they are molding the clay. It does not have to be a work of art to be art working for us. We just need to encourage the client to connect with this vibration. This is their medicine and the antidote to the wounding. If they are stuck, simply ask them whether the shape of the quality is round, straight, concave or convex. Let the quality arise out if the clay. The process of allowing this quality to arise is very powerful. Invite it in.

9. Once the clay archetype resource is formed we ask the client to close their eyes and imagine that they could breathe this quality into their while body. Feeling it filling them up, nourishing them and healing their wound.

10. The quality may also have a sound, movement and gesture that the client can form and repeat to assist with changing their vibration. Lightfilled Yoga™ poses will be discussed further in Level 6 that will assist with healing wounds in specific energy centers.

11. We then ask the client to mold what the wound looks like now. It is important that the wound changes into looking more resolved towards their goal.

12. If the wound remains unchanged, the process has not been effective for your client. You will need to speak with your spiritual guidance to ensure that you are supported in guiding your client correctly through this process. If there is something you are called to do instead of the steps I mention here, trust your guidance.

13. We may require spiritual resources to clear out any remnants from other people's energy in the client's wound too. We can invite Archangel Michael or other helpers to vacuum and clear the wound. If there is an attachment or dark entity, we can have the Carrions take them to the Womb of Transformation as discussed in Level 4.

14. Ensure that you talk through the process and their realisations. The client may find that this one issue has created a spider web of symptoms and ripples through their whole life. They need time to join the dots. Ask them questions such as 'how do you think healing this wound will change your life?' or 'what areas of your life do you think will change as a result of this healing?'

15. Assist the client in discussing and committing to daily activities to be incorporated into their life to reinforce the healing. Practicing behavioural changes will assist long term healing and break negative patterns. Positive affirmations, meditation, visualisation, continuing to resource themselves, writing, daily activities and changes to day to day schedule can all be positive behaviours that support this kind of healing.

Childhood Developmental Stages Healing

This process assists us with identifying and releasing feelings and blockages to specific developmental stages of our childhood. In Level 2 we identified the childhood developmental achievements that we need to experience in order to have a healthy relationship with ourselves, others and our higher power. These are normal and healthy to go through in our childhood.

It is a good intervention tool when:

- A client has experienced abuse or trauma at a certain time in their childhood development.
- A client is expressing immoderate symptoms in relation to childhood developmental stages.
- A client wants to explore inner child healing.
- As part of processes for Inner Child Healing retreats.
- If a client does not believe in past lives. This healing is based on the past but in this lifetime.

How this process can help:

- This process can help to accept all elements of consciousness of our inner child
- When a client is experiencing a blockage or resistance of an aspect of their inner child
- Resolves negative patterns in relationships with others
- Bridges the gap between our inner child and ourselves

- Stops clients 'acting out' unconsciously
- Allows clients to fully self-actualise
- Deepens relationship with higher power

Step by Step process for Healing Childhood Developmental Stages

This process involves using 3 pieces of clay. One represents the current state of the inner child's feelings, the second represents the resource needed to assist the inner child fulfilling their developmental stage and the third is the healed inner child. A fourth piece may be required if there is a guard blocking the client from feeling their inner child's feelings. This is discussed in more detail below.

1. Identify the developmental achievement that the client and you have identified is the issue. This may arise during a session or you may be conducting a workshop with a specific developmental stage in mind.
2. Ensure that it is the client's wish to resolve the issue and reclaim this developmental achievement. Gain their consent.
3. Create a simple statement, wish or goal to reclaim the developmental stage. Examples: I love and accept myself as I am (infancy), I am free and safe to explore the world (toddler).
4. Give the client a ball of clay. Ask the client to close their eyes and to visualise themselves at the age of the development and to form into the clay the way the child is feeling. They may cry during this process or be very quiet. If they want to talk or be quiet that is okay. The main thing is that they are consciously connecting with their inner child.
5. If the client is absent from their feelings or body, step 4 will not work. What will work is asking the client to mold the block or guard that is defending them against seeing their inner child. Once they have done this, you can have them

mold what is underneath, behind or within the defensive block. If they still cannot access this, they are not ready or they don't feel safe yet. I recommend that you explore other resources to assist them such as 'Channeling Higher Vibrations' clay exercise, 'Clearing and Centering the Self' or 'Daily Guidance' meditations. You may also give your client a Hands On Healing or ask the Archangels, Carrions or other guides to clear away any negative energy and/or attachments. These will give the client more support so that they feel safe enough to explore their Inner Child. Once again, always ensure that your client is ready and willing to accept this assistance.

6. Once the client has molded the way their inner child is feeling, have a talk about how they are feeling about their inner child. They are now the adult who is witnessing themselves. The higher self is able to parent the self. However, they may be so immersed in the energy of the inner child that they lose connection with higher self. If the client is not able to validate themselves, you need to be their form of validation. You also need to be clear on what each of the developmental achievements are and how that looks in the life of the client. It is best not to proceed with this kind of work unless you have reclaimed this stage for yourself.

7. We now work with the client in ascertaining the archetypal quality that is needed to ensure that this developmental stage is met. If the client is unable to see what this is, you will need to listen to spirit and be guided to identify this quality. Such archetypes can include: infant: trust, toddler: curiosity, preschooler: strength, school age: compassion, adolescent: freedom.

8. We ask the client to mold this archetype or its feeling in the clay. It may present itself in the form that speaks to the mind of a child. Strength might look like a bull dozer. Compassion might look like a love heart. There is no right or wrong here. As long as the connection with the quality is strong. You can ask the question of what the quality would look like to the child at that age.

9. Once the clay archetype resource is formed we ask the client to close their eyes and imagine that they could breathe this quality into their whole body. Feeling it filling them up, nourishing them and giving them what they need.

10. The quality may also have a sound, movement and gesture that the client can form and repeat to assist with changing their vibration. Children also like to dance, so it might be fun to play with it and explore movement. Using songs with the theme of the quality can be helpful during workshops.

11. We then ask the client to mold how the Inner Child feels now. It is important that the Inner Child changes so that there is a congruency with the developmental achievement and stage.

12. If the inner child remains unchanged, the process has not been effective for your client. You will need to speak with your spiritual guidance to ensure that you are supported in guiding your client correctly through this process. If there is something you are called to do instead of the steps I mention here, trust your guidance.

13. Ensure that you talk through the process with your client or if in a workshop the participants can share their experiences and their realisations. They need time to debrief. Ask them questions such as 'how do you think embracing this developmental stage will change your life?' or 'what areas of your life do you think will change as a result of this healing?' If it is a workshop environment, you may even ask participants to write these answers and share them with one another or in a group. This is great shame reduction work.

14. Assist the client in discussing and committing to daily activities to be incorporated into their life to reinforce the developmental achievement. Practicing behavioural changes will assist long term healing and break negative patterns. Positive affirmations, meditation visualisation, continuing to resourcing themselves, writing, daily activities and changes to day to day schedule can all be positive behaviours that support this kind of healing.

Personal Empowerment

Personal empowerment is usually fully operational when we are in touch with our fire. This fire is often expressed in its most frustrated form as anger. This is because anger is usually connected to the part of us that holds strong beliefs and values. This is our Ego and holder of the fire element and our internal flame, as we explored in Level 4.

When we feel connected to these beliefs, we usually will feel strong, centered and upright in our body. Our beliefs ignite a fire within us. However, when our beliefs are taken to the extreme and not balanced, we can become judgmental and controlling. Our beliefs then live up in our head or fly out of our body in an uncontained and/or violent way. We lose connection with our body and can fly into rages. Instead of owning our beliefs, they own us. They remain 'unenobbled' beliefs. They are unenobbled because they are not expressed in a way exuding dignity and honor for all.

When we are over powering others with our fire, we may lack an acceptance for other people's ideas. We may lack a respect for other people's beliefs. On the other hand, if we dismiss our beliefs or lose connection with what is important to us, we feel disempowered. We cut off from our personal power and squash our fire. We may require assistance in snuffing out our fire. We may push it down with excess food or drown it in drinking too much or taking drugs. We may even work it or 'busy it' away.

When it is shut off, we shut down our personal power. When our energy is shut down here, we tend to feel depressed and don't really feel as if our life has any meaning. This is because we have lost sight of what we value. When we don't connect with our own beliefs, we are disempowered and allow ourselves to be overpowered by others beliefs. Belief clashes have been the cause of many wars and conflicts over history. When one group of people all hold a belief that they think to be true, they can use this as a justified way of putting themselves above others. They can then try to over-power others with the resources they have whether it be a spear, gun or words.

So bringing it back to our story now. Our own internal wars exist when we are out of touch or too in touch with our anger. Either way, they are extremes and create an imbalance and internal war within ourselves. How can we find our personal power and also compassion at the same time? How can we experience and move through conflict without feeling conflicted by being out of control or shut down with our fire? The key is to understand the parts of ourselves that are creating the conflict. We need to get in touch with the part of us that is angry. We need to get in touch with the part of us that is afraid or judging ourselves or others. Then we can access our fire and direct passion in our lives in a positive and powerful way to all.

It is a good intervention tool when:

- A client appears rigid and they are holding a lot of energy in their head
- A client expresses a lack of drive and passion in their life or are experiencing depression.
- A client is experiencing an excess of anger and they are having a hard time containing it

How this process can help:

- Brings awareness to our beliefs
- Integrates parts of ourselves that are not on board with our beliefs
- Helping to resolve our anger
- Reduces judgment and increases compassion
- Assists in moderating anger
- Increases personal empowerment
- Lifts depression

Step by Step Process for Personal Empowerment

This process involves using 3 pieces of clay. One represents the judge or angry part, the second represents the disempowered part and the third is the compassion part.

1. Ensure that you have identified an area of the clients life where they need to feel empowered or they are experiencing an excess of anger.
2. Depending on the client, start where you believe that they connect with the most. If they are really angry and are very judgmental, start here. If they are appearing disempowered, shut down or afraid, start there. If they are a humanitarian and naturally compassionate, you can start there. The main thing is that they connect to the part where they are at. Ask the client to form what this part of themselves looks like. It doesn't have to look like them. It can be a shape or a symbol.
3. Once the client has formed this part of themselves, ask them what this part of them 'believes to be true'. Have them speak from the energy of this part in a convincing manner. This gives the client an opportunity to express what they truly believe. This may change over the course of the session. At this point we want to hear what they have say.
4. Repeat this process for the other 2 parts.
5. After each part has spoken about what they believe to be true, have them state how they feel, what they need, their purpose and how they can help the other parts to be the best they can be. You can do this by asking the client these separate questions to all 3 parts 1 at a time. Or you can ask a part all of the questions in one go. Trust your guidance.
6. If a part feels like it wants to take over at any time, direct the client to another part and ask the client how that part feels about it. Assist the client in gaining an insight of the impact overpowering parts are having on other parts. Then gain the parts help to provide more balance.

7. Acting as a mediator, gain cooperation from all the parts so that the system balances out. Asking each part how they can resolve the issue at hand will be important so that input from each part is gained. This will ensure a team oriented approach to resolving internal conflict.

8. Check in with the client as to whether it feels any of the parts may have changed in their form. Have the client change the form of these pieces. The client may wish to form 3 new pieces of clay so that they have a 'before' and 'after' piece for each one. This is fine too. Go with whatever the client feels is right for them.

We can also use this process with individuals and couples in a Drama Therapy Voice dialogue session called The Diamond of Empowerment. This process is covered in Section 6.

Resolving Grief and Loss

Resolving grief and loss is about coming terms with change of any kind. This could occur through the loss of a loved one, member of the family or pet. This may happen through them dying, discontinuing the relationship as we know it or even them moving away from us. Change can occur through a change in our everyday lives and circumstances. Whether we are changing jobs, have just gotten a new hair cut or have decided it's time to move from where we are living, it will usually kick start this process.

When we are 'coming to terms' with the change, we are in the grieving process. This process is also described as 'loss' because change brings us more of something different or less of what was already present in our lives. The change could be felt as a positive or negative. It doesn't matter because we still go through the grieving process. It may take days, weeks, months, years or decades. It is really up to us how quickly we allow ourselves to go through each of the stages.

In the GROW (Grieving Restores Our Wholeness) model that was explained in Level 2, we explored the different stages associated with grief. Each stage is important because we learn something about ourselves at every emotion too. We discussed this in our Wheel of Wholeness in Level 2 as well. To re-cap, I have combined these two ideas and in the following table:

GROW (Grieving Restores Our Wholeness)

Learning Outcomes

Stage of Grief	Feelings Experienced	Learning Outcomes
Shock	Fear, fight, flight, denial, numb, spaced out, anxiety, reliving the trauma, disbelief.	It is okay to feel what I need to feel when I am ready. It is safe to accept change. Everything happens for a reason. I am safe because nothing can truly hurt me.
Anger	Blaming others, blaming self (guilt), frustration, anger, rage.	I am not in control of what happens and it is okay to let go. I am valuable. I stand up for what I believe to be true. I take responsibility for what is mine and not for what is not mine. I am able to be patient.
Sadness	Pain, shame, sadness, deep grief, depression, hopelessness.	I now understand what is important to me. I allow myself to trust the process of life. I treasure things that I feel close to now. I can love unconditionally without getting attached to how others should love me. I plan my time and do things that add meaning to my life, no time to waste. I know who I truly am.
Gratitude	Joy, love, peace, gratefulness, grounded, centered.	I make the most of what I have now. Everything that has happened to me has created who I am now. I can feel compassion for others when they are expressing their emotions. I see the bigger picture of why things have unfolded the way they have.

It is a good intervention tool when:

- A client has lost is a loved one
- A client has unresolved feelings for a past relationship
- A client is finding it difficult to accept a sudden change in their life
- A client wishes to communicate with a deceased loved one or pet
- A client has been 'stuck' in part of their grief
- A client has difficulty feeling their grief
- A client is avoiding their grief by using addictions or distractions to medicate themselves

How this process can help:

- Brings awareness of feelings
- Assists with moving through the grieving process quicker
- Helps clients cope with their feelings in a positive and supportive way
- Reduces judgment of feelings and encourages inner strength
- Assists clients to own the perceived loss and experience its benefits without creating dependency patterns.

Step by Step Process for Resolving Grief and Loss

This process involves 6 pieces of clay. One represents the loss, the second represents the shock, the third represents the angry part, the fourth represents the sad part, the fifth represents the grateful part and the sixth represents integration of all these parts.

1. Ensure that you have identified the grief or loss in the client’s life.

2. Ask the client to mold into the clay the loss or a symbol that represents the loss. For example, they might have lost their grandmother and she was very loving. The client may choose to mold a love heart shape. Another example, a client may have lost a job that made them feel important. The job may be represented by a star symbol because it helped them to shine. The most important thing here is that the client is able to connect with the energy of that which they feel is lost. Its shape doesn't have to make sense to you but it must to them.

3. Ask the client to mold into the clay how they felt when they first heard the news of their loss. This is the part that felt the full blow of the news. It may appear as blown apart or splattered. It is usually the time where clients 'excarnate' or disassociate from their bodies. If they can't mold anything, this is okay, move onto the next piece.

4. Move onto how the client felt when they started to get angry about the loss. They may not have felt angry yet, as they may be still in their disassociated self. It is important that you get them into their body. You can ask such questions such as: "Is there a part of you that feels angry about this change/loss?", "Where do you feel this in your body?", "What does this part of you feel angry about?", "What is this change costing you?", "Do you feel guilty that you didn't get to do or say something before they were gone?", "Do you blame yourself for the loss of the relationship?", "Who do you think is to blame here?". "Are you angry at them for leaving you?", "Do you feel ripped off?" It is okay to be quite direct with the client at this stage. If they are out of touch with their anger, bombarding them with questions could serve to frustrate them enough to assist them in getting in touch with their anger. Be careful not to be aggressive though. You may like to speak in an assertive tone that is not aggressive. This almost gives them the permission to step into this part of themselves.

5. If they need to get out some of their anger, they can throw some clay on their board and yell "gah" or "dah" repeatedly. If the anger has been stuck for while it could also assist them in connecting to their anger and releasing pent up

anger blockages. If they do not connect with this part of themselves after trying this technique, this is okay too. Just move onto the next piece.

6. Ask the client to connect with the part of themselves that feels pain or sadness regarding their loss or change. They may find it hard to engage with this part if they are really numb or angry. Or it may be that this is the only way they really feel. It may be that they have been stuck in this for so long that they feel depressed, despair or hopeless. Ask the client where the client feels this pain in their body and to mold how this part looks/feels. Sometimes it may look like a deep concave empty wound. This is usually the heart of the loss space. Usually this is the way grief expresses itself. However it could look the opposite because it is full of tears and pain. Clients may start to cry and sob deeply at this time. Or they may leak tears. Allow this release without offering tissues but have tissues handy and within reach. The tears need to freely flow. The main point to remember here is that this part of themselves is the most vulnerable and deep.

7. Next have the client mold the part of themselves that is grateful for their loss. It may be hard for them to conceive at this time. You may need to assist your client in future pacing to enable them to see the bigger picture as to why they would feel any gratitude for the change/loss. Future pacing means that they can imagine the future how the current changes could positively affect them and others. You can explore things such as: how has this made them a better person, how has this helped them learn more about who they are, how has this helped them to evolve and make better choices, in what positive ways have others been effected from the change and how has this been a catalyst for other areas of positive change in their lives. Have them mold this feeling of gratitude that they have for this loss once you have explored these questions.

8. If the client has created all their parts in the clay, you can now ask the client what the each part needs. Assist your client in giving this to each of the parts. The client can breathe in this quality to their body that the part is stuck. Alternatively they can mold it in clay. Also assist the client in finding ways that the client can give this to themselves in their everyday lives.

9. If the client has identified and received what each parts needs are you can now proceed to identify the gift that each part provides for them. If the client has any trouble with this, they may have not fully connected or expressed one of the previous parts. They may require some further processing of a specific part to ensure that they have expressed how this part is feeling or resourcing what it needs.

10. Once the client has expressed what the gift of each part is, they are now ready for integration. They are now ready to bring the gifts of all of these parts together. Ask the client to mold a piece that symbolises this integration.

11. If at any time during the session the client wants you to act as a medium with the client and their deceased love one, you can ask the client what each of their parts or integrated self wants to ask or say. Allow the client to speak directly or through you to express what the parts have to say. This can assist the client in speaking their full truth to the deceased. You can also use this technique for clients who feel that there are things left unsaid or that they need to say to those who are still alive. They might not have contact with the person but need to speak words out loud that need to be spoken. They might also want to use the opportunity to role play something that they are going to say with someone. All these techniques can really help the client to verbalise their feelings and contribute to a peaceful resolution with their grief.

Resolving Dysfunctional Roles and Relationship Dynamics

This process assists the client in uncovering their role that they played in their family system. It gives them an opportunity to reclaim parts of themselves that they have disowned so that they no longer attract this dysfunction into their lives.

It is a good intervention tool when:

- A client is stuck in a childhood role that they played in their family system.
- A client has judgment and blame of a member/s of their family.
- A client keeps attracting a certain type of person into their lives
- A client is attracted to dangerous or abusive relationships
- A client is disowning certain feelings. E.g. They may be fine with feeling sad but have difficulty being angry.

How this process can help:

- Brings awareness to our roles that we play in our family system/relationships
- Understanding the addictive quality of these roles and their extremes
- Identifying those that we have unresolved feelings for in our family system
- Understanding how this shapes who we are and the types of people we attract into our lives
- Assists in reclaiming rejected parts of ourselves and brings back feelings of wholeness

Step by Step Process for Resolving Dysfunctional Roles and Relationship Dynamics

This process involves as many pieces of clay that the client has with their parents, siblings and any other significant family members. Family members do not have to be biological. They may even be very close friends of the family. The important thing here is the influence that the person had on the client within the family system.

1. The client molds the family members into the clay one at a time. They feel into the energy of the parent, sibling or family member and mold their perception of the energetic expression of each. For instance, if their father was shut down, he might appear like a solid brick. They do not mold how they felt in receiving of this person's energy. If they have any trouble with this, you can ask them to act a bit like this family member to demonstrate how they perceived them. Then once the client has energetically connected to their family member it might be easier for them to mold into clay.

2. The client molds how they feel in response to their family's collective energy. This forms their role or response. They may feel as if they have different responses to different people. That is okay. You may choose to focus on the main family members who have been a catalyst to your client taking on the role.

3. Some family members or a significant person may have supported the client. These are important to mold too, so that the client can connect with resources from the past that they also had in their lives to get them through.

4. Once all the clay is molded and the client has formed their energetic responses it is now time to pick the main character/role of the client that is calling to be healed. You don't need to address all the reactions to all of the family members in one session. However having them all in front of you, gives you and your client the bigger picture. Address the one that stands out the most to you and the client by finding out how that part of the client feels. This is the opportunity for this part to have a voice and express how it feels now and back then in the family system.

5. Ask the client what they benefited from playing this role in the family system.

6. Ask the client what they needed at the time that they were not getting.
7. Ask the client how they can give that to themselves now. Assist the client in resourcing this need using the clay, visualization, sound, movement, gesture, drawing or painting.
8. Ask the client what the gift of the role is and how this can serve them in their life. Have them form this in the clay.
9. Now choose a family member that the client has rejected.
10. Ask the client what they have disowned in themselves by rejecting this family member. Assist the client in reclaiming this part of themselves back by using the clay, visualisation, sound, movement, gesture, drawing or painting.
11. If you have time, you may repeat this process with the other family members, or save this for another time.
12. Finally have the client form in the clay how they energetically feel now in relation to their family.

Channeling Higher Vibrations

This process assists the client in resourcing when they are in need of support due to feeling depleted, burnout or lacking a specific quality that they need regarding a specific issue.

It is a good intervention tool when:

- A client is feeling burnt out
- A client is feeling empty
- A client is lacking energy
- A client feels unsupported in their lives
- A client is lacking self care
- A client feels as if they are lacking a quality in dealing with an issue eg they may be lacking confidence, compassion, joy or acceptance.

How this process can help:

- Rejuvenate the client if worn out
- Clients recover from burn out
- Clients to feel more whole and complete
- Clients learn how to nurture themselves
- Clients to call on their spiritual resources
- Support the client in a specific way to suit their needs regarding their situation

Step by Step Process for Channeling Higher Vibrations

This process involves 3 pieces of clay. The first piece is the higher vibration that they are lacking, the second is the representation of the higher vibration and the third is how they feel after resourcing this quality.

1. Firstly, identify the quality or resource that the client feels they are lacking at the moment or in regards to a specific situation.

2. Ask the client where they feel this lack the most in their body. Ask them to mold this in clay.

3. Then give the client the second piece of clay and ask that they pick it up and begin to play with it. Let them know that they can commence molding the quality that they are lacking.

4. Start speaking about this quality that they feel they are lacking. Ask them what physical and spiritual things represent this quality to them. They may list one or several things. You will need to sense into whether the thing that represents this quality to the client is of a strong and high vibration. For instance, if the client says that they are lacking strength and the symbol for strength to them is an axe, it might not really be strong enough to do the next steps. You can ask the client about people who they believe encapsulated the kind of strength they need. These people might be alive or have passed. They may be close to the client or not. You may suggest higher beings that resonate with the quality and speak to the client about them. It helps to have this discussion to connect with the higher energy of the quality that they are needing. However, it is not necessary for the client to have a set idea of this quality before they commence molding it in clay.

5. Let the client mold their piece of clay into a shape that represents this quality. It may not be recognisable to you or it may be quite clear. Without any comment, ask the client to describe the quality that they have molded. Be open to hearing their interpretation of their experience. It is important to not judge the piece of clay.

6. Ask the client whether they are feeling connected to this quality. They may already feel quite connected or not. That is perfectly fine.

7. Ask the client to close their eyes and imagine being this quality. Ask them to breath in this quality until it becomes them. Take them through how it feels to be this quality, what they would think, how they would make decisions and what they would do in their current situation.

8. Take some time to debrief with the client on this experience and their realisations.

9. Ask the client about how this experience has changed them now in their body, mind, feelings and actions about their situation. Have them mold the part of their body now after it has been resourced by this quality.

10. Ensure that you discuss the importance of reinforcing this resource with the client. Have them connect with the quality daily or several times a day for at least a week so that they get used to accepting this powerful vibration.

Releasing Attachments, Cords or Carried Feelings

This process assists the client in releasing energy that is not their own. They may have carried this energy by taking on another's problems or made it their responsibility to fix. This can often happen with Lightworkers as we can tend to be an over responsible bunch. However this can lead to burnout and a lack of clarity in identifying thoughts, feelings and guidance. Releasing this energy also assists clients in becoming more of where they are. We can use this process to assist clients in letting go of any unwanted energetic attachments from beings that they have attracted due to needing to transform their vibration. This also includes spirits who are yet to cross over.

It is a good intervention tool when:

- A client is feeling overwhelmed or confused
- A client is finding it hard to move on at the end of a relationship
- A client is feeling out of control and doesn't know why
- A client is finding it hard to identify what they want and need within a relationship or they feel that they can only get it from their partner
- A client feels sensitive to other people's emotions
- You have identified a cord that is running between your client and another person (from this life or others)
- You have identified an attachment or entity on the client. This could be a person who has passed over who has attached itself to the client. This could also be an entity that is causing the client distress.

How this process can help:

- Clients become aware of their own thoughts and feelings with clarity and also a sense of empowerment
- Ensuring clients are free from the influence and power of others
- Assisting the client in releasing cords and attachments that are preventing them from evolving
- Enable the client to identify the reasons behind why they are carrying this energy, cords or attachments
- Strengthen the clients ability to stand other own two feet and engage their higher self
- Let go of feelings that are not theirs
- Relinquish over-responsibility
- Assist clients to recover from enabling and care-taking
- A good prerequisite to shadow work - what we deny in ourselves, we attract.
- An opportunity to raise the client's vibration

Step by Step Process for Releasing Attachments, Cords or Carried Feelings

This process involves 3 pieces of clay. One is for the current self, the second identifies the attachment and the third is for the restored self.

1. Through dialogue with your client, you may have identified an attachment, cord or carried feelings. Ensure that your client feels this is real for them. This is a very important step. Unless the client feels in sync with your reality, you cannot go further with this process. This means that your guidance may be off,

or the client is in denial. Pulling some cards for clarity for yourself or your client may assist. If in doubt, leave this process out. You can work on resourcing the client and building supportive structures. This clay process is more the work of Level 2 and it takes time for some clients to get to this point. Remember no judgment on their process. If the client is not on the same page as you, this process will not be effective in the long term. It may even create a trauma for them in the short term.

2. Ask the client to mold how they are feeling in the clay. They may choose a particular part of their body, or the whole of themselves. Whatever they feel drawn to do is perfect. Remember that this is what they will be ready to face.

3. Ask the client to mold the cord, attachment or entity in the clay and to actually place it onto the 'current self' clay piece the way that they feel it is effecting them. A cord or entity may attach itself to a part of the body or may completely over power their body. This is perfectly okay because the client needs to get a very clear reality on how powerful this thing is.

4. Ask the client what energy they are receiving from this person, entity, cord or carried feelings.

5. Ask them what this person, entity, cord or carried feelings are taking from them.

6. Ask the client what this person or entity needs.

7. Ask the client what this person or entity's gift is to them.

8. Ask the client if they can accept this person or entity as a mirror to a part of themselves.

9. Ask the client if they are ready to accept this part of themselves. This is the empowerment process and Level 3 shadow work. I have inserted it here because my guides have showed me that mere removal of a cord, person, carried feelings or entity is not enough for the long term. The client needs to accept this part of themselves. If they are not ready, this is okay and can be dealt with another time. It may be enough for the client to gain perspective of this cord, person, carried feelings or entity.

10. Ask them if they feel that they have gained an understanding of the person, cord, carried feelings or entity and if they are ready to let it go.

11. If they are ready, assist your client in removing it with the help of your guides, angels and the Carrions (the specialists in removing entities). Ask them to take them to the Womb of Transformation.

12. Ask you client to reshape how they feel now in the clay. They may choose to use their first piece of clay or get a new piece. If they are not ready, ask them what they need to get ready to release it. Ensure that you plan supportive activities with your client that they can practice.

13. Spend some time with your client in discussing how this experience has changed the way they deal with people, relationships and decisions in their lives. Ask then about how this changes them as a person and will make a difference in their feelings about themselves.

Balancing the Masculine and Feminine

This process assists the client in balancing themselves in their masculine and feminine energy. They may be doing too much and not 'being' enough. It can also assist clients in becoming a more well-rounded person who is accepting of themselves. If they are more masculine than feminine or vica versa, this is a great exercise to bring awareness and balance to their energy and relationships with others. When we balance out, we usually attract and maintain relationships that are more balanced too.

It is a good intervention tool when:

- A client is feeling out of balance with their energy
- A client is out of touch with their masculine side and more feminine
- A client is out of touch with their feminine side and more masculine
- A client wants to change the pattern of attracting relationships where the power dynamics are out of balance.

How this process can help:

- Clients to become more at peace with both their masculine and feminine sides
- Assist clients in understanding how these two sides of themselves work together
- Clients can feel more balanced in their sexuality
- Clients can learn to deal with people who are also exhibiting more masculine or feminine behaviour

- Clients can become aware of where they need to build their energy in order to balance themselves out.
- Clients learn how to re-parent themselves.
- Clients attract healthier and more rounded relationships

Step by Step Process for Balancing the Masculine and Feminine

This process involves 3 pieces of clay for every resource that is identified during the session with the client.

1. Firstly have the client form into the clay their strongest energy whether it is masculine or feminine. Whilst they are doing this, you may speak freely with them about this energetic trait if they are talkative. If not, it is perfectly okay to be quiet. They may be quite in touch with this side of themselves and have a clearly defined sense of the energy. The main thing is that you get the feeling that they are connecting with this energy. If they are struggling, you can imagine someone that they know (be it a person or spiritual resource) that exhibits this energy.
2. When they have finished forming this masculine/feminine energy in the clay, ask them where they feel it in their body. There may be a particular chakra or place in their body that it is the strongest.
3. Ask the client to stand in the pose of the energy that they have just uncovered.
4. Ask them what there is a sound to this energy. Have them demonstrate it.
5. Ask them what the movement is to is energy. Have them demonstrate it.
6. Have a talk to the client about how it feels being resourced in this way by this energy.
7. Repeat these steps for the masculine or feminine energy (whichever one they have not yet done).

8. Now give the client a third piece of clay. This clay symbolises how these 2 energies come together in balance.

9. Discuss with the client any realisations that they client has about the kinds of relationships that they have attracted. The kind of person that the client has been in relationships is an extreme expression of one of these energies.

10. Also discuss how they have denied parts of themselves or been out of balance in energy and how this has affected their lives. Be aware that the client may experience grief when they have these realisations. This is perfectly healthy. Any shock, fear, anger, guilt, blame, shame, pain, sadness, gratitude or joy, are welcome. You can provide validation for any of these emotional responses by reminding the client that it is healthy to react with some sense of acknowledgement of loss when they are reclaiming a part of themselves.

11. Once the client has finished this balancing piece, ask them about how they can bring this relationship of these 2 energies into their lives in a practical way. Talk about the positive changes that will occur when their energy is in more balance.

12. Ensure that the client commits to resourcing their weakest part daily for at least a week. Assist clients in planning daily and weekly activities to reinforce the balance of this masculine and feminine internal energetic relationship.

Strengthening Our Connection to Our Higher Power

This process will assist the client in gaining an understanding of their higher power. The distance or closeness between themselves and their higher power is made conscious to the client. The client takes ownership for the relationship between themselves and their higher power as this relationship is based on the client's free will. The client becomes aware of the qualities that they can receive from connecting with their higher power. Clients are invited to develop a stronger relationship with their higher power by using this process. If there is any resistance or blocks to connecting with their higher power, this process provides an opportunity to address and resolved these using this process.

It is a good intervention tool when:

- A client has expressed a disconnection from their higher power or spiritual resources
- You sense that the client is disconnected, blocked or in resistance to letting in higher support
- A client has expressed a need for more support
- A client has expressed a desire to learn more about their higher power or spiritual resources
- A client is stuck in their 'victim' role and needs to learn how to reparent themselves
- A client is anti-dependent and does not accept help from others

How this process can help:

- Clients develop a stronger connection with their higher power
- Clients are able to clear blocks and resolve resistance to being supported
- Clients step out of a victim mentality and more into feeling empowered
- Clients learn how to re-parent themselves.
- Clients attract partners who are also empowered and have a strong relationship with spiritual resources
- Clients are able to learn how to ask and receive support

Step by Step Process for Strengthening our Connection to Our Higher Power

This process involves 3 or more pieces of clay. One is for how the client feels about their relationship with their higher power currently. The second is for their higher power's main qualities. There may be more than one. The last piece is how they feel towards their higher power after the process.

1. Firstly, the client must want to explore and build this relationship. This is their free will. They need to know this. Ensure that you have them on board. If they have resistance but are still willing, this is fine. This is such a powerful visual regarding their current relationship. If you sense that this process will really help them, let them know, but they must be interested, committed and see its importance.
2. Ask the client to form into clay how they are feeling about the current status of their relationship with their higher power. They need to connect with their feelings, even if that means they feel disconnected. Have them describe their feelings and then ask them to form these feelings into the first clay piece. If they are disconnected, then they can form into clay how it feels to be disconnected.

3. Talk to the client about the qualities of their higher power. Write them down for the client (as their hands will be dirty). Come up with a main quality or two. Ask the client to mold these qualities into the clay. It's okay if there are more than 2 qualities. Go with what you feel is right.

4. Ask the client to place qualities near or further away from the client so that it is a representation of how resourced they feel with each quality at the moment. Some may be more closer than others.

5. Ask the client to form any blocks in the clay that represent any specific blocks that are preventing them from accessing these qualities. These blocks may be between the higher power qualities and the client. They may also be right on or attached to the client.

6. Ask the client if any of the other qualities from the higher power can assist in resolving this block. If not, ask them what they believe would assist them in resolving this block. They may have a past life/original wound that they need to work through and this process has assisted them in uncovering this. You may need to process this block at a later time. It is important that you continue with this process now though.

7. For each separate quality, ask the client where they feel that they need this quality in their body. One at a time, have the client breathe it in as a colour. You may also ask them to create a gesture, sound and movement. Repeat this with each quality. Recheck to see if the block is still there.

8. Now have the clients re-position each quality. Notice how it is different. Notice if blocks are resolved or the qualities are closer to the client.

9. Now have the client mold how they feel now in relation to their connection with their higher power. Notice if they have changed. They may now feel more resourced by this process or they may feel the same but a block has resolved. They may need to do some further work with you on resolving an original wound. Resourcing is sometimes not enough because dealing with original wounds assists the client to engage their higher self in forming new beliefs.

10. Ensure that you finish the session with debriefing the process and have the client practice their resourcing of the qualities daily for at least a week. They may also like to keep a journal on how differently they feel as each day passes, taking note of things that improve or get in the way of their connection. If required, plan another session to take resolve the original wound. Have the client continue to resource the qualities daily.

Transforming Our Shadow

This process will assist the client in being aware of, acknowledging, and accepting their shadow. In Level 3, there are many areas of shadow that were discussed. There are many parts to us that we need to accept to get the most out of them and to become more whole. If clients are stuck in blaming, they have not come to terms with their shadow part. They are not at peace. This process is simple but powerful and effective. It is great to use when there is an obvious person that the client is reacting to in their life. If the client is stuck in blaming a part of themselves, this is also a great process.

It is a good intervention tool when:

- A client is spending a lot of time talking about someone else in their session.
- A client is very reactive or defensive when talking about someone else
- A client has a very poor self image
- A client is very judgmental about themselves or others
- A client blames others for their feelings and behaviours
- There are parts of the clients feelings or personality that seem shut down or cut off

How this process can help:

- Clients become more empowered
- Clients are able to feel more at peace with themselves and others
- Clients become more confident about who they are
- Clients become more accepting of others

- Clients become more whole in themselves, they learn the skills to integrate aspects of themselves
- Clients transform their judgments into solutions for a better life

Step by Step Process for Transforming Our Shadow

This process involves 5 pieces of clay. One piece represents the energy of the person or shadow part that that the client has an issue with. The second piece represents how the client is feeling. The third piece represents what the client needs right now. The fourth piece represents what the client believes the main gift is that they are receiving from that person or shadow part. The final piece is the transformed client.

1. Begin by asking the client to form into clay the energy of the person or shadow part that they are currently reacting to, rejecting, blaming or judging.
2. Then ask the client to form into the clay how they are feeling about this part, they may need to describe how they are feeling first, sense into their body and form their whole body or a part of their body at represents their current feelings.
3. Ask the client what it is that they need right now. Have them form this energetic quality into the clay.
4. Assist the client in resourcing this quality.
5. Ask the client what they think that the gift of this person or shadow part is. This may be tricky and difficult for the client. However each part has a gift when it is moderated and integrated. This step will empower the client because they can change their view of the shadow or mirror of themselves. By doing so, they will stop reacting.
6. Ask the client to form this gift in clay.

7. Assist the client in resourcing this gift.

8. Now have the client form how they are currently feeling in relation to this person or shadow part. Notice if it has changed or if it is still the same. If it is still the same, the client may need to do an Empowerment Diamond sequence or other shadow integration processes. If they are not ready for shadow work, ensure that you assist them with more resourcing from exercises in Level 1.

9. Ensure that the client is resourcing what they need (as per step 4 of this sequence) and the gift (as per step 6 of this process) every day for at least a week and that they have activities planned that will reinforce the process.

Wheel of Wholeness Integration

This process will assist the client in being aware of, acknowledging, and accepting each part of the Wheel Of Wholeness (WOW). The WOW was discussed at length in Level 2 and consists of 5 areas of relationship with the self. These are: self-protection, self-love, self-awareness, self-care and self-moderation. This sequence focuses on one of these areas so that the client is gaining an understanding of where they are at in one of these specific areas. You may also do this process as an integration if the client has been working on these areas e.g. over a few sessions or during a workshop teaching people to developing a relationship with themselves. It can help to see how all these elements interact together. I have included this integration process separately.

It is a good intervention tool when:

- A client has enmeshed or lacks emotional and physical boundaries with others
- A client has low self-esteem or sees themselves as better than others
- A client is lacking in the awareness of their reality i.e. behavioural, physical, emotional, intellectual, spiritual
- A client is having difficulty taking care of themselves
- A client is behaving too controlling or too out of control in their lives.
- A client has been working through the WOW and is ready to integrate all these components

How this process can help:

- Assist clients in loving themselves
- Assist clients in feeling equal with others
- Assist clients in setting healthy boundaries with others
- Assist clients in letting down walls that disconnect them from others
- Assist clients in learning more about their various realities i.e. behavioural, physical, emotional, intellectual, spiritual
- Assist clients in knowing what they need and want and taking care of themselves
- Assist clients in their containment and moderation of their reality
- Assist clients in opening up to their creativity and spontaneity

Step By Step process for Wheel of Wholeness Integration – Specific Area

This process involves the integration of one area of the WOW. Number of pieces of clay depends on which area of the WOW you are working on with your client.

1. Ensure that you have identified the area of the WOW that your client wishes to work on i.e. self-love, self-protection, self-awareness, self-care and self moderation.
2. Then ask the client to form into the clay how they are feeling about this area of the WOW at the moment. They may wish to sense into an area of their body. If different parts of their body are feeling differently, then this is perfectly okay. For example if they are focusing on self-awareness, they may wish to use a piece of clay for every area of their reality. Their thinking reality may look quite different from their feeling reality. Another example could be

extremes of the same WOW area such as their self-moderation. In this case they might be too controlling in some areas of their lives and too out of control in other areas. This swing between extremes is also a dysfunctional symptom that their WOW is out of balance. Another example could be that their physical sexual boundaries are walled off but they have no filters for their emotional boundaries. Another example could be that they are aware of what they need but not what they want. So in these cases they would do a clay piece for each. For more information on understanding more about the WOW in detail, I recommend reading the Section 2 of Level 2 'Lightfilled Relating with Inner and Outer Higher Realms'. This will give you some clues about where this sequence could go.

3. Once the client has formed their area of the WOW with one or more pieces, it's now time to explore each piece. Ask the client what each part needs.

4. Once the client has identified what the area of the WOW needs, ask them to form this into clay.

5. Assist the client in resourcing each quality.

6. If the quality is like a utensil to help remove an energetic attachment, blockage or wall from the client, ensure that you ask the client what else they need beyond that so that you can resource the client once it is removed. For example, if they feel sexually shut down and shackled, they may need to form a sledge hammer to energetically smash past these shackles. Beyond that though, they would obviously need something else, otherwise we wouldn't know why they felt energetically bound up/closed off in the first place. Ensure that you ask the client what they would need to feel sexually free or free with their sexuality. Give them this before and after they resource the sledge hammer/block breaker. You might find that if they resource firstly what is they need (underneath the blockage), it loosens the blockage and no sledgehammer may be required. If it still is required, that is perfectly okay. The client needs what they need.

7. Once the client has resourced what they need from all their parts, ask the client to form the transformed parts of the area of the WOW. Notice and

discuss the changes and effects on the client's life. If there are no changes, then further work needs to assist the client in addressing this area of the WOW. There are many tools in the Lightworker Practitioner Training that can assist with different areas. Check in with your guides as to which one is appropriate.

8. Whether there is a shift/transformation or not, ensure that the client practices their resourcing for at least a week.

Step by Step Process for Wheel of Wholeness Integration – All Five Areas

This process involves the integration of all areas of the WOW. Number of pieces of clay depends on the process itself but at least 6 pieces are used.

1. Ensure that your client has a strong understanding of their WOW areas and has been working on them consciously.
2. Have the client form into the clay how they feel about each of the 5 ares of the WOW. Some areas of the WOW might require more than once piece e.g. Self-awareness. Go with the flow and allow your client to form whatever they are guided to form into the clay.
3. Have the client place each area of the WOW close to or further away from others.
4. Ask the client what they feel that they need for their WOW system to be in balance. This may be one or more qualities. Have the clients form these qualities in clay. Refer to 'Step by Step Process for Wheel of Wholeness Integration - Specific Area' if you feel that an area needs specific integration.
5. Assist the client in resourcing this quality/qualities.
6. The client can remold any of their 5 areas if they sense a change.
7. Again ask the client to place each area of the WOW close to or further away from others.

8. If they feel integrated it is time to debrief. Ask the client how this will change their lives and have them practice resourcing the quality/qualities for at least a week. If it doesn't feel integrated yet, continue with Steps 4 & 5 until it feels balanced and complete. If things don't get to that point, don't panic. This is advanced work and so it may take some time for them to integrate changes to one or more aspects of the WOW.

Balancing Our Energy Centers

This process will assist the client in being aware of, acknowledging, and accepting each chakra or energy center in the body. The 8 chakras are covered in detail throughout the training. These are the: crown, third eye, ears, throat, heart, solar plexus, sacral and base chakras. This sequence focuses on one of these energy centers so that the client is gaining an understanding of how it is functioning and returning it to balance. You may also do this process as an integration if the client has been working on these energy centers e.g. over a few sessions, during Lightfilled Yoga™ or during a workshop that you are running on Chakra/Energy Balancing. I have included this integration process separately.

It is a good intervention tool when:

- A client has identified that one of their chakras is in need of support
- A client feels disconnected/blocked in one of their chakras
- The client is low in energy
- You have identified that one of the client's energy centers is out if balance
- The Clearing and Centering the Self Meditation has not been effective because the client is having trouble with concentration or visualisation.
- The client is experiencing physical symptoms relating to a specific chakra. (This is explored in more detail in Level 6).

How this process can help:

- Assist clients in building their energy
- Assist clients in balancing their charkas

- Assist clients in becoming more familiar with their bodies, feelings and energy centers
- Clearing blockages in the chakras/energy centers
- Assists with group activities for Lightfilled Yoga™ retreats/workshops

Step by Step Process for Balancing Our Energy Centers – Specific Chakra

This process involves the integration of one of the chakras. This process we will use a minimum of 3 pieces of clay.

1. Begin by ensuring that you and your client have both agreed that one of the chakras is in need of balancing. If you sense or are guided differently, let your client know. For example, if your client says they want to work on their base chakra but you sense that it the blockage is more related to their throat chakra, then let them know. If they insist, then that is fine, however ask them to keep an open mind that there may be a connection.
2. Ask the client how their chakra looks or feels. If they have any problems with this, you can ask them to take a step forward into this energy center. Then get them to step back out again. The important thing is that they connect. If they can describe it to you, then great. If not, that is okay. Ask the client to form how their chakra looks or feels in the clay.
3. Then ask the client what they feel that their chakra needs. They may or may not know. That's okay. Ask them to form the energy, shape or quality in the clay. They may need to tune into the energy center and ask it what it needs. If they are completely lost, you can ask your guides and tell them what information that you are receiving.
4. When you have ascertained what the client needs, have them form this quality in the clay. If there is more than one quality, have them form all the qualities.
5. Assist your client in resourcing the qualities one at a time.

6. Ask the client if the chakra needs to release anything. Have them mold this into clay. You may find that they have been carrying the energy of a person or entity with them. Now that they are resourced, they may be more willing to have it removed. I recommend that if they have had an attachment or entity, that you do Steps 3-10 in the ‘Releasing Attachments, Cords or Carried Feelings' sequence.

7. Now that your client is resourced and has released anything that has needed to be released, have them form the transformed chakra into the clay.

8. As usual, ensure that you debrief with the client. The client may be aware of other centers that need balancing as well that are now that one center has been cleared and assisted. Discuss the impact that clearing this chakra will have on their life. Ensure that you reinforce the idea that they need to practice resourcing this chakra daily and offer ideas for other supportive activities.

Step by Step Process for Balancing Our Energy Centers Integration

This process involves the integration of all 8 chakras. A minimum of 8 of pieces of clay will be needed.

1. Ensure that your client has a strong understanding of each their Chakras and has been working on them consciously.

2. Have the client form into the clay each of their chakras.

3. Position all the chakras in a way that they all feel comfortable relating to each other.

4. Ask the client what they feel that they need for their chakra energy system to be in balance. This may be one or more qualities. Have the client form these qualities in clay. Refer to 'Step by Step Process for Balancing Our Energy Centre' if you feel that an area needs specific integration.

5. The client can remold any of their chakras if they sense a change.

6. Again ask the client to place each chakra close to or further away from others.

7. If they feel integrated it is time to debrief. Ask the client how this will change their lives and have them practice resourcing the quality/qualities for at least a week. If it doesn't feel integrated yet, continue with Steps 4 & 5 until it feels balanced and complete. If things don't get to that point, don't panic. This is advanced work and so it may take some time for them to integrate changes to one or more aspects of their chakras.

Power of Play

This exercise is a great tool in bringing awareness to the powerful transformational energy of play. It highlights the strengths and benefits that play represents to the client. It also assists the client in healing any blocks they have in being connected to this powerful energy. This process also assists with affirming and healing blocks or wounds related to sex and sexual exploration.

It is a good intervention tool when:

- A client feels disconnected from playful energy
- A client has been working too hard (all work and no play)
- A client feels over responsible in their life
- Clients recovering from busy or work addictions
- Clients have expressed being shamed in their past for playing as a child or adult. This includes sexual play too.
- Clients have wounds around being a curious toddler and shamed for being curious or wanting to explore. This includes sexual wounds.
- Play is out of control in the client's life and perhaps they are using play as an avoidance of their responsibilities or painful feelings. If their form of play is hurting others and the client is unable to stop, they are in an addictive cycle. This sequence may bring awareness but resources from Level 2 can be used in assisting the client in coming out of denial and develop a relationship with a higher power.
- Client presents as sexually anorexic or shut down

How this process can help:

- Clients can reclaim their playful side
- Clients can feel reenergized
- Clients can ignite their creativity and adventurousness
- Clients can resolve any past judgments on themselves for being playful
- Clients are able to see being playful as a natural part of life
- Clients stop taking life so seriously
- Clients develop a reverence and gratitude for play
- Clients can feel free to explore their curiosity
- Adult clients can feel free to explore sex (adult play)
- Clients can feel free to explore their sexual curiosity and sexuality

Step by Step Process for the Power of Play

This process involves using 4 or more pieces of clay in identifying the strengths of exploring and moderating play. The strengths are explored to ascertain whether the client is out of control with play or shut down. One piece is for how the client feels about play. The second piece is for the quality that they need in order to feel okay or contained with their play. The third one is the strength and gifts of allowing themselves to play/moderate their play. The fourth piece is the integration.

1. Begin by ensuring that you and your client have both identified the excess or absence of play in the client's life.
2. Ask the client to mold into the clay how they feel about being playful at this moment in their life. If it is regarding sexual play, then use specific language.

Saying something like “How do you feel about exploring sex or your sexuality?” will assist the client in triggering any shame they may have in relation to sexual exploration.

3. After the client has molded their feelings about play into the clay. Ask them what they need in order to feel free if they are shut down. Ask them what they need in order to feel more contained if they are out of control with play.
4. Have them mold this into the clay.
5. Assist the client in resourcing this quality.
6. If they are shut down: Ask the client to mold into clay qualities that they would experience by allowing themselves to play and explore. They might be qualities such as freedom, open-mindedness, joy, happiness, courage, flexibility, lightness and curiosity. It will be different for everyone. These qualities may be shut down or limited in the client's life. It is important to allow the client to connect with these qualities fully. Assist the client in resourcing these strengths.
7. If they are out of control with their play: Ask the client to mold into clay the strength of moderating play. Focus of what the client can strengthen in themselves from moderating their play. These qualities may be responsibility, dignity, integrity, wisdom, strength, focus, sensitivity, balance, grounded, peace.
8. If the client experiences their past shame as a child/adult for playing you may need to do a further sequence on ‘Healing Original Wounds’. You may not have time to do this in this session and can plan another time. Ensure that the client is aware of the past shame and you can do a quick ‘Hands On Healing’ if required.
9. Have the client mold how they are feeling about play now. Ask them where this lives in their body.
10. Follow up the session with discussing and planning how they can play more or play more responsibly in their life. Cover as many areas of their life as possible e.g. work, sex, travel, relationships, hobbies, friendships and family.

The Perfect Sphere – Creating Inner Peace

This exercise is a great tool in assisting clients with centering themselves and becoming aware of anything that is inhibiting them from being centered.

It is a good intervention tool when:

- A client feels heightened emotionally
- A client appears ungrounded and not in their body (may appear disassociated or living up in their head).
- A client knows they are uncentered but can't quite put their finger on the cause
- A client has issues with containment of their astral body/emotions
- The client presents with scattered energy in their physical, etheric and astral bodies

How this process can help:

- Clients can return to center
- Clients can become aware of their feelings
- Clients can learn to ground themselves
- Clients can gain skills in containing their leaking energy
- Clients gain better boundaries so that they are not taking on others energy
- Clients gain more energy
- Clients own their reality

- Clients learn to empower themselves
- Clients resolve anything they are allowing to interfere with their inner peace.

Step by Step Process for The Perfect Sphere - Creating Inner Peace

This process involves using one ball of clay. The clay transforms into a perfect sphere as the client centers themselves. Part of this exercise will involve the client and yourself remaining quiet for some time. Sometimes silence can be uncomfortable but in the silence they can find their center. It is a good idea to give your client a heads up that they will remain quiet in part of this process. We are more of a witness to a natural transformation during this process, but we do assist with a brief meditation in helping the client to center.

1. To begin with, you have identified and the client has agreed that they are either uncentered, ungrounded, scattered or uncontained at the current time. Ensure that you discuss the disadvantages, costs and consequences of the client feeling this way. Highlight things such as: leaking their energy can spill onto others and tire them out, allowing others energy to invade them is disempowering, when they are not in their body their energy centers and physical body will not function effectively, living up in their heads cuts them off from their feelings and disconnects them from others.
2. Have the client mold into clay how their body and energy is feeling at the moment.
3. Take the client through the following brief visualization..... Close your eyes and feel yourself surrounded by a bubble of coloured light. This bubble of light is completely protecting you. It protects you from taking on other people's negative energy, emotions and thoughts. It only filters in energy for your highest good. Notice what colour this bubble of light is. With every in breath, feel yourself breathing in this coloured light. This bubble is completely containing all your energy too. Every time you breathe in, you feel yourself

filling up with this light. This bubble can change colour any time depending on what you need. You are feeling peaceful. The more you breathe in this light, the more you feel this light fill you with peace. You feel it filling up your whole body. Continue to breathe in until you feel your whole body full with this light.

4. Ask your client to keep their eyes and mouth closed and as they continue to focus on their bubble of light, they can now pick up their clay.

5. Ask the client to mold this bubble of light that is surrounding them. Ask them remain quiet and take their time.

6. Remain quiet whilst your client brings their energy in. Their clay ball will start to form. Ensure that you provide a bowl of water as the client may want to smooth out their ball.

7. When it looks as if the clients clay is forming into a sphere, ask them to continue to work on their bubble of light with their eyes open and not to speak.

8. When the client looks like they are nearly finished, let them know that they can stop when they think that they are done.

9. Ask them how they are feeling now. If remaining quiet has created frustration, this is okay. This frustration may just be in their body as anger that they have not wanted to feel for a while. Whatever they are feeling at this point is perfectly okay. Ask them about their bubble and if they are feeling that they are still inside their bubble. The client will probably feel more peaceful but it is not an expectation that we have of our client. This exercise can teach them how to center as a start and also to learn about containment of their emotions.

10. If the clients feel full up with someone else's energy you may like to take them through the process of ‘Releasing Attachments, Cords or Carried Feelings ' in another session and do a quick 'Hands on Healing'.

11. For home play, ask the client to practice the visualization daily, both morning and night if possible to gain a perspective on how centered and grounded they are. They may also benefit front the 'Clearing and Centering The Self' Meditation and other grounding techniques from Level 1.

Relationship Resolutions - Healing Fear of Abandonment and Intimacy

Most clients will have a part of themselves that fears abandonment and one that fears intimacy. These fears usually stem from issues of loving the self and their level of connection with a higher power. There are usually many events that occur in a client's life that reinforce these fears. Current and past life traumas and abuse that are inflicted by ourselves or others, are usually ways we recycle our fears. They continue to occur until we 'get it' and heal.

When a client loves themselves 100%, they don't fear sharing themselves honestly with others. They don't fear others getting close to them. They don't fear letting higher resources in. They don't fear abandonment because they are not abandoning themselves. True intimacy is when you are able to share of all of yourself: the good, the bad and the ugly AND still love yourself. It is also when you can hear other people's good, bad and ugly and lovingly accept where a person is at without trying to change them. That means we are not trying to be another person's higher power. Intimacy is about having the ability to look into the mirror and love what you see. 'Into me see' is often how intimacy is described. I see who I am and I love who I am enough to be me and not judge you. We can't make people love themselves 100% and we can't make them not judge others. We can't make clients intimate. However we can certainly turn their attention to what is preventing them from being intimate and highlighting the benefits of intimacy.

This is what this process aims to do. It gets to the bottom of what lies beneath a client’s fears of intimacy. It also gets to the bottom of what lies beneath a client’s fear of abandonment. When we fear abandonment we usually make others a higher power in some respect. We are needy and expect our needs for safety, love, time, attention, comfort and protection to be met by someone else. We expect other people to give us what we are not giving ourselves. In having these expectations, we abandon ourselves. We lack intimacy with ourselves because we are rejecting our own needy part and making it someone else's problem. We totally hand over our power. Fear of abandonment is often related to not feeling connected to higher resources. We may believe in higher resources, but we just don't let them in. This is

often linked to our self-esteem because we don't feel worthy to receive. It's ironic that in not feeling worthy to receive, we can have high expectations of others to give us stuff that we simply don't let in any way! We are like empty pits that are energetically rejecting resources and love given to us. However, again we can't make people believe or connect with a higher power. We can't make people feel self-love or worthy to receive. But we can bring their attention to what is blocking them and highlight the benefits of self-love and self-care.

It is a good intervention tool when:

- A client fears abandonment
- A client has low self esteem
- A client is in an addictive relationship. They may be love addicted or a love avoidant (as described in Level 2).
- A client fears intimacy
- A client is judgmental of their vulnerability
- A client appears needy
- A client appears shut off to receiving support from others. They may be careaholics or caretakers.
- Any addict usually has both these fears strongly. They would need some recovery in their addiction before tackling these big guys - unless they are in an addictive relationship. Then it would be difficult to recover from this and gain perspective unless they had some understanding of these fears. These two fears drive the cycle of a co-addicted relationship.

How this process can help:

- This process can assist clients in recovering from fear of abandonment and intimacy by offering consciousness and healing of these core issues.
- This process is fundamental to long term recovery from any addiction
- Clients reclaim themselves and develop healthy self esteem
- Clients are able to attract healthier relationships
- Clients are able to receive higher support and truly let it into their core so that they feel supported 100% of the time. In turn they are able to share more of who they are and accept the imperfections of themselves and others. They resign from care taking and start caring for themselves and others equally.

Step by Step Process for Relationship Resolutions - Healing Fear of Abandonment and Intimacy

This process involves using at least 4 balls of clay. One is for their fear (abandonment or intimacy), one is for the belief that is behind their fear, one is for what they need and the last one is for their transformed self.

1. At the commencement of this process you will have identified and agreed with the client that they are struggling with a fear of abandonment or intimacy. Choose one for this process.
2. Have the client talk to you about a time that they were experiencing this fear and how it felt like. Have them describe this event and what they were feeling at the time. Ask them where they feel it in their body and then have them mold this in clay.
3. This next one might be a bit tricky to isolate, so take your time, but there is always something behind their fear. There is always a belief or a thought that

is fuelling this fear. We need to isolate what this belief is. This belief is currently shaping their reality. Ask the client what the belief is that is causing this fear and where it comes from. Have them form this in the clay. It may be a shape or even a person such as their mum or dad. It may be a pointing finger if their belief is that they are not worthy. You may need to dialogue with your client for quite some time to bring this belief to the light.

4. Next ask the client what they want to choose to believe now instead. This is an empowering process because they can choose a belief that is like an antidote and affirmation to the negative belief that they have been carrying around. Ask the client to take their time and form their new belief in the clay. Once they are finished, assist the client in resourcing this new belief into their body until their whole body 'believes' it and they feel it completely.

5. Now take them back to the original scene of their fear of abandonment/intimacy. Ask the client if they feel differently about the scenario. Ask them what they would do and feel now if they were in that situation again. Ask them how they would see themselves and what they would choose to believe. Tell them that it is their choice completely to choose what they want to believe. Ensure that the client is owning their choice. It may or may not have completely changed but it is their choice. We can't force people to choose to think differently and at this point we can only hope that they do.

6. Ask the client to mold in the clay how they are feeling now about their original fear.

7. Ensure that the client plans activities through the week that reinforce their new belief and that they resource the energy of this new belief daily.

Letting Go of Armor

This exercise is a great tool in assisting clients whom have energetically shut down a part of their body or chakras. This usually occurs as a result of fear of engulfment or because the client has been abused in the past. Energetic armor is a way that clients protect themselves. They protect themselves from being sucked dry energetically or taking on other people's energy. So we need to be very compassionate of people who appear to act tough. They are usually overcompensating for their vulnerabilities and past wounding. They usually have 'walls' instead of boundaries. These walls can be walls of anger, walls of silence, walls of smiles and walls of fear. People don't let down their guard unless it is safe to do so. The goal of this process is ensuring that the client has other resources to make them feel safe before they drop their guard. I never encourage anyone to drop their guard unless they feel it is safe and resourced to do so.

It is a good intervention tool when:

- A client feels shut down in one or more energetic centers or a part of their physical body
- A client has an energetic guard or armor that they are using to protect themselves from a current situation
- A client feels an energetic guard or armor that they are still carrying from a past life. It may be shackles, a noose, handcuffs, a chastity belt or actual armor worn in battles.
- The client has walls instead of boundaries. They may not be able to let people in energetically or are cagey about sharing their internal reality.
- Clients are too busy helping others to realise that they are shutting out their own spiritual resources and this has created an energetic stagnation

How this process can help:

- Clients can be more present in their relationship rather than hiding behind a wall
- Clients learn to set healthy limits with others rather than shut themselves down
- Clients resign from feeling responsible for giving people what they need all the time
- Clients regain their voice and can speak their truth, including expressing their feelings
- Clients learn to create healthy connections and intimacy with others
- Clients regain their energy because it takes a lot of energy to keep people at bay with guards and armor
- Clients let go of the weight of the past. Their physical body can lighten up due to the release of armor. They may stop overeating which is often a physical representation of their energetic armor.
- Clients can open their hearts and attract loving relationships

Step by Step Process for Letting Go of Armor

This process involves 3-4 balls of clay. The first piece of clay represents their armor, the second (or more) is the quality needed instead of this armor and the third is the how the energy is flowing now in that area of the body.

1. To begin with you and the client have identified that the client is holding armor somewhere in their body. Your client has agreed that they want to release this armor.

2. Have the client mold into clay the area of their body and armor/guard. It may be small like a handcuff or it might be large, like their whole body is surrounded by a cage and they are trapped inside. Let them take their time.

3. Ask the client if they have any memories of an event from the past that may have caused them to feel this way either in truth (that they were physically trapped) or energetically.

4. Ask the client what it is that they needed at that moment in time that they never got. It may be one or more things. Pick the main one (or two) and ask the client to mold these in the clay.

5. Assist your client in resourcing these qualities.

6. Ask the client if they are ready to have their guard or armor removed now. If they are ready, ask them to call in their spiritual helpers to have it removed. If they are not ready, ask them what else it is they need to become ready. They may need more time. This perfectly okay. They may need to build more spiritual support into their lives before they become ready. If so, leave the process here and plan supportive activities with them.

7. If they have had the armor removed, ask that they mold into clay how the energy is now flowing through this area of their body and how they feel now.

8. Once again follow this up with planning supportive activities. Include changing their beliefs about how they protect themselves. New affirmations and beliefs are powerful ways that they can continue to change their thinking about what they deserve and how they wish to be treated. For example, if their old belief was 'If I share my reality I will be controlled', it may now be 'I am free to be me as a gift to myself.' If their old belief was 'In order to stand other peoples presence who are needy, I need to shut them out' could now be 'What other people say and do is about them and their history and not about me'. Another example could be and old belief such as 'Oh, poor mum, I really need to help her see differently' could now be 'Mum is perfectly imperfect. It is not my job to fix her or see her as broken'.

Section 4: Lightfilled Play with Colour

Playing with the arts and colour is limited to painting and drawing in this section for ease of description. However playing with colour is only limited to your own imagination.

Paint can be a wonderful artistic medium for ourselves and our clients to connect with our soul life, astral body and higher self. In this section I have provided step by step processes in working with paint on specific processes I believe are absolutely vital for the Lightworker Practitioner to have in their toolkit. Drawing also assists us in tapping into our unconscious, feeling life and astral bodies. We often will catch ourselves doodling things that may reflect what is going on underneath the surface of our inner lives.

As a practitioner, you can replace any of the exercises that I outlined in Section 3: Lightfilled Play with Clay, with coloured water colour or acrylic paint, pencils, textas, water colour crayons, oil pastel crayons, coloured charcoals or chalk. You can use whatever tools that you have on hand or that you feel the client resonates with. Watercolors are connected more with the etheric realm and therefore provide a more gentle etheric building type of healing.

The majority of the exercises in this section are adapted from Section 3. I have referred to painting as a general term however whenever you read 'painting' you can replace it with 'drawing'. The reason for this is to pass on the knowledge and power that these mediums have graced me with over the years. I would love to see how other Lightworkers use different artistic resources.

I am commencing this section with some other concepts that can assist you and your clients with evolving in your consciousness. The variations to these processes are unlimited. This is very exciting because they are only limited by the parts of you that you want to express, the amount of beauty that surrounds you and the level of burning passion that you have within you to express anything that you feel is important.

These wondrous non-step by step processes emerged through my husband's experience with his own passion for painting being reignited whilst writing this training series. It actually happened whilst I was penning Level 4. We had just gotten back from Paris and our art appreciation radar was on full alert. In fact, through my

husband being a witness to me writing this training and his own time spent time developing the concept of Lightfilled Photography, my husband's ability to connect with the art we experienced was unbelievably deep and moving for me to witness. My husband's appreciation of art whilst we were in Paris had stirred his own wonder child into a renewed sense of wanting to paint. He hadn't painted since high school and so it had been 30 years since his last painting. And to my surprise, my husband's perception of art has contributed to the writing of this level. I love how Spirit works.

As I was writing this book, my husband completed his fifth painting (since resuming painting). As we usually did, we had a discussion about what the painting meant to him. This was then followed by a deep discussion about why he loves to paint. It was so amazing to hear him say all the things that he said about why he loves to paint and I immediately began linking them to this training! I could see how his pure love of painting was assisting him to spiritually evolve and explore his connection with himself, spirit and our earthly world.

Although we are focusing on drawing or painting, you can also use these concepts in so many artistic pursuits such as photography, craft, music, drama and dance. So these are also ways in which we can evolve and assist others evolve in using this artistic medium.

Exploring the Dance and Balance of Darkness and Light

We take the judgment out of the light and the darkness and the dance they have by striving to find the balance of both these aspects in the painting. Both darkness and light need the other to tell the complete story and to be seen. This dance can be interpreted in so many numerous ways. But by allowing a nonjudgmental feeling whilst painting the dance of these two aspects, one gains a deep respect for both, in any given situation. We can express this dance through painting people and their emotions, nature, just the dance of colour itself or inanimate objects.

Connecting to an object whether inanimate or real can assist us in exploring this aspect of ourselves. We can learn more about ourselves, how this part of us feels,

the gift, strength, character and uniqueness of this part. We can also learn how other parts of us feel about this part of ourselves. This aligns us with our shadow integration work in a really artistic way.

Expressing the awe of the beauty around us and the feelings that arise in us can be powerful and a grand exercise in gratitude and opening your heart. Imagine what this does in assisting us in becoming more focused on the positive. For example, we attempt to capture the feeling we had when we saw something, or we attempt to capture how we saw something rather than how it is usually seen by the human eye. This can give both a more subjective view in how it affected us personally, or a more objective universal view if we are seeing it from a higher vantage point. Either way, it assists us in expressing a part of ourselves that needs to connect with the awe of the beauty around us and assists us in deepening our spirituality.

Attempting to convey a message of something that we believe engages our higher self and really grounds our beliefs in an artistic way. This can assist in reinforcing our beliefs and convictions. It gives us an opportunity to reflect on our beliefs and to share these with others. We might find really creative ways in which to express these messages that are outside the norm or are more 'surreal' in their expression. However sometimes things that look out of the norm can grab more attention or even make more sense to us. They can take on a language of their own. In doing so, we become creators of new metaphors and new ways of thinking. This is very powerful in assisting humanity to evolve.

Creating Our Own Creations.

Amazingly when we have a vision of an animal, human, nature scene or even man made looking scene, we become creators of something new. If we truly allow ourselves to believe that we are creating life with our art, we can feel the spiritual impulses behind what we are painting. I remember having this profound experience after painting the cover for my Level 3 'Transforming Darkness To Light' and at the end of painting I felt that I had connected with and created all these beings that are

on the cover. I had painted how they were relating and I truly felt that this was only the beginning of their life. This may sound odd, but try it sometime.

When any form of art is expressed with any of the above intent, they act as catalysts to assist both the artist and audience to evolve in their consciousness. It doesn't matter what the art looks like, it is the process that matters and the intent behind the art that lives on. Art is a powerful medium to assist people in coming to realisations, connecting more with meaning in their lives and connecting to beauty around and within us.

Healing Original Wounds

This process assists us with identifying and releasing emotional wounds that have been caused by abuse or trauma in this life or others. The client will experience emotional and/or physical pain, numbness or emptiness depending on the wound.

It is a good intervention tool when:

- A client has revealed a traumatic event during a session and they wish to resolve it.
- A client is overwhelmed by or stuck in their emotions in relation to a traumatic or abusive event in their lives.
- A client is experiencing recurrent flashbacks of a trauma and they are causing the client stress (Post Traumatic Stress Disorder).
- A client has no memories of an event but intense feelings they cannot explain.
- A client has an absence or disconnection from any feelings of a traumatic or abusive event.
- An unexplained tumor, lump or other illness appears out of the blue.
- The client is describing feeling empty in an area of their body.
- A client keeps recreating destructive patterns with themselves and their relationships.

Example

A recent event has triggered off a heightened emotional response in the client e.g. Amy discusses feeling upset and 'silenced' by her partner Dave during an argument where he was talking over the top of her. Amy feels she has no voice and her energy is stuck in her throat. Amy also feels judged and abandoned by Dave. Further

exploration through dialogue with Amy reveals a time when her father yelled at her for having an opinion at the dinner table when she was a child. She was told 'children should be seen and not heard'. Amy has struggled to express herself freely in relationships with men. With further exploration through painting, Amy experiences memories about a past life where she was beheaded for standing up for her beliefs. The energy stuck in Amy's throat, the feelings of being judged, rejected and abandoned, all stem from this incident from a long time ago.

How this process can help:

- This process can help to make conscious where the original wound occurred in the etheric body. We find that until it is resolved, we continue to recreate these stories and events in our lives. Unless they are resolved in the etheric body they eventually filter down into our physical body resulting in physical illness.
- We unlock memories of events that may be hidden from our view.
- We assist the client in increasing their clairvoyant abilities. These processes clear our energetic centers that enable our spiritual organs to function more clearly.
- We assist the client in releasing emotional blockages.
- We assist the client in moving along the grieving process towards wholeness, joy and gratitude.

Step by Step Process for Healing Original Wounds

This process involves using 3 paintings. One represents the original wound, the second represents the resource needed to heal the wound and the third is the healed wound. A fourth piece may be required if there is a guard blocking the client from feeling their wound. This is discussed in more detail below.

1. Identify the issue. It may be presenting itself as the flashbacks, overwhelming feelings, health issues, pain in the body or numbness. It may also be a recent 'trigger' that has incurred overwhelming feelings. These triggers are usually the catalyst for further exploration. No logical understanding is required to explore what has fuelled the trigger. If we are highly emotional, it is usually because of an old wound.

2. Ensure that it is the clients wish to resolve the issue and wound. Gain their consent.

3. Create a simple statement, wish or goal to resolve the issue or wound. It can either be negative or positive. Whichever one incurs the most reaction is the best because as we are in reaction, we stimulate feelings in our astral body. And when our astral body is stimulated we are more likely to be able to access information. Here are some examples of statements used from the standpoint that is more focused on the negative: 'I wish to stop attracting abusive partners', 'I now release fear of stepping into my power as a Lightworker', 'I want to be free of resentment towards my mother'. 'I am now healed from my fear of abandonment'. Positive statements can also be used as a way in. For example, if we feel sick in our stomach when we say an affirmation such as 'I am a powerful Lightworker' or 'I am 100% comfortable and happy in my body' then this is a good signal that we have some wounding. If it works then use it!

4. Ask the client to close their eyes and sense into the part of their body that they are feeling reactive, pain or the feelings. If the feelings are too overwhelming they may choose to step into the wound to get a sense of what it is like in there and step back out of it. The client will literally feel their wound and take one step forward into it. Then they step back out again and paint the wound. Essentially, with this intention, they are stepping into their etheric body and auric field. With others, they need to be in the wound and fully connect with it because they haven't been connected for so long. The main point is to choose the method that allows the client to come closer to understanding what shape and colour the feeling looks like so they can paint it.

5. Ask the client to paint how the wound feels in the body. While the client is painting, they are connecting to this imprint. They may cry and release frozen feelings. Tears are said to be the etheric body melting, dislodging and releasing emotions that have been waiting to thaw out.

6. If the client is absent from their feelings, step 5 will not work. What will work is asking the client to paint the block or guard that is defending them against feeling these feelings. Once they have done this, you can have them paint what is underneath, behind or within the defensive block. If they still cannot access this, they are not ready or they don't feel safe yet. I recommend that you explore other resources to assist them such as 'Channeling Higher Vibrations' painting exercise, 'Clearing and Centreing the Self' or 'Daily Guidance' meditations. These will give the client more support so that they feel safe enough to explore their Original Wounds.

7. Once the client has painted their original wound, we can then take them through a meditation or talk to them to find out what they needed at the time of the trauma or abuse. We try and identify this down to an archetype or spiritual resource. We are after a quality that will fill them and raise their vibration. Such archetypes can include: love, strength, forgiveness, acceptance, compassion, nurturing, protection and confidence.

8. We ask the client to paint this archetype. It may present itself in the form of an angel, ascended master or other non-specific form. Ask the client to focus on how this archetype feels whilst they are painting. It does not have to be a work of art to be art working for us. We just need to encourage the client to connect with this vibration. This is their medicine and the antidote to the wounding. If they are stuck, simply ask them whether the shape of the quality is round, straight, concave or convex. Ask them what color it is. Let the quality arise out if the paint. The process of allowing this quality to arise is very powerful. Invite it in.

9. Once the archetype resource is painted we ask the client to close their eyes and imagine that they could breathe this quality into their while body. Feeling it filling them up, nourishing them and healing their wound.

10. The quality may also have a sound, movement and gesture that the client can form and repeat to assist with changing their vibration. Lightfilled Yoga™ poses will be discussed further in Level 6 that will assist with healing wounds in specific energy centers.

11. We then ask the client to paint what the wound looks like now. It is important that the wound changes into looking more resolved towards their goal.

12. If the wound remains unchanged, the process has not been effective for your client. You will need to speak with your spiritual guidance to ensure that you are supported in guiding your client correctly through this process. If there is something you are called to do instead of the steps I mention here, trust your guidance.

13. We may require spiritual resources to clear out any remnants from other people's energy in the client's wound too. We can invite Archangel Michael or other helpers to vacuum and clear the wound. If there is an attachment or dark entity, we can have the Carrions take them to the Womb of Transformation as discussed in Level 4.

14. Ensure that you talk through the process and their realisations. The client may find that this one issue has created a spider web of symptoms and ripples through their whole life. They need time to join the dots. Ask them questions such as 'how do you think healing this wound will change your life?' or 'what areas of your life do you think will change as a result of this healing?'

15. Assist the client in discussing and committing to daily activities to be incorporated into their life to reinforce the healing. Practicing behavioural changes will assist long term healing and break negative patterns. Positive affirmations, meditation, visualisation, continuing to resource themselves, writing, daily activities and changes to day to day schedule can all be positive behaviours that support this kind of healing.

Childhood Developmental Stages Healing

This process assists us with identifying and releasing feelings and blockages to specific developmental stages of our childhood. In Level 2 we identified the childhood developmental achievements that we need to experience in order to have a healthy relationship with ourselves, others and our higher power. These are normal and healthy to go through in our childhood.

It is a good intervention tool when:

- A client has experienced abuse or trauma at a certain time in their childhood development.
- A client is expressing immoderate symptoms in relation to childhood developmental stages.
- A client wants to explore inner child healing.
- As part of processes for Inner Child Healing retreats.
- Clients do not believe in past lives. This healing is based on the past but in this lifetime.

How this process can help:

- This process can help to accept all elements of consciousness of our inner child
- When a client is experiencing a blockage or resistance of an aspect of their inner child
- Resolves negative patterns in relationships with others
- Bridges the gap between our inner child and ourselves

- Stops clients 'acting out' unconsciously
- Allows clients to fully self-actualise
- Deepens relationship with higher power

Step by Step Process for Healing Childhood Developmental Stages

This process involves using 3 paintings. One represents the current state of the inner child's feelings, the second represents the resource needed to assist the inner child fulfilling their developmental stage and the third is the healed inner child. A fourth painting may be required if their is a guard blocking the client from feeling their inner child's feelings. This is discussed in more detail below.

1. Identify the developmental achievement that the client and you have identified is the issue. This may arise during a session or you may be conducting a workshop with a specific developmental stage in mind.
2. Ensure that it is the client's wish to resolve the issue and reclaim this developmental achievement. Gain their consent.
3. Create a simple statement, wish or goal to reclaim the developmental stage. Examples: I love and accept myself as I am (infancy), I feel free and safe to explore the world (toddler).
4. Give the client their piece of painting paper and paints. Ask the client to close their eyes and to visualise themselves at the age of the developmental and to paint the way the child is feeling. They may cry during this process or be very quiet. If they want to talk or be quiet that is okay. The main thing is that they are consciously connecting with their inner child.
5. If the client is absent from their feelings or body, step 4 will not work. What will work is asking the client to paint the block or guard that is defending them against seeing their inner child. Once they have done this, you can have them

paint on another piece of paper what is underneath, behind or within the defensive block. If they still cannot access this, they are not ready or they don't feel safe yet. I recommend that you explore other resources to assist them such as 'Channeling Higher Vibrations' painting exercise, 'Clearing and Centering the Self' or 'Daily Guidance' meditations. You may also give your client a Hands On Healing or ask the Archangels, Carrions or other guides to clear away any negative energy and/or attachments. These will give the client more support so that they feel safe enough to explore their Inner Child. Once again, always ensure that your client is ready and willing to accept this assistance.

6. Once the client has painted the way their inner child is feeling, have a talk about how they are feeling about their inner child. They are now the adult who is witnessing themselves. The higher self is able to parent the self. However, they may be so immersed in the energy of the inner child that they lose connection with higher self. If the client is not able to validate themselves, you need to be their form of validation. You also need to be clear on what each of the developmental achievements are and how that looks in the life of the client. It is best not to proceed with this kind of work unless you have reclaimed this stage for yourself.

7. We now work with the client in ascertaining the archetypal quality that is needed to ensure that this developmental stage is met. If the client is unable to see what this is, you will need to listen to spirit and be guided to identify this quality. Such archetypes can include: infant: trust, toddler: curiosity, preschooler: strength, school age: compassion, adolescent: freedom.

8. We ask the client to paint this archetype or its quality in a painting. It may present itself in the form that speaks to the mind of a child. Strength might look like a bull dozer. Compassion might look like a love heart. There is no right or wrong here. As long as the connection with the quality is strong. You can ask the question of what the quality would look like to the child at that age.

9. Once the archetype resource is painted we ask the client to close their eyes and imagine that they could breathe this quality into their while body. Feeling it filling them up, nourishing them and giving them what they need.

10. The quality may also have a sound, movement and gesture that the client can form and repeat to assist with changing their vibration. Children also like to dance, so it might be fun to play with it and explore movement. Using songs with the theme of the quality can be helpful during workshops.

11. We then ask the client to paint how the Inner Child feels now. It is important that the mood of the painting of the feelings of the Inner Child changes so that there is a congruency with the developmental achievement and stage.

12. If the inner child remains unchanged, the process has not been effective for your client. You will need to speak with your spiritual guidance to ensure that you are supported in guiding your client correctly through this process. If there is something you are called to do instead of the steps I mention here, trust your guidance.

13. Ensure that you talk through the process with your client or if in a workshop the participants can share their experiences and their realisations. They need time to debrief. Ask them questions such as 'How do you think embracing this developmental stage will change your life?' or 'What areas of your life do you think will change as a result of this healing?' If it is a workshop environment, you may even ask participants to write these answers and share them with one another or in a group. This is great shame reduction work.

14. Assist the client in discussing and committing to daily activities to be incorporated into their life to reinforce the developmental achievement. Practicing behavioural changes will assist long term healing and break negative patterns. Positive affirmations, meditation visualisation, continuing to resourcing themselves, writing, daily activities and changes to day to day schedule can all be positive behaviours that support this kind of healing.

Personal Empowerment

Personal empowerment is usually fully operational when we are in touch with our fire. This fire is often expressed in its most frustrated form as anger. This is because anger is usually connected to the part of us that holds strong beliefs and values. This is our Ego and holder of the fire element and our internal flame, as we explored in Level 4.

When we feel connected to these beliefs, we usually will feel strong, centered and upright in our body. Our beliefs ignite a fire within us. However, when our beliefs are taken to the extreme and not balanced, we can become judgmental and controlling. Our beliefs then live up in our head or fly out of our body in an uncontained and/or violent way. We lose connection with our body and can fly into rages. Instead of owning our beliefs, they own us. They remain 'unenobbled' beliefs. They are unenobbled because they are not expressed in a way exuding dignity and honor for all.

When we are over powering others with our fire, we may lack an acceptance for other people's ideas. We may lack a respect for other people's beliefs. On the other hand, if we dismiss our beliefs or lose connection with what is important to us, we feel disempowered. We cut off from our personal power and squash our fire. We may require assistance in snuffing out our fire. We may push it down with excess food or drown it in drinking too much or taking drugs. We may even work it or 'busy it' away.

When it is shut off, we shut down our personal power. When our energy is shut down here, we tend to feel depressed and don't really feel as if our life has any meaning. This is because we have lost sight of what we value. When we don't connect with our own beliefs, we are disempowered and allow ourselves to be overpowered by others beliefs. Belief clashes have been the cause of many wars and conflicts over history. When one group of people all hold a belief that they think to be true, they can use this as a justified way of putting themselves above others. They can then try to over-power others with the resources they have whether it be a spear, gun or words.

So bringing it back to our story now. Our own internal wars exist when we are out of touch or too in touch with our anger. Either way, they are extremes and create an

imbalance and internal war within ourselves. How can we find our personal power and also compassion at the same time? How can we experience and move through conflict without feeling conflicted by being out of control or shut down with our fire? The key is to understand the parts of ourselves that are creating the conflict. We need to get in touch with the part of us that is angry. We need to get in touch with the part of us that is afraid or judging ourselves or others. Then we can access our fire and direct passion in our lives in a positive and powerful way to all.

It is a good intervention tool when:

- A client appears rigid and they are holding a lot of energy in their head
- A client expresses a lack of drive and passion in their life or are experiencing depression.
- A client is experiencing an excess of anger and they are having a hard time containing it

How this process can help:

- Brings awareness to our beliefs
- Integrates parts of ourselves that are not on board with our beliefs
- Helping to resolve our anger
- Reduces judgment and increases compassion
- Assists in moderating anger
- Increases personal empowerment
- Lifts depression

Step by Step Process for Personal Empowerment

This process involves painting 3 paintings. One represents the judge or angry part, the second represents the disempowered part and the third is the compassion part.

1. Ensure that you have identified an area of the clients life where they need to feel empowered or they are experiencing an excess of anger.
2. Depending on the client, start where you believe that they connect with the most. If they are really angry and are very judgmental, start here. If they are appearing disempowered, shut down or afraid, start there. If they are a humanitarian and naturally compassionate, you can start there. The main thing is that they connect to the part where they are at. Ask the client to paint what this part of themselves looks like. It doesn't have to look like them. It can be a shape or a symbol.
3. Once the client has painted this part of themselves, ask them what this part of them 'believes to be true'. Have them speak from the energy of this part in a convincing manner. This gives the client an opportunity to express what they truly believe. This may change over the course of the session. At this point we want to hear what they have say.
4. Repeat this process for the other 2 parts.
5. After each part has spoken about what they believe to be true, have them state how they feel, what they need, their purpose and how they can help the other parts to be the best they can be. You can do this by asking the client these separate questions to all 3 parts 1 at a time. Or you can ask a part all of the questions in one go. Trust your guidance.
6. If a part feels like it wants to take over at any time, direct the client to another part and ask the client how that part feels about it. Assist the client in gaining an insight of the impact overpowering parts are having on other parts. Then gain the parts help to provide more balance.

7. Acting as a mediator, gain cooperation from all the parts so that the system balances out. Asking each part how they can resolve the issue at hand will be important so that input from each part is gained. This will ensure a team oriented approach to resolving internal conflict.
8. Check in with the client as to whether it feels any of the parts may have changed. The client may wish to paint a new painting with all 3 parts in it to symbolize changes or the integration.

We can also use this process with individuals and couples in a Drama Therapy Voice dialogue session called The Diamond of Empowerment. This process is covered in Section 7.

Resolving Grief and Loss

Resolving grief and loss is about coming terms with change of any kind. This could occur through the loss of a loved one, member of the family or pet. This may happen through them dying, discontinuing the relationship as we know it or even them moving away from us. Change can occur through a change in our everyday lives and circumstances. Whether we are changing jobs, have just gotten a new hair cut or have decided it's time to move from where we are living, it will usually kick start this process.

When we are 'coming to terms' with the change, we are in the grieving process. This process is also described as 'loss' because change brings us more of something different or less of what was already present in our lives. The change could be felt as a positive or negative. It doesn't matter because we still go through the grieving process. It may take days, weeks, months, years or decades. It is really up to us how quickly we allow ourselves to go through each of the stages.

In the GROW (Grieving Restores Our Wholeness) model that was explained in Level 2, we explored the different stages associated with grief. Each stage is important because we learn something about ourselves at every emotion too. We discussed this in our Wheel of Wholeness in Level 2 as well. To re-cap, I have combined these two ideas and in the following table:

GROW (Grieving Restores Our Wholeness)

Learning Outcomes

Stage of Grief	Feelings Experienced	Learning Outcomes
Shock	Fear, fight, flight, denial, numb, spaced out, anxiety, reliving the trauma, disbelief.	It is okay to feel what I need to feel when I am ready. It is safe to accept change. Everything happens for a reason. I am safe because nothing can truly hurt me.
Anger	Blaming others, blaming self (guilt), frustration, anger, rage.	I am not in control of what happens and it is okay to let go. I am valuable. I stand up for what I believe to be true. I take responsibility for what is mine and not for what is not mine. I am able to be patient.
Sadness	Pain, shame, sadness, deep grief, depression, hopelessness.	I now understand what is important to me. I allow myself to trust the process of life. I treasure things that I feel close to now. I can love unconditionally without getting attached to how others should love me. I plan my time and do things that add meaning to my life, no time to waste. I know who I truly am.
Gratitude	Joy, love, peace, gratefulness, grounded, centered.	I make the most of what I have now. Everything that has happened to me has created who I am now. I can feel compassion for others when they are expressing their emotions. I see the bigger picture of why things have unfolded the way they have.

It is a good intervention tool when:

- A client has lost is a loved one
- A client has unresolved feelings for a past relationship
- A client is finding it difficult to accept a sudden change in their life
- A client wishes to communicate with a deceased loved one or pet
- A client has been 'stuck' in part of their grief
- A client has difficulty feeling their grief
- A client is avoiding their grief by using addictions or distractions to medicate themselves

How this process can help:

- Brings awareness of feelings
- Assists with moving through the grieving process quicker
- Helps clients cope with their feelings in a positive and supportive way
- Reduces judgment of feelings and encourages inner strength
- Assists clients to own the perceived loss and experience its benefits without creating dependency patterns.

Step by Step Process for Resolving Grief and Loss

This process involves 6 paintings. One represents the loss, the second represents the shock, the third represents the angry part, the fourth represents the sad part, the fifth represents the grateful part and the sixth represents the integrated part.

1. Ensure that you have identified the grief or loss in the client's life.

2. Ask the client to paint the loss or a symbol that represents the loss. For example, they might have lost their grandmother and she was very loving. The client may choose to paint a love heart shape. Another example, a client may have lost a job that made them feel important. The job may be represented by a painting of a star because it helped them to shine. The most important thing here is that the client is able to connect with the energy of that which they feel is lost. The picture doesn't have to make sense to you but it must to them.

3. Ask the client to paint how they felt when they first heard the news of their loss. This is the part that felt the full blow of the news. It may appear as blown apart or splattered. It is usually the time where clients 'excarnate' or disassociate from their bodies. If they can't paint anything, this is okay, move onto the next painting.

4. Move onto how the client felt when they started to get angry about the loss. They may not have felt angry yet, as they may be still in their disassociated self. It is important that you get them into their body. You can ask such questions such as: "Is there a part of you that feels angry about this change/loss?", "Where do you feel this in your body?", "What does this part of you feel angry about?", "What is this change costing you?", "Do you feel guilty that you didn't get to do or say something before they were gone?", "Do you blame yourself for the loss of the relationship?", "Who do you think is to blame here?". "Are you angry at them for leaving you?", "Do you feel ripped off?". It is okay to be quite direct with the client at this stage. If they are out of touch with their anger, bombarding them with questions could serve to frustrate them enough to assist them in getting in touch with their anger. Be careful not to be aggressive though. You may like to speak in an assertive tone that is not aggressive. This almost gives them the permission to step into this part of themselves.

5. If they need to get out some of their anger, they can stomp their feet and yell "gah" or "dah" repeatedly while throwing a pillow or small bean bag onto the floor. If the anger has been stuck for while it could also assist them in connecting to their anger and releasing pent up anger blockages. If they do not connect with this part of themselves after trying this technique, this is okay too. Just move onto the next painting.

6. Ask the client to connect with the part of themselves that feels pain or sadness regarding their loss or change. They may find it hard to engage with this part if they are really numb or angry. Or it may be that this is the only way they really feel. It may be that they have been stuck in this for so long that they feel depressed, despair or hopeless. Ask the client where the client feels this pain in their body and to paint how this part looks/feels. Sometimes it may look like a deep concave empty wound. This is usually the heart of the loss space. Usually this is the way grief expresses itself. However it could look the opposite because it is full of tears and pain. Clients may start to cry and sob deeply at this time. Or they may leak tears. Allow this release without offering tissues but have tissues handy and within reach. The tears need to freely flow. The main point to remember here is that this part of themselves is the most vulnerable and deep.

7. Next have the client paint the part of themselves that is grateful for their loss. It may be hard for them to conceive at this time. You may need to assist your client in future pacing to enable them to see the bigger picture as to why they would feel any gratitude for the change/loss. Future pacing means that they can imagine the future how the current changes could positively affect them and others. You can explore things such as: how has this made them a better person, how has this helped them learn more about who they are, how has this helped them to evolve and make better choices, in what positive ways have others been effected from the change and how has this been a catalyst for other areas of positive change in their lives. Have them paint this feeling of gratitude that they have for this loss once you have explored these questions.

8. If the client has painted all their parts, you can now ask the client what each part needs. Assist your client in giving this to each of the parts. The client can

*breathe in this quality to their body that the part is stuck. Alternatively they can paint it. Also assist the client in finding ways that the client can give this to themselves in their everyday lives.

9. If the client has identified and received what each parts needs, you can now proceed to identify the gift that each part provides for them. If the client has any trouble with this, they may have not fully connected or expressed one of the previous parts. They may require some further processing of a specific part to ensure that they have expressed how this part is feeling or resourcing what it needs.

10. Once the client has expressed what the gift of each part is, they are now ready for integration. They are now ready to bring the gifts of all of these parts together. Ask the client to paint a painting that symbolises this integration.

11. If at any time during the session the client wants you to act as a medium with the client and their deceased love one, you can ask the client what each of their parts or integrated self wants to ask or say. Allow the client to speak directly or through you to express what the parts have to say. This can assist the client in speaking their full truth to the deceased. You can also use this technique for clients who feel that there are things left unsaid or that they need to say to those who are still alive. They might not have contact with the person but need to speak words out loud that need to be spoken. They might also want to use the opportunity to role play something that they are going to say with someone. All these techniques can really help the client to verbalise their feelings and contribute to a peaceful resolution with their grief.

Resolving Dysfunctional Roles and Relationship Dynamics

This process assists the client in uncovering their role that they played in their family system. It gives them an opportunity to reclaim parts of themselves that they have disowned so that they no longer attract this dysfunction into their lives.

It is a good intervention tool when:

- A client is stuck in a childhood role that they played in their family system.
- A client has judgment and blame of a member/s of their family.
- A client keeps attracting a certain type of person into their lives
- A client is attracted to dangerous or abusive relationships
- A client is disowning certain feelings. E.g. They may be fine with feeling sad but have difficulty being angry.

How this process can help:

- Brings awareness to our roles that we play in our family system/relationships
- Understanding the addictive quality of these roles and their extremes
- Identifying those that we have unresolved feelings for in our family system
- Understanding how this shapes who we are and the types of people we attract into our lives
- Assists in reclaiming rejected parts of ourselves and brings back feelings of wholeness

Step by Step Process for Resolving Dysfunctional Roles and Relationship Dynamics

This process involves as many paintings that the client has with their parents, siblings and any other significant family members. They may wish to do a painting for each, one painting with all family members or several paintings with various family members grouped together. Family members do not have to be biological. They may even be very close friends of the family. The important thing here is the influence that the person had on the client within the family system.

1. The client paints the family members one at a time. They feel into the energy of the parent, sibling or family member and paint their perception of the energetic expression of each. For instance, if their father was shut down, he might appear like a solid brick. They do not paint how they felt in receiving of this person's energy. If they have any trouble with this, you can ask them to act a bit like this family member to demonstrate how they perceived them. Then once the client has energetically connected to their family member it might be easier for them to paint.

2. The client paints how they feel in response to their family's collective energy. This forms their role or response. They may feel as if they have different responses to different people. That is okay. Your client may have felt more disconnection or distress from certain members of the family. You may choose to focus on the main family members who have been a catalyst to your client taking on the role.

3. Some family members or a significant person may have supported the client. These are important to paint too, so that the client can connect with resources from the past that they also had in their lives to get them through. They might have been a close friend but felt like they were part of the family.

4. Once all the paintings are complete and the client has formed their energetic responses it is now time to pick the main character/role of the client that is calling to be healed. You don't need to address all the reactions to all of the family members in one session. However having them all in front of you, gives you and your client the bigger picture. Address the one that stands out the most to you and the client by finding out how that part of the client feels. This

is the opportunity for this part to have a voice and express how it feels now and back then in the family system.

5. Ask the client what they benefited from playing this role in the family system.
6. Ask the client what they needed at the time that they were not getting.
7. Ask the client how they can give that to themselves now. Assist the client in resourcing this need using the clay, visualization, sound, movement, gesture, drawing or painting.
8. Ask the client what the gift of the role is and how this can serve them in their life. Have them paint this gift or energetic feeling.
9. Now choose a family member that the client has rejected.
10. Ask the client what they have disowned in themselves by rejecting this family member. Assist the client in reclaiming this part of themselves back by using the clay, visualisation, sound, movement, gesture, drawing or painting.
11. If you have time, you may repeat this process with the other family members, or save this for another time.
12. Finally have the client paint how they energetically feel now in relation to their family.

Channeling Higher Vibrations

This process assists the client in resourcing when they are in need of support due to feeling depleted, burnout or lacking a specific quality that they need regarding a specific issue.

It is a good intervention tool when:

- A client is feeling burnt out
- A client is feeling empty
- A client is lacking energy
- A client feels unsupported in their lives
- A client is lacking self care
- A client feels as if they are lacking a quality in dealing with an issue eg they may be lacking confidence, compassion, joy or acceptance.

How this process can help:

- Rejuvenate the client if worn out
- Clients recover from burn out
- Clients to feel more whole and complete
- Clients learn how to nurture themselves
- Clients to call on their spiritual resources
- Support the client in a specific way to suit their needs regarding their situation

Step by Step Process for Channeling Higher Vibrations

This process involves 3 pieces of clay. The first piece is the higher vibration that they are lacking, the second is the representation of the higher vibration and the third is how they feel after resourcing this quality.

1. Firstly, identify the quality or resource that the client feels they are lacking at the moment or in regards to a specific situation.

2. Ask the client where they feel this lack the most in their body. Ask them to paint this.

3. Then ask the client to paint the quality that they are lacking. They may choose to incorporate this into their first painting or paint it on a separate piece of paper.

4. Start speaking about this quality that they feel they are lacking. Ask them what physical and spiritual things represent this quality to them. They may list one or several things. You will need to sense into whether the thing that represents this quality to the client is of a strong and high vibration. For instance, if the client says that they are lacking strength and the symbol for strength to them is an axe, it might not really be strong enough to do the next steps. You can ask the client about people who they believe encapsulated the kind of strength they need. These people might be alive or have passed. They may be close to the client or not. You may suggest higher beings that resonate with the quality and speak to the client about them. It helps to have this discussion to connect with the higher energy of the quality that they are needing. However, it is not necessary for the client to have a set idea of this quality before they commence painting. The painting itself may assist them in the discovery of this quality.

5. Let the client's painting represent this quality the way they see it. It may not be recognisable to you or it may be quite clear. Without any comment, ask the client to describe the quality that they have painted. Be open to hearing their interpretation of their experience. It is important to not judge the painting. If they have chosen to paint on the original painting, notice where they have

positioned the resource in relation to their lack. This is another point for discussion.

6. Ask the client whether they are feeling connected to this quality. They may already feel quite connected or not. That is perfectly fine.

7. Ask the client to close their eyes and imagine being this quality. Ask them to breath in this quality until it becomes them. Take them through how it feels to be this quality, what they would think, how they would make decisions and what they would do in their current situation.

8. Take some time to debrief with the client on this experience and their realisations.

9. Ask the client about how this experience has changed them now in their body, mind, feelings and actions about their situation. Have them paint the part of their body now after it has been resourced by this quality. They may like to do this on a new painting or modify their original painting.

10. Ensure that you discuss the importance of reinforcing this resource with the client. Have them connect with the quality daily or several times a day for at least a week so that they get used to accepting this powerful vibration.

Releasing Attachments, Cords or Carried Feelings

This process assists the client in releasing energy that is not their own. They may have carried this energy by taking on another's problems or made it their responsibility to fix. This can often happen with Lightworkers as we can tend to be an over responsible bunch. However this can lead to burnout and a lack of clarity in identifying thoughts, feelings and guidance. Releasing this energy also assists clients in becoming more of where they are. We can use this process to assist clients in letting go of any unwanted energetic attachments from beings that they have attracted due to needing to transform their vibration. This also includes spirits who are yet to cross over.

It is a good intervention tool when:

- A client is feeling overwhelmed or confused
- A client is finding it hard to move on at the end of a relationship
- A client is feeling out of control and doesn't know why
- A client is finding it hard to identify what they want and need within a relationship or they feel that they can only get it from their partner
- A client feels sensitive to other people's emotions
- You have identified a cord that is running between your client and another person (from this life or others)
- You have identified an attachment or entity on the client. This could be a person who has passed over who has attached itself to the client. This could also be an entity that is causing the client distress.

How this process can help:

- Clients become aware of their own thoughts and feelings with clarity and also a sense of empowerment
- Ensuring clients are free from the influence and power of others
- Assisting the client in releasing cords and attachments that are preventing them from evolving
- Enable the client to identify the reasons behind why they are carrying this energy, cords or attachments
- Strengthen the clients ability to stand other own two feet and engage their higher self
- Let go of feelings that are not theirs
- Relinquish over-responsibility
- Assist clients to recover from enabling and care-taking
- A good prerequisite to shadow work - what we deny in ourselves, we attract.
- An opportunity to raise the client's vibration

Step by Step Process for Releasing Attachments, Cords or Carried Feelings

This process involves 1-2 paintings. One is for the current self and where they are feeling the attachment, cords and carried feelings and the last is for the restored self.

1. Through dialogue with your client, you may have identified an attachment, cord or carried feelings. Ensure that your client feels this is real for them. This is a very important step. Unless the client feels in sync with your reality, you cannot go further with this process. This means that your guidance may be off,

or the client is in denial. Pulling some cards for clarity for yourself or your client may assist. If in doubt, leave this process out. You can work on resourcing the client and building supportive structures. This clay process is more the work of Level 2 and it takes time for some clients to get to this point. Remember no judgment on their process. If the client is not on the same page as you, this process will not be effective in the long term. It may even create a trauma for them in the short term.

2. Ask the client to paint how they are feeling. They may choose a particular part of their body, or the whole of themselves. Whatever they feel drawn to do is perfect. Remember that this is what they will be ready to face.

3. Ask the client to paint the entity, cord or carried feelings on the original painting. Ask them to paint it onto the current self the way that they feel it is affecting them. A cord or entity may attach itself or may completely over power their body. This is perfectly okay because the client needs to get a very clear reality on how powerful this thing is.

4. Ask the client what energy they are receiving from the person, entity, cord or carried feelings.

5. Ask the client what this person, entity, cord or carried feelings are taking from them.

6. Ask the client what this person or entity needs.

7. Ask the client this person, cord, entity or attachment's gift is to them.

8. Ask the client if they can accept this person or entity as a mirror to a part of themselves.

9. Ask them if they are ready to accept this part of themselves. This is the empowerment process and Level 3 shadow work. I have inserted it here because my guides have showed me that mere removal of an entity, cord or carried feelings is not enough for the long term. The client needs to accept this part of themselves. If they are not ready, this is okay and can be dealt with another time. It may be enough for the client to gain perspective of this entity, cord or carried feelings.

10. Ask them if they feel that they have gained an understanding of the person, entity, cord or carried feelings and if they are ready to let them go.

11. If they are ready, assist your client in removing it with the help of your guides, angels and the Carrions (the specialists in removing entities). Ask them to take them to the Womb of Transformation.

12. Ask your client to paint how they feel now. They may choose to transform their first painting or start a new painting. If they are not ready, ask them what they need to get ready to release it. Ensure that you plan supportive activities with your client that they can practice.

13. Spend some time with your client in discussing how this experience has changed the way they deal with people, relationships and decisions in their lives. Ask then about how this changes then as a person and will make a difference in their feelings about themselves.

Balancing the Masculine and Feminine

This process assists the client in balancing themselves in their masculine and feminine energy. They may be doing too much and not 'being' enough. It can also assist clients in becoming a more well-rounded person who is accepting of themselves. If they are more masculine than feminine or vica versa, this is a great exercise to bring awareness and balance to their energy and relationships with others. When we balance out, we usually attract and maintain relationships that are more balanced too.

It is a good intervention tool when:

- A client is feeling out of balance with their energy
- A client is out of touch with their masculine side and more feminine
- A client is out of touch with their feminine side and more masculine
- A client wants to change the pattern of attracting relationships where the power dynamics are out of balance.

How this process can help:

- Clients to become more at peace with both their masculine and feminine sides
- Assist clients in understanding how these two sides of themselves work together
- Clients can feel more balanced in their sexuality
- Clients can learn to deal with people who are also exhibiting more masculine or feminine behaviour
- Clients can become aware of where they need to build their energy in order to balance themselves out.

- Clients learn how to re-parent themselves.
- Clients attract healthier and more rounded relationships

Step by Step Process for Balancing the Masculine and Feminine

This process involves 3 paintings for every resource that is identified during the session with the client.

1. Firstly have the client paint their strongest energy whether it is masculine or feminine. Whilst they are doing this, you may speak freely with them about this energetic trait if they are talkative. If not, it is perfectly okay to be quiet. They may be quite in touch with this side of themselves and have a clearly defined sense of the energy. The main thing is that you get the feeling that they are connecting with this energy. If they are struggling, you can imagine someone that they know (be it a person or spiritual resource) that exhibits this energy.
2. When they have finished painting this masculine/feminine energy, ask them where they feel it in their body. There may be a particular chakra or place in their body that it is the strongest.
3. Ask the client to stand in the pose of the energy that they have just uncovered.
4. Ask them what sound there is to this energy. Have them demonstrate it.
5. Ask them what the movement is to this energy. Have them demonstrate it.
6. Have a talk to the client about how it feels being resourced in this way by this energy.
7. Repeat these steps for the masculine or feminine energy (whichever one they have not yet done).
8. Now ask the client to paint how these 2 energies come together in balance.

9. Discuss with the client any realisations that they client has about the kinds of relationships that they have attracted. The kind of person that the client has been in relationships with is an extreme expression of one of these energies.

10. Also discuss how they have denied parts of themselves or been out of balance in energy and how this has affected their lives. Be aware that the client may experience grief when they have these realisations. This is perfectly healthy. Any shock, fear, anger, guilt, blame, shame, pain, sadness, gratitude or joy, are welcome. You can provide validation for any of these emotional responses by reminding the client that it is healthy to react with some sense of acknowledgement of loss when they are reclaiming a part of themselves.

11. Once the client has finished this balancing painting ask them about how they can bring this relationship of these 2 energies into their lives in a practical way. Talk about the positive changes that will occur when their energy is in more balance.

12. Ensure that the client commits to resourcing their weakest part daily for at least a week. Assist clients in planning daily and weekly activities to reinforce the balance of this masculine and feminine internal energetic relationship.

Strengthening Our Connection to Our Higher Power

This process will assist the client in gaining an understanding of their higher power. The distance or closeness between themselves and their higher power is made conscious to the client. The client takes ownership for the relationship between themselves and their higher power as this relationship is based on the client's free will. The client becomes aware of the qualities that they can receive from connecting with their higher power. Clients are invited to develop a stronger relationship with their higher power by using this process. If there is any resistance or blocks to connecting with their higher power, this process provides an opportunity to address and resolved these using this process.

It is a good intervention tool when:

- A client has expressed a disconnection from their higher power or spiritual resources
- You sense that the client is disconnected, blocked or in resistance to letting in higher support
- A client has expressed a need for more support
- A client has expressed a desire to learn more about their higher power or spiritual resources
- A client is stuck in their 'victim' role and needs to learn how to reparent themselves
- A client is anti-dependent and does not accept help from others

How this process can help:

- Clients develop a stronger connection with their higher power
- Clients are able to clear blocks and resolve resistance to being supported
- Clients step out of a victim mentality and more into feeling empowered
- Clients learn how to re-parent themselves.
- Clients attract partners who are also empowered and have a strong relationship with spiritual resources
- Clients are able to learn how to ask and receive support

Step by Step Process for Strengthening our Connection to Our Higher Power

This process involves 3 or more paintings. One is how the client feels about their relationship with their higher power currently. The second is for their higher power's main qualities. There may be more than one. The last piece is how they feel towards their higher power after the process.

1. Firstly, the client must want to explore and build this relationship. This is their free will. They need to know this. Ensure that you have them on board. If they have resistance but are still willing, this is fine. This is such a powerful visual regarding their current relationship. If you sense that this process will really help them, let them know, but they must be interested, committed and see its importance.
2. Ask the client to paint how they are feeling about the current status of their relationship with their higher power. They need to connect with their feelings, even if that means they feel disconnected. Have them describe their feelings and then ask them to form these feelings into the first painting. If they are disconnected, then they can paint how it feels to be disconnected.

3. Talk to the client about the qualities of their higher power. Write them down for the client if needed. Come up with a main quality or two. Ask the client these paint these qualities into the second painting. It's okay if there are more than 2 qualities. Go with what you feel is right. The client may wish to paint each quality on a separate piece of paper too.

4. Ask the client to place qualities near or further away from the client's first painting so that it is a representation of how resourced they feel with each quality at the moment. Some qualities may feel closer than others.

5. Ask the client to paint any blocks around the quality that represent any specific blocks that are preventing them from accessing these qualities. These blocks may be between the higher power qualities and the client. They may also choose to paint blocks/guards on their original painting. This may be the reason why they are feeling cut off/disconnected and any other subsequent feelings of sadness, anger, fear, isolation or emptiness.

6. Ask the client if any of the other qualities from the higher power can assist in resolving this block. If not, ask them what they believe would assist them in resolving this block. They may have a past life/original wound that they need to work through and this process has assisted them in uncovering this. You may need to process this block at a later time. It is important that you continue with this process now though.

7. For each separate quality, ask the client where they feel that they need this quality in their body. One at a time, have the client breath it in as a colour. You may also ask them to create a gesture, sound and movement. Repeat this with each quality. Recheck to see if the block is still there.

8. Now have the clients re-position each quality around their original painting. We can't remove any blocks that are on their painting but this exercise shows them if they have moved any closer in their connection. Ask them to notice how what feels different. Ask them if blocks are resolved. Notice if the qualities are closer to the client.

9. Now have the client paint how they feel now in relation to their connection with their higher power. Notice if they have changed. They may now feel more

resourced by this process or they may feel the same but a block has resolved. They may need to do some further work with you on resolving an original wound. Resourcing is sometimes not enough because dealing with original wounds assists the client to engage their higher self in forming new beliefs.

10. Ensure that you finish the session with debriefing the process and have the client practice their resourcing of the qualities daily for at least a week. They may also like to keep a journal on how differently they feel as each day passes, taking note of things that improve or get in the way of their connection. If required, plan another session to take resolve the original wound. Have the client continue to resource the qualities daily.

Transforming Our Shadow

This process will assist the client in being aware of, acknowledging, and accepting their shadow. In Level 3, there are many areas of shadow that were discussed. There are many parts to us that we need to accept to get the most out of them and to become more whole. If clients are stuck in blaming, they have not come to terms with their shadow part. They are not at peace. This process is simple but powerful and effective. It is great to use when there is an obvious person that the client is reacting to in their life. If the client is stuck in blaming a part of themselves, this is also a great process.

It is a good intervention tool when:

- A client is spending a lot of time talking about someone else in their session.
- A client is very reactive or defensive when talking about someone else
- A client has a very poor self image
- A client is very judgmental about themselves or others
- A client blames others for their feelings and behaviours
- There are parts of the clients feelings or personality that seem shut down or cut off

How this process can help:

- Clients become more empowered
- Clients are able to feel more at peace with themselves and others
- Clients become more confident about who they are
- Clients become more accepting of others

- Clients become more whole in themselves, they learn the skills to integrate aspects of themselves
- Clients transform their judgments into solutions for a better life

Step by Step Process for Transforming Our Shadow

This process involves 5 paintings. One painting represents the energy of the person or shadow part that that the client has an issue with. The second painting represents how the client is feeling. The third painting represents what the client needs right now. The fourth painting represents what the client believes the main gift is that they are receiving from that person or shadow part. The final piece is the transformed client.

1. Begin by asking the client to paint the energy of the person or shadow part that they are currently reacting to, rejecting, blaming or judging.
2. Then ask the client to paint how they are feeling about this part, they may need to describe how they are feeling first, sense into their body and paint their whole body or a part of their body at represents their current feelings.
3. Ask the client what it is that they need right now. Have them paint this energetic quality.
4. Assist the client in resourcing this quality.
5. Ask the client what they think that the gift of this person or shadow part is. This may be tricky and difficult for the client. However each part has a gift when it is moderated and integrated. This step will empower the client because they can change their view of the shadow or mirror of themselves. By doing so, they will stop reacting. Ask the client to paint this gift.
6. Assist the client in resourcing this gift.

7. Now have the client paint how they are currently feeling in relation to this person or shadow part. Notice if it has changed or if it is still the same. If it is still the same, the client may need to do an ‘Empowerment Diamond’ sequence or other shadow integration processes. If they are not ready for shadow work, ensure that you assist them with more resourcing from exercises in Level 1.

8. Ensure that the client is resourcing what they need (as per step 4 of this sequence) and the gift (as per step 6 of this process) every day for at least a week and that they have activities planned that will reinforce the process.

Wheel of Wholeness Integration

This process will assist the client in being aware of, acknowledging, and accepting each part of the Wheel Of Wholeness (WOW). The WOW was discussed at length in Level 2 and consists of 5 areas of relationship with the self. These are: self-protection, self-love, self-awareness, self-care and self-moderation. This sequence focuses on one of these areas so that the client is gaining an understanding of where they are at in one of these specific areas. You may also do this process as an integration if the client has been working on these areas e.g. over a few sessions or during a workshop teaching people to developing a relationship with themselves. It can help to see how all these elements interact together. I have included this integration process separately.

It is a good intervention tool when:

- A client has enmeshed or lacks emotional and physical boundaries with others
- A client has low self-esteem or sees themselves as better than others
- A client is lacking in the awareness of their reality i.e. behavioural, physical, emotional, intellectual, spiritual
- A client is having difficulty taking care of themselves
- A client is behaving too controlling or too out of control in their lives.
- A client has been working through the WOW and is ready to integrate all these components

How this process can help:

- Assist clients in loving themselves
- Assist clients in feeling equal with others
- Assist clients in setting healthy boundaries with others
- Assist clients in letting down walls that disconnect them from others
- Assist clients in learning more about their various realities i.e. behavioural, physical, emotional, intellectual, spiritual
- Assist clients in knowing what they need and want and taking care of themselves
- Assist clients in their containment and moderation of their reality
- Assist clients in opening up to their creativity and spontaneity

Step By Step process for Wheel of Wholeness Integration – Specific Area

This process involves the integration of one area of the WOW. Number of paintings depends on which area of the WOW you are working on with your client.

1. Ensure that you have identified the area of the WOW that your client wishes to work on i.e. self-love, self-protection, self-awareness, self-care and self-moderation.
2. Then ask the client to paint how they are feeling about this area of the WOW at the moment. They may wish to sense into an area of their body. If different parts of their body are feeling differently, then this is perfectly okay. For example if they are focusing on self-awareness, they may wish to use paint a separate painting for every area of their reality. Their thinking reality may look quite different from their feeling reality. Another example could be extremes of

the same WOW area such as their self moderation. In this case they might be too controlling in some areas of their lives and too out of control in other areas. This swing between extremes is also a dysfunctional symptom that their WOW is out of balance. Another example could be that their physical sexual boundaries are walled off but they have no filters for their emotional boundaries. Another example could be that they are aware of what they need but not what they want. So in these cases they would do a painting for each. For more information on understanding more about the WOW in detail, I recommend reading the Section 2 of Level 2 'Lightfilled Relating with Inner and Outer Higher Realms'. This will give you some clues about where this sequence could go.

3. Once the client has a picture of their area of the WOW with one or more paintings, it's now time to explore each painting. Ask the client what each part of themselves needs in relation to each painting.

4. Once the client has identified what the area of the WOW needs, ask them to paint this resource.

5. Assist the client in resourcing each quality.

6. If the quality is like a utensil to help remove an energetic attachment, blockage or wall from the client, ensure that you ask the client what else they need beyond that so that you can resource the client once it is removed. For example, if they feel sexually shut down and shackled, they may need to form a sledge hammer to energetically smash past these shackles. Beyond that though, they would obviously need something else, otherwise we wouldn't know why they felt energetically bound up/closed off in the first place. Ensure that you ask the client what they would need to feel sexually free or free with their sexuality. Give them this before and after they resource the sledge hammer/block breaker. You might find that if they resource firstly what is they need (underneath the blockage), it loosens the blockage and no sledgehammer may be required. If it still is required, that is perfectly okay. The client needs what they need.

7. Once the client has resourced what they need from all their parts, ask the client to paint the transformed parts of the area of the WOW. This may be on one or more paintings. Notice and discuss the changes and effects on the client's life. If there are no changes, then further work needs to assist the client in addressing this area of the WOW. There are many tools in the Lightworker Practitioner Training that can assist with different areas. Check in with your guides as to which one is appropriate.
8. Whether there is a shift/transformation or not, ensure that the client practices their resourcing for at least a week.

Step by Step Process for Wheel of Wholeness Integration – All Five Areas

This process involves the integration of all areas of the WOW. Number of paintings depends on the process itself but at least 6 paintings are painted.

1. Ensure that your client has a strong understanding of their WOW areas and has been working on them consciously.
2. Have the client paint how they feel about each of the 5 areas of the WOW. Some areas of the WOW might require more than once piece e.g. Self-awareness. Go with the flow and allow your client to paint whatever they are guided to paint.
3. Have the client place each painting close to or further away from others. You may need a large table or use the floor. If the floor is carpeted, lay down some plastic (garbage bags work) or a small tarp.
4. Ask the client what they feel that they need for their WOW system to be in balance. This may be one or more qualities. Have the client paint these resources in one or more paintings. Refer to 'Step by Step Process for Wheel of Wholeness Integration - Specific Area' if you feel that an area needs specific integration.

5. Assist the client in resourcing this quality/qualities.
6. The client can repaint or paint over any of their 5 areas if they sense a change.
7. Again ask the client to place each area of the WOW close to or further away from others.
8. If they feel integrated it is time to debrief. Ask the client how this will change their lives and have them practice resourcing the quality/qualities for at least a week. If it doesn't feel integrated yet, continue with Steps 4 & 5 until it feels balanced and complete. If things don't get to that point, don't panic. This is advanced work and so it may take some time for them to integrate changes to one or more aspects of the WOW.

Balancing Our Energy Centers

This process will assist the client in being aware of, acknowledging, and accepting each chakra or energy center in the body. The 8 chakras are covered in detail throughout the training. These are the: crown, third eye, ears, throat, heart, solar plexus, sacral and base chakras. This sequence focuses on one of these energy centers so that the client is gaining an understanding of how it is functioning and returning it to balance. You may also do this process as an integration if the client has been working on these energy centers e.g. over a few sessions, during Lightfilled Yoga™ or during a workshop that you are running on Chakra/Energy Balancing. I have included this integration process separately.

It is a good intervention tool when:

- A client has identified that one of their chakras is in need of support
- A client feels disconnected/blocked in one of their chakras
- The client is low in energy
- You have identified that one of the client's energy centers is out if balance
- The Clearing and Centering the Self Meditation has not been effective because the client is having trouble with concentration or visualisation.
- The client is experiencing physical symptoms relating to a specific chakra. (This is explored in more detail in Level 6).

How this process can help:

- Assist clients in building their energy
- Assist clients in balancing their charkas

- Assist clients in becoming more familiar with their bodies, feelings and energy centers
- Clearing blockages in the chakras/energy centers
- Assists with group activities for Lightfilled Yoga™ retreats/workshops

Step by Step Process for Balancing Our Energy Centers – Specific Chakra

This process involves the integration of one of the chakras. This process we will use a minimum of 3 paintings.

1. Begin by ensuring that you and your client have both agreed that one of the chakras is in need of balancing. If you sense or are guided differently, let your client know. For example, if your client says they want to work on their base chakra but you sense that it the blockage is more related to their throat chakra, then let them know. If they insist, then that is fine however ask them to keep an open mind that there may be a connection.
2. Ask the client how their chakra looks or feels. If they have any problems with this, you can ask them to take a step forward into this energy center. Then get them to step back out again. The important thing is that they connect. If they can describe it to you, then great. If not, that is okay. Ask the client to paint how their chakra looks or feels.
3. Then ask the client what they feel that their chakra needs. They may or may not know. That's okay. Ask them to paint the energy, shape or quality. They may need to tune into the energy center and ask it what it needs. If they are completely lost, you can ask your guides and tell them what information you are receiving.
4. When you have ascertained what the client needs, have them paint this quality. If there is more than one quality, have them paint all the qualities in either one or more paintings.

5. Assist your client in resourcing the qualities one at a time.

6. Ask the client if the chakra needs to release anything. Have them paint this. You may find that they have been carrying the energy of a person or entity with them. Now that they are resourced, they may be more willing to have it removed. I recommend that if they have had an attachment or entity, that you do Steps 3-10 in the 'Releasing Attachments, Cords or Carried Feelings' sequence.

7. Now that your client is resourced and has released anything that has needed to be released, have them paint the transformed chakra.

8. As usual, ensure that you debrief with the client. The client may be aware of other centers that need balancing as well, now that one is cleared and assisted. Discuss the impact that clearing this chakra will have on their life. Ensure that you reinforce the idea that they need to practice resourcing this chakra daily and offer ideas for other supportive activities.

Step by Step Process for Balancing Our Energy Centers Integration

This process involves the integration of all 8 chakras. A minimum of 8 of paintings will be needed if your client chooses to paint each one separately. They may choose to paint all of their chakras in one painting. If they choose this method, the painting paper will need to be quite large and using an outline of their body is recommended. This method is especially good using crayons, they are very colourful but less messy.

1. Ensure that your client has a strong understanding of each their Chakras and has been working on them consciously.

2. Have the client paint each of their chakras.

3. If paintings are on separate pieces of paper, position all the chakras in a way that they all feel comfortable relating to each other.

4. Ask the client what they feel that they need for their chakra energy system to be in balance. This may be one or more qualities. Have the client paint these

qualities. Refer to 'Step by Step Process for Balancing our Energy Center' if you feel that an area needs specific integration.

5. Assist the client in resourcing these qualities one at a time.
6. The client can repaint or paint over any of their chakras if they sense a change.
7. Again, if the chakras are on separate pieces of paper, ask the client to place each chakra close to or further away from others.
8. If they feel integrated it is time to debrief. Ask the client how this will change their lives and have them practice resourcing the quality/qualities for at least a week. If it doesn't feel integrated yet, continue with Steps 4 & 5 until it feels balanced and complete. If things don't get to that point, don't panic. This is advanced work and so it may take some time for them to integrate changes to one or more aspects of their chakras.

Power of Play

This exercise is a great tool in bringing awareness to the powerful transformational energy of play. It highlights the strengths and benefits that play represents to the client. It also assists the client in healing any blocks they have in being connected to this powerful energy. This process also assists with affirming and healing blocks or wounds related to sex and sexual exploration.

It is a good intervention tool when:

- A client feels disconnected from playful energy
- A client has been working too hard (all work and no play)
- A client feels over responsible in their life
- Clients recovering from busy or work addictions
- Clients have expressed being shamed in their past for playing as a child or adult. This includes sexual play too.
- Clients have wounds around being a curious toddler and shamed for being curious or wanting to explore. This includes sexual wounds.
- Play is out of control in the client's life and perhaps they are using play as an avoidance of their responsibilities or painful feelings. If their form of play is hurting others and the client is unable to stop, they are in an addictive cycle. This sequence may bring awareness but resources from Level 2 can be used in assisting the client in coming out of denial and develop a relationship with a higher power.
- Client presents as sexually anorexic or shut down

How this process can help:

- Clients can reclaim their playful side
- Clients can feel reenergized
- Clients can ignite their creativity and adventurousness
- Clients can resolve any past judgments on themselves for being playful
- Clients are able to see being playful as a natural part of life
- Clients stop taking life so seriously
- Clients develop a reverence and gratitude for play
- Clients can feel free to explore their curiosity
- Adult clients can feel free to explore sex (adult play)
- Clients can feel free to explore their sexual curiosity and sexuality

Step by Step Process for Power of Play

This process involves using 4 or more paintings in identifying the strengths of exploring and moderating play. The strengths are explored to ascertain whether the client is out of control with play or shut down. One painting is for how the client feels about play. The second painting is for the quality that they need in order to feel okay or contained with their play. The third one is the strength and gifts of allowing themselves to play/moderate their play. The fourth is the integrated painting.

1. Begin by ensuring that you and your client have both identified the excess or absence of play in the client's life.
2. Ask the client to paint how they feel about being playful at this moment in their life. If it is regarding sexual play, then use specific language. Saying

something like “How do you feel about exploring sex or your sexuality?” will assist the client in triggering any shame they may have in relation to sexual exploration.

3. After the client has painted feelings about play into the clay. Ask them what they need in order to feel free if they are shut down. Ask them what they need in order to feel more contained if they are out of control with play.
4. Have them paint this quality.
5. Assist the client in resourcing this quality.
6. If they are shut down: Ask the client to paint qualities that they would experience by allowing themselves to play and explore. They might be qualities such as freedom, open-mindedness, joy, happiness, courage, flexibility, lightness and curiosity. It will be different for everyone. These qualities may be shut down or limited in the client's life. It is important to allow the client to connect with these qualities fully. Assist the client in resourcing these strengths.
7. If they are out of control with their play: Ask the client to paint the strength of moderating play. Focus of what the client can strengthen in themselves from moderating their play. These qualities may be responsibility, dignity, integrity, wisdom, strength, focus, sensitivity, balance, grounded, peace.
8. If the client experiences their past shame as a child/adult for playing you may need to do a further sequence on ‘Healing Original Wounds’. You may not have time to do this in this session and can plan another time. Ensure that the client is aware of the past shame and you can do a quick ‘Hands On Healing’ if required.
9. Have the client paint how they are feeling about play now. Ask them where this lives in their body.
10. Follow up the session with discussing and planning how they can play more or play more responsibly in their life. Cover as many areas of their life as possible e.g. work, sex, travel, relationships, hobbies, friendships and family.

The Perfect Sphere – Creating Inner Peace

This exercise is a great tool in assisting clients with centering themselves and becoming aware of anything that is inhibiting them from being centered.

It is a good intervention tool when:

- A client feels heightened emotionally
- A client appears ungrounded and not in their body (may appear disassociated or living up in their head).
- A client knows they are uncentered but can't quite put their finger on the cause
- A client has issues with containment of their astral body/emotions
- The client presents with scattered energy in their physical, etheric and astral bodies

How this process can help:

- Clients can return to center
- Clients can become aware of their feelings
- Clients can learn to ground themselves
- Clients can gain skills in containing their leaking energy
- Clients gain better boundaries so that they are not taking on others energy
- Clients gain more energy
- Clients own their reality

- Clients learn to empower themselves
- Clients resolve anything they are allowing to interfere with their inner peace.

Step by Step Process for The Perfect Sphere - Creating Inner Peace

This process involves using one or two paintings. The painting transforms into a perfect sphere as the client centers themselves. Part of this exercise will involve the client and yourself remaining quiet for some time. Sometimes silence can be uncomfortable but in the silence they can find their center. It is a good idea to give your client a heads up that they will remain quiet in part of this process. We are more of a witness to a natural transformation during this process, but we do assist with a brief meditation in helping the client to center.

1. To begin with, you have identified and the client has agreed that they are either uncentered, ungrounded, scattered or uncontained at the current time. Ensure that you discuss the disadvantages, costs and consequences of the client feeling this way. Highlight things such as: leaking their energy can spill onto others and tire them out, allowing others energy to invade them is disempowering, when they are not in their body their energy centers and physical body will not function effectively, living up in their heads cuts them off from their feelings and disconnects them from others.
2. Have the client paint how their body and energy is feeling at the moment.
3. Take the client through the following brief visualization..... Close your eyes and feel yourself surrounded by a bubble of coloured light. This bubble of light is completely protecting you. It protects you from taking on other people's negative energy, emotions and thoughts. It only filters in energy for your highest good. Notice what colour this bubble of light is. With every in breath, feel yourself breathing in this coloured light. This bubble is completely containing all your energy too. Every time you breathe in, you feel yourself filling up with this light. This bubble can change colour any time depending on

what you need. You are feeling peaceful. The more you breathe in this light, the more you feel this light fill you with peace. You feel it filling up your whole body. Continue to breathe in until you feel your whole body full with this light.

4. Ask your client to open their eyes but to remain silent. As they continue to focus on their bubble of light, they can now start transforming their original painting or commence a new painting.

5. Ask the client to paint this bubble of light that is surrounding them. Ask them remain quiet and take their time.

6. Remain quiet whilst your client brings their energy in. Their painted sphere will start to form.

7. When the client looks like they are nearly finished, let them know that they can stop when they think that they are done.

8. Ask them how they are feeling now. If remaining quiet has created frustration, this is okay. This frustration may just be in their body as anger that they have not wanted to feel for a while. Whatever they are feeling at this point is perfectly okay. Ask them about their bubble and if they are feeling that they are still inside their bubble. The client will probably feel more peaceful but it is not an expectation that we have of our client. This exercise can teach them how to center as a start and also to learn about containment of their emotions.

9. If the clients feel full up with someone else's energy you may like to take them through the process of ‘Releasing Attachments, Cords or Carried Feelings' in another session and do a quick 'Hands on Healing'.

10. For home play, ask the client to practice the visualization daily, both morning and night if possible to gain a perspective on how centered and grounded they are. They may also benefit front the 'Clearing and Centering The Self' Meditation and other grounding techniques from Level 1.

Relationship Resolutions - Healing Fear of Abandonment and Intimacy

Most clients will have a part of themselves that fears abandonment and one that fears intimacy. These fears usually stem from issues of loving the self and their level of connection with a higher power. There are usually many events that occur in a client's life that reinforce these fears. Current and past life traumas and abuse that are inflicted by ourselves or others, are usually ways we recycle our fears. They continue to occur until we 'get it' and heal.

When a client loves themselves 100%, they don't fear sharing themselves honestly with others. They don't fear others getting close to them. They don't fear letting higher resources in. They don't fear abandonment because they are not abandoning themselves. True intimacy is when you are able to share of all of yourself: the good, the bad and the ugly AND still love yourself. It is also when you can hear other people's good, bad and ugly and lovingly accept where a person is at without trying to change them. That means we are not trying to be another person's higher power. Intimacy is about having the ability to look into the mirror and love what you see. 'Into me see' is often how intimacy is described. I see who I am and I love who I am enough to be me and not judge you. We can't make people love themselves 100% and we can't make them not judge others. We can't make clients intimate. However we can certainly turn their attention to what is preventing them from being intimate and highlighting the benefits of intimacy.

This is what this process aims to do. It gets to the bottom of what lies beneath a client’s fears of intimacy. It also gets to the bottom of what lies beneath a client’s fear of abandonment. When we fear abandonment we usually make others a higher power in some respect. We are needy and expect our needs for safety, love, time, attention, comfort and protection to be met by someone else. We expect other people to give us what we are not giving ourselves. In having these expectations, we abandon ourselves. We lack intimacy with ourselves because we are rejecting our own needy part and making it someone else's problem. We totally hand over our power. Fear of abandonment is often related to not feeling connected to higher resources. We may believe in higher resources, but we just don't let them in. This is often linked to our self-esteem because we don't feel worthy to receive. It's ironic that in not feeling worthy to receive, we can have high expectations of others to give us

stuff that we simply don't let in any way! We are like empty pits that are energetically rejecting resources and love given to us. However, again we can't make people believe or connect with a higher power. We can't make people feel self-love or worthy to receive. But we can bring their attention to what is blocking them and highlight the benefits of self-love and self-care.

It is a good intervention tool when:

- A client fears abandonment
- A client has low self esteem
- A client is in an addictive relationship. They may be love addicted or a love avoidant (as described in Level 2).
- A client fears intimacy
- A client is judgmental of their vulnerability
- A client appears needy
- A client appears shut off to receiving support from others. They may be careaholics or caretakers.
- Any addict usually has both these fears strongly. They would need some recovery in their addiction before tackling these big guys - unless they are in an addictive relationship. Then it would be difficult to recover from this and gain perspective unless they had some understanding of these fears. These two fears drive the cycle of a co-addicted relationship.

How this process can help:

- This process can assist clients in recovering from fear of abandonment and intimacy by offering consciousness and healing of these core issues.

- This process is fundamental to long term recovery from any addiction
- Clients reclaim themselves and develop healthy self esteem
- Clients are able to attract healthier relationships
- Clients are able to receive higher support and truly let it into their core so that they feel supported 100% of the time. In turn they are able to share more of who they are and accept the imperfections of themselves and others. They resign from care taking and start caring for themselves and others equally.

Step by Step Process for Relationship Resolutions - Healing Fear of Abandonment and Intimacy

This process involves using at least 4 paintings. One is for their fear (abandonment or intimacy), one is for the belief that is behind their fear, one is for what they need and the last one is for their transformed self.

1. At the commencement of this process you will have identified and agreed with the client that they are struggling with a fear of abandonment or intimacy. Choose one for this process.
2. Have the client talk to you about a time that they were experiencing this fear and what it felt like. Have them describe this event and what they were feeling at the time. Ask them where they feel it in their body and then have them paint this fear.
3. This might be a bit tricky to isolate, so take your time, but there is always something behind their fear. There is always a belief or a thought that is fuelling this fear. We need to isolate what this belief is. This belief is currently shaping their reality. Ask the client what the belief is that is causing this fear and where it comes from. Have them paint this belief. It may be a shape or even a person such as their mum or dad. It may be a pointing finger if their

belief is that they are not worthy. You may need to dialogue with your client for quite some time to bring this belief to the light.

4. Next ask the client what they want to choose to believe now instead. This is an empowering process because they can choose a belief that is like an antidote and affirmation to the negative belief that they have been carrying around. Ask the client to take their time and paint their new belief. Once they are finished, assist the client in resourcing this new belief into their body until their whole body 'believes' it and they feel it completely.

5. Now take them back to the original scene of their fear of abandonment/intimacy. Ask the client if they feel differently about the scenario. Ask them what they would do and feel now if they were in that situation again. Ask them how they would see themselves and what they would choose to believe. Tell them that it is their choice completely to choose what they want to believe. Ensure that the client is owning their choice. It may or may not have completely changed but it is their choice. We can't force people to choose to think differently and at this point we can only hope that they do.

6. Ask the client to paint how they are feeling now about their original fear.

7. Ensure that the client plans activities through the week that reinforce their new belief and that they resource the energy of this new belief daily.

Letting Go of Armor

This exercise is a great tool in assisting clients whom have energetically shut down a part of their body or chakras. This usually occurs as a result of fear of engulfment or because the client has been abused in the past. Energetic armor is a way that clients protect themselves. They protect themselves from being sucked dry energetically or taking on other people's energy. So we need to be very compassionate of people who appear to act tough. They are usually overcompensating for their vulnerabilities and past wounding. They usually have 'walls' instead of boundaries. These walls can be walls of anger, walls of silence, walls of smiles and walls of fear. People don't let down their guard unless it is safe to do so. The goal of this process is ensuring that the client has other resources to make them feel safe before they drop their guard. I never encourage anyone to drop their guard unless they feel it is safe and resourced to do so.

It is a good intervention tool when:

- A client feels shut down in one or more energetic centers or a part of their physical body
- A client has an energetic guard or armor that they are using to protect themselves from a current situation
- A client feels an energetic guard or armor that they are still carrying from a past life. It may be shackles, a noose, handcuffs, a chastity belt or actual armor worn in battles.
- The client has walls instead of boundaries. They may not be able to let people in energetically or are cagey about sharing their internal reality.
- Clients are too busy helping others to realise that they are shutting out their own spiritual resources and this has created an energetic stagnation

How this process can help:

- Clients can be more present in their relationship rather than hiding behind a wall
- Clients learn to set healthy limits with others rather than shut themselves down
- Clients resign from feeling responsible for giving people what they need all the time
- Clients regain their voice and can speak their truth, including expressing their feelings
- Clients learn to create healthy connections and intimacy with others
- Clients regain their energy because it takes a lot of energy to keep people at bay with guards and armor
- Clients let go of the weight of the past. Their physical body can lighten up due to the release of armor. They may stop overeating which is often a physical representation of their energetic armor.
- Clients can open their hearts and attract loving relationships

Step by Step Process for Letting Go of Armor

This process involves 3-4 paintings. The first painting represents their armor, the second (or more) is the quality needed instead of this armor and the third is the how the energy is flowing now in that area of the body.

1. To begin with you and the client have identified that the client is holding armor somewhere in their body. Your client has agreed that they want to release this armor.

2. Have the client paint the area of their body and armor/guard. It may be small like a handcuff or it might be large, like their whole body is surrounded by a cage and they are trapped inside. Let them take their time.

3. Ask the client if they have any memories of an event from the past that may have caused them to feel this way either in truth (that they were physically trapped) or energetically.

4. Ask the client what it is that they needed at that moment in time that they never got. It may be one or more things. Pick the main one (or two) and ask the client to paint the resource/s.

5. Assist your client in resourcing these qualities.

6. Ask the client if they are ready to have their guard or armor removed now. If they are ready, ask them to call in their spiritual helpers to have it removed. If they are not ready, ask them what else it is they need to become ready. They may need more time. This perfectly okay. They may need to build more spiritual support into their lives before they become ready. If so, leave the process here and plan supportive activities with them.

7. If they have had the armor removed, ask that they paint how the energy is now flowing through this area of their body and how they feel now.

8. Once again follow this up with planning supportive activities. Include changing their beliefs about how they protect themselves. New affirmations and beliefs are powerful ways that they can continue to change their thinking about what they deserve and how they wish to be treated. For example, if their old belief was 'If I share my reality I will be controlled', it may now be 'I am free to be me as a gift to myself.' If their old belief was 'In order to stand other people’s presence who are needy, I need to shut them out' could now be 'What other people say and do is about them and their history and not about me'. Another example could be and old belief such as 'Oh, poor mum, I really need to help her see differently' could now be 'Mum is perfectly imperfect. It is not my job to fix her or see her as broken'.

Section 5: Lightfilled Play with Complimentary Therapies

When we are playing, often the truth emerges. It's not through force or even intention at times. The truth of our unconscious becoming conscious often comes out when we least expect it. In the previous sections, we have covered some very structured methods to achieve a desired outcome using clay and painting/drawing. However, I encourage you to use whatever methods are available and you feel guided to do as a practitioner. At this level of training, you have gained an insight into how spirit meets and effects matter. You can see how spirit influences matter through both our intention and the application of our intention. This also applies to tools that we use as Lightworker Practitioners. We will not always have the exact tool that we need to use and we need to let go more and play with what is right in front of our eyes. This takes the ultimate trust in ourselves. We trust ourselves as Lightworker Practitioners when we are empowered with Spirit. From this powerful center of our being, we are ultimately united with Spirit to feel empowered enough to apply this onto the physical plane. Ironically, being willing to lead play and feeling safe to do so engages our Solar Plexus Chakra. This is the essence of Level 5.

In this section I have provided some examples of how you can incorporate play into a session using complimentary therapies other than clay and painting/drawing. However, complimentary therapies and their applications in a playful process are only limited by your imagination and what you are guided to do. In Section 3 and 4, we adapted the Clay Therapy into Painting/Drawing Therapy using every single one of the same processes. So too, it is possible that we can find these processes adapted using any one of the following complimentary therapies. So as not to spoon feed you, I have provided only some adaptations of processes from Section 3 & 4. I have also provided some unique processes that I was guided to include here.

Beeswax Modeling

We covered this briefly in Level 2 working with children. This is a great replacement for clay for children under the age of 7. It is also more colourful if you have a few different coloured strips of bees wax. A great example of using bees wax with children could be to have them connect with their higher power, angel, animal spirit guide or a higher resource.

Adaptation of 'Strengthening Our Connection to Our Higher Power'
This process involves 2 pieces of beeswax.

1. Through building a rapport with the client, find out what they feel helps them when they afraid or unhappy. Depending on the client, you may already know that they are close to animals or that they pray to Jesus or Buddha. They might be close to their grandmother and she has passed over but they still feel her around. They might be drawn to crystals. Just chat about what they believe helps them or could help them if they were to ask for help.
2. Ask the client to mold into the beeswax the image of this spiritual resource.
3. Ask the client to mold into the beeswax how they feel when they are close to this spiritual resource. Allow the child to mold themselves or any shapes. Don't worry about the end product. It may even be a ball of colour. The colour itself may be more important than the shape.
4. Ask the child how close they feel to their spiritual resource right now by putting the spiritual resource close to or further away from the second bees wax piece.
5. If you notice that they feel close to their spiritual resource. You can start to talk about what things that they can do each day to feel closer to their spiritual resource.

6. If they feel distance from their spiritual resource right now, ask them what they think they need to do to get closer. You might introduce the concept of free will. By letting the client know that it is their own free will to ask for help they are fully in the driver's seat of how close or far away they feel to their spiritual resource.

7. The following technique can now be applied if they are willing to feel close to their spiritual resource. This technique can also be taught to the client even if they already feel close to their spiritual resource. Ask them to close their eyes and to imagine that their spiritual resource is sending light to them to help them. Ask them to breath in this quality until it becomes them. Take them through how it feels to be this quality, what they would think, how they would make decisions and what they would do in their current situation. Depending on the age of the client, this can be done with eyes closed or even in conversation with them.

8. If necessary, take some time to debrief with the client on this experience and their realisations.

9. Ask their clients about how accepting help from their spiritual resource may help them in their life.

10. Ask the client to place the bees wax closer to their spiritual resource if it has changed.

11. Ensure that you discuss the importance of reinforcing this resource with the client. Have them connect with the quality daily or several times a day for at least a week so that they get used to accepting this powerful vibration.

Dream Play

With analyzing dreams, we have to remember that everything in the dream is a projection of the client – in most cases. Of course there are dreams that can be prophetic too. We need to choose dreams that we feel are the client's way of assisting them in the evolution of their consciousness. So with dream work, we are really playing with consciousness! Ironic really because when we are dreaming, we are pretty much not conscious at all.

So…where to go from here with Lightfilled Play you ask? Well, it can go in any direction, as dreams do, but the one thing that we must not lose focus on as Lightworker Practitioners, is wholeness. We aim to reintegrate our client back into wholeness and balance. We want to embrace the dark and the light of the client to create balance. So we need to explore what both the light and darkness of their dreams mean to them. We can do this with dialogue or have them paint, draw or use clay to communicate these ideas.

If they are very afraid by what their dream represents, we need to find out why they are so afraid. Always go to the question, "What is the worst thing that could happen?" and follow this question to the end. They might say that the worst thing that could happen is that they lose their job or get ill and die. Then you can ask "And then what?" Following this thought right through to the end is helpful to assist the client in owning their deepest darkest fears. These fears drive them in making fear based decisions. However if they have explored the depths of their fears, then they are more likely to make decisions that are not based on fear. Always follow this by asking, "What's the best thing that could happen?" Client's may have bought into the negativity of the dream or fear, and have failed to notice that there is a positive message that their subconscious is trying to tell them.

You may use meditation to assist the client in revisiting their dream and choosing an outcome that they desire too. This is empowering the client in manifesting what they want rather than what they don't want. However, exploring the darkness first, rather than denying it, is very important.

Playing with exploring past lives are is another way to dissect dream work. Your client may have had a dream from a past life and it is a warning that they are repeating the same lesson. Exploring this dream by ascertaining any beliefs that are holding them back is going to assist you both in co-creating a new belief that can serve them well.

As dreams are visual, I would recommend creating a visual picture of their hopes and new beliefs that replace any old negative beliefs. 'Vision board' creating (especially with beliefs) are very powerful. Vision boards can be created using cut outs of pictures from magazines or painting or drawing these. If you don't have the time or resources to create a vision board with your client, you can give the client this for home play or plan it for another session.

A good example of an old belief is "I am worthless". A new belief could be "I am worthy to receive an abundance of love". Then, the vision board can have pictures that represent what 'receiving an abundance of love' looks like to them. If they hang this picture on the bedroom wall it will serve as a conscious daylight reminder of the new belief that they can create in their conscious waking life.

Playing with Higher Consciousness Reflections and Other Spiritual Cards

All cards and reflections are very powerful tools in unlocking the client's subconscious beliefs. They also assist in highlighting any resistance the client might have in their evolution of higher consciousness. They are also great for affirming a client's beliefs that are positively serving them now. If the client has recently formed new beliefs, pulling a card that confirms their new way of thinking might be just the thing that the client needs to support their new found consciousness.

We can play with these using different techniques from flipping open a book page, choosing a card or even choosing a page number of the book. Asking a specific question can sometimes specifically bring consciousness to a certain area of the client's life. Any blocks that are prohibiting the client from moving forward can be discussed and worked on through complimentary activities or even choosing another

reflection. Not asking a question can also assist us in spirit intervening and showing us what topic needs to be focused on the most at the current time.

Playing with Lightfilled Bodywork

Lightfilled Bodywork invites the client, the Lightworker, their guides and spirit to work collaboratively in resolving any issues that are stored in the body in a mutually conscious way. The client becomes conscious of their body and issues that are stored in their etheric and astral bodies. The client and Lightworker Practitioner become aware of past lives and any memories of traumas or abuse that are holding the client back from their Higher Self. So when we are using any of the processes in this book that work upon the client's etheric, astral and physical bodies, we are also in the process of Lightfilled Bodywork. Lightfilled Bodywork aims to enlighten the body with the Higher Self.

In this and previous levels of the training, we have already used the entry technique of stepping into our astral body through many processes. In essence, every time we are releasing something from our energetic etheric and astral bodies, this affects our physical body in such a powerful way. That's right, sometimes touch is not even required with Lightfilled Body Work. So we are always working on the body in this training.

One technique that I you can play with from the very start of your Lightworking is bringing consciousness to where the client's higher self is in relation to their other shadow parts, unhealed wounds and body. This will teach you a lot about what the client brings to the session, how the client leaves the session and what they need to work on in home play and in the future sessions. In Level 5, bodywork can be used to assist clients in understanding:

- the power of play and how this heals the body
- body integration and centeredness as a result of play therapy sessions
- reinforce clearings have occurred from play therapy

Lightfilled Drama and Voice Play

Using different characters as a way to get in touch and play with different parts of the psyche is nothing new. However, ensuring that this is done in line with all our chakras and conscious awareness is another matter indeed. When we tune into our charkas and body, if we feel any constriction or blockages when we 'step' into character, this is a sign that we have some further integration and process work that is required. These processes can be explored through dialogue with a practitioner whilst the client stays in character. The practitioner can assist with the shadow integration in a way that the client is witnessed by their higher self. We may choose one or more parts to use and the client explores how each part responds to each other. This makes the relationship that is living inside of the client more real.

Using the method of playing a character to its fullest expression can assist us with overcoming any resistance we are having with a part of ourselves. Sometimes it can be helpful for another person or practitioner to assist clients in not getting lost or overwhelmed by a character. Or the client may wish to dialogue with these parts of themselves with the practitioner as a witness or 'back up'. There are many processes in Level 3 that can be adapted to fit this kind of play into a therapeutic session. The main thing is to treat each part with respect. You do not want to cause these parts any further rejection. If you sense that the client is unable to dialogue with their parts in a loving and respectful manner, have the client step into their specific part that the client has judgment about and start to ask them the questions. Also, ensure that you separate any judgmental parts out from the higher self. The higher self does not judge. It has discernment and compassion, not harsh criticism and judgment. The Higher Self never rejects anything. So if you sense that the client is unable to 'stay' fully engaged with their higher self, that is when you would intervene.

The main two questions that we want to ask the client's shadow self are:

- What do you need?
- What is your gift for (client's name)?

Additional questions that you may like to ask that will provide a good understanding and connection with the part and to assist the client to fully embody the part are:

- What is your purpose?
- How are you feeling?
- What is your name?
- Did you have any information that may assist (client's name)?
- How can you help?
- What types of things do you like?
- What do you want?
- Do you feel safe? Why/why not?
- What do you believe to be true?
- Do you feel supported by (client's name). How can they support you?
- Do you feel loved by (client's name). How can show you they love you?

As practitioners assisting such processes, we may be guided to ask certain questions that we feel may assist and challenge our client. We don't want to intentionally challenge the client or be a catalyst for more trauma. However if we can see that a client is avoiding stepping into character for some reason, we can lovingly confront this by asking questions that may be more challenging to the part, such as:

- What are you afraid of?
- Why are you not allowing yourself to be you?
- I can see that you are upset/uncomfortable, do you want to let me know why?
- How does your body feel right now? Do you feel any pain? If so, where?

The practitioner may sense that there is a past life wound that the client is experiencing in a part and that is why they have rejected allowing this part into their lives. If it feels appropriate, you can have them stay in character and take them through a shadow process from Level 3 such as 'Body of the Shadow Meditation' or many of the processes in this book, such as the 'Healing Original Wounds'. It is perfectly fine not to do the process then and there.

Sometimes an awareness of a part and its wounds is a powerful step and big enough for the moment. Always ensure that you have enough time and that the client is ready and resourced.

Alternatively you can ask them what beliefs that they formed that they carry through into this life and whether this is working for them. Ask them what new beliefs that they would like to think instead in order for them to move forward, empowered and integrated with (client's name). If they are not ready to form new beliefs, you may need to explore some of the consequences or fall out from their dysfunctional beliefs. Also, you may need to check in with other parts of the client to share how they feel the dysfunctional beliefs are affecting them. In order for a part to integrate back into the client, it needs to be willing. And so it needs to know that if it continues to judge or repress itself, it will create an unharmonious environment. If it is still resistant, ask if it is willing to be willing and what things that the client can do to assist it in becoming more willing.

Lightfilled Movement, Dance & Exercise Play

Lightfilled Movement, Lightfilled Dance and Lightfilled Exercise are techniques that can be used to assist your client in connecting more with their physical, etheric, astral and higher self bodies. They can be used to strengthen and express these bodies. They can also be used to release and unlock these areas too. They are creative ways with which we can apply many of the ideas that we have mentioned in this book. We discuss this further in Level 6 in greater detail.

Playing with Lightfilled Photography

Lightfilled Photography is a way of tapping into an inner vision of an outer experience that we are encountering before us. We can use this medium to change our vision. We can hone in on many things that we wouldn't have ever thought about. For instance, setting a goal to photograph things that we connect with within a small space. It may be in nature or in our home. How often do we really pay attention to this kind of detail? The ways that we can play with our vision to look for the life, the light, the message in our surroundings is truly unlimited. However, it is such a powerful therapy.

For those clients who don't see the big picture of their life, what a great exercise to ask them to bring in some landscape shots. Perhaps in looking at the bigger picture together with you, their vision may change. For those who only see the negative in their lives a great assignment could be for them to look for the beauty in life around them. If a client has a fear of death, perhaps they need to look at the beauty of death. For example, the drying of a seed pod opens up so that new life can be dispersed with the newly released seeds. Perhaps they could bring in some pictures that represent this and you can use this during your session. Our vision of the world is representative of our beliefs and our state of mind. Sometimes we need to change our mind to change our vision. However with Lightfilled Photography we aim to change our vision to assist us in a change of mind.

Playing with Lightfilled Yoga™

We cover Lightfilled Yoga™ in depth in Level 6. We play with yoga positions as a way of reinforcing new beliefs and challenging old ones too. We can ascertain what yoga pose may assist a client by the issues that they are experiencing and which chakras or parts of the body are being affected. The chakra sequences are powerful in and of themselves in honing in on a certain area of our energetic and physical bodies to bring spiritual nourishment and energy to heal and balance those areas. We may even like to play with the chakra sequence/poses and adapt them slightly so that we feel that they are more personalized for ourselves and our clients.

Lightfilled Yoga™ for the Chakras is very powerful in unlocking blockages and pointing the way to a process that the client needs to undertake. If a client is having difficulty in accessing their feelings or they are living in their heads, Lightfilled Yoga™ is a great preparation to begin to unlock their astral body and become more in touch with their feelings. We can use many of the processes in this book to resolve issues that emerge after clients have undertaken Lightfilled Yoga™.

Lightfilled Play with Animals

Animals are a wonderful source of play. In fact many children and adults heal automatically through a connection with an animal. If a child can't let go and play with an animal they might have difficulty playing at all. They may have been in survival mode for a long time. As long as they feel safe with an animal, play should come naturally.

Animals tend to take on unresolved emotions. I have had to clear my pets after therapy sessions with children so that they don't carry the child's emotional turmoil. Animals also have their own relationships with other animals and these are also points of conversation with children especially. A child can talk more freely about an animal's relationship with their family rather than their own. We can ask children about their home life by asking about their pet's environment. Or if they don't have a pet, we could ask what it would be like for a pet to live in their home. What would

happen, to the animal? if there was an argument or mum or dad was unhappy? This can help a child open up about their own feelings. It can start a dialogue with the child about home life and this is very important to understand the kind of environment that they are living in.

Lightfilled Animal Play enables us to benefit from the presence and powerful energy of an animal whilst also encouraging consciousness of the impact that our presence is having on the animal too.

Sand Tray Play

Many of the processes from Section 3 & 4 of this level can be applied using sand tray therapy. I explained how to set up your Sand Tray in Level 3, so I won't repeat it here.

I have chosen 'Balancing the Masculine and Feminine' as an example of how we can use this in Sand Tray Play.

Adaptation for 'Balancing the Masculine and Feminine'

This method can also be used for working with two opposing shadow parts.

1. Firstly have the client choose a symbol for their strongest energy whether it is masculine or feminine. Once they have done this, ask them to create a space in the sand tray that supports this part of themselves. Whilst they are doing this, you may speak freely with them about this energetic trait if they are talkative. If not, it is perfectly okay to be quiet. They may be quite in touch with this side of themselves and have a clearly defined sense of the energy. The main thing is that you get the feeling that they are connecting with this energy. If they are struggling, you can imagine someone that they know (be it a person or spiritual resource) that exhibits this energy.

2. When they have finished choosing the symbol for this masculine/feminine energy, ask them to float into this symbol. They can close their eye and imagine themselves ‘embodying’ this symbol.

3. Ask the client to stand in the pose/position of the energy that they have just uncovered.

4. Ask the client what sound there is to this energy. Have them demonstrate it.

5. Ask the client what the movement is to this energy. Have them demonstrate it.

6. Have a talk to the client about how it feels being resourced in this way by this energy

7. Repeat these steps for the masculine or feminine energy (whichever one they have not yet done).

8. Now ask the client if they now feel comfortable in bringing these 2 energies together in the sand tray so that they feel like a team. They may need to introduce a new energy that serves as a resource or bridge. They may be happy to merge them in the sand tray without any additional resources. If any blocks emerge, identify how this serves a purpose and what it needs so that it can be most helpful in assisting these two energies in working together.

9. Once they have come together as a team, ask the client if this has created anything more that needs to be added into the sand tray. This new found team may give birth to a renewed inner and undiscovered resource for the client.

10. Discuss with the client any realisations that they have about the kinds of relationships that they have attracted. The kind of person that the client has been in relationships is an extreme expression of one of these energies.

11. Also discuss how they have denied parts of themselves or been out of balance in energy and how this has affected their lives. Be aware that the client may experience grief when they have these realisations. This is perfectly healthy. Any shock, fear, anger, guilt, blame, shame, pain, sadness, gratitude or joy, are welcome. You can provide validation for any of these

emotional responses by reminding the client that it is healthy to react with some sense of acknowledgement of loss when they are reclaiming a part of themselves.

12. Once the client has finished balancing the energies in the sand tray, ask them about how they can bring this relationship of these 2 energies into their lives in a practical way. Talk about the positive changes that will occur when their energy is in more balance.

13. Ensure that the client commits to resourcing their weakest part daily for at least a week. Assist clients in planning daily and weekly activities to reinforce the balance of this masculine and feminine internal energetic relationship.

Sound and Music Play

We explored sound therapy in Level 4 and it is incorporated into resourcing processes. We find the sound of the resource to build up what we release. We can also find a sound for things that we need to release too. Tears, frustration and fear can all have their soul cry sound. Deep grief has a sound. As does pure fear. We can find these sounds and not shy away from them by playing with them. Yes this type of play stretches the comfort zone. To the degree that we can let these sounds out, is to the degree that we can heal and release them. When we are playing with anger releasing during clay therapy we can use sounds whilst we are throwing the clay onto a board on the floor. Literally getting physical can sometimes assist us in releasing sounds to heal.

Playing with a variety of sounds with your client can often bring discomfort. This can be caused because the client may have a judgment on the emotion that the sound represents. It can also mean that they have a resistance to letting good sounds in. For instance when we are building our etheric body we can use water sounds repeatedly such as “llll, mmmm, nnnnn”. They are calming and restoring sounds. However if a client is in resistance they might feel silly repeating these sounds. That’s okay. What can be discussed is the resistance to letting in these sounds or even to receiving. Receiving is such a powerful part of our evolution of

consciousness. Without it, we simply give to the point of depletion or we rely on false power. And when we rely on false power, we deplete others and need more and more of it to stay strong. This leads to power struggles and addictive behaviour patterns.

Playing with music can also serve as a release and a resource. When we need to get out some anger, we might play some metal, belt out a song, beat a drum or rock the guitar. When we need to calm ourselves, listening to, singing or playing relaxation music may do the trick. If a client is avoiding a certain part of themselves, we can encourage them to listen to music that feeds that soul part of them. For instance, they may be overly serious at the moment and working too hard. Perhaps they loved the 80's music when they were a teenager and playing some of these songs unlocks that playful part of themselves.

Story Play

Creating healing stories for children is food for their soul. That is why there is usually darkness and light in fairy tales. Usually they have happy endings to serve as a message to humanity's consciousness evolving towards the light. Most fairy tales use metaphors to speak the journey of the higher self over humanities inner darkness. So they may involve killing and violence at times. However, children understand these metaphors more than we realise. And as a Lightworker Practitioner we can use stories to assist children to incarnate into their Higher Self and deal with inner and outer darkness around them. It is often easier to talk to a young child under the age of 7 through story. What you speak about in the story often has a message for them and it is not learnt consciously but it can empower the child unconsciously.

You can heal a child's issues through creating a story for them. I recommend this as a part of Lightfilled Parenting. Sometimes you can create a story on the spot if you are good an impromptu story creation. Or it might be that you can write a story to tell the child or find a story that you know would speak to the child. Then you can talk about the story afterwards and see what the child might have learnt. You can

uncover their beliefs and what they think is possible or impossible. I have written a story to assist with Lightfilled Parenting in Level 7.

Creating stories for children can be done using items found in nature. Taking a child with you on a walk to find interesting things in nature and then bringing them back to create a story, totally expands their imagination. Nature becomes a story. Their vision of the world changes.

Co-creating stories with children can be used with sand tray. This is a great tool in assisting a child to resource and find more creative solutions to their challenges. You can start off by telling the child that you want to create a story together. You or they choose a symbol. If you choose one then choose one that you think represents them at the current time (but don't tell them that). Have them choose a wish for the character. If you choose a wish for the character it could be as simple as they want to be happy. Then it's about the journey to finding that wish. The child or you might come up with blocks or challenges about how these can be overcome. By both you and the child suggesting ways to overcome these blocks, the child learns from you and you learn about how the child thinks. This assists you as a Lightworker Practitioner in understanding the child's problem-solving abilities and areas that you can assist them in becoming stronger in their higher self.

Playing with Visualisation

We can use any of the processes from Section 3 & 4 and adapt them to visualization. I have provided a visualization as an example for the 'Power of Play'.

1. Begin by ensuring that you and your client have both identified the excess or absence of play in the client's life.
2. Ask the client to close their eyes and take them into a deeply relaxed state. Once they are relaxed, ask them to imagine they are seated in a cinema and they are watching the big screen.
3. Ask the client to visualise the how they are currently in playing in their lives. They may be shut down or out of control.

4. Ask them to focus on how this feels. Ask the client “How does it feel?”
5. Ask the client how this is impacting their (including their sexuality).
6. Ask the client how it is affecting their relationships with others (including sex).
7. Ask the client how it is affecting their work life.
8. Ask the client if it is affecting their life style/financial situation.
9. Now ask the client to see the big screen fast forward. It is fast forwarding into the future. Ask the client to see themselves playing in moderation. They see themselves playing in their life, in activities, in their relationship, at work and with friends and family.
10. Give them a moment. Then ask them what stands out to them.
11. If at any time client the brings up their past shame as a child/adult for playing you may need to do a further sequence on ‘Healing Original Wounds’. You may not have time to do this in this session and can plan another time. Ensure that the client is aware of the past shame and you can do a quick ‘Hands On Healing’ if required.
12. Follow up the session with discussing and planning how they can play more or play more responsibly in their life. Cover as many areas of their life as possible eg work, sex, travel, relationships, hobbies, friendships and family.

Playing with Writing

Again we can adapt many of the processes from this book and other tools from the Lightworker Practitioner Training series. It is only limited by our own creative and playful spirits. Remember to ask your guides for guidance regarding clients. Not all clients will respond to artistic therapies. However they may really get into writing. So here is a good example of how we can apply the ‘Wheel of Wholeness Integration – All Five Areas’ to writing.

This process involves the integration of all areas of the WOW. We are working with ensuring that our Higher Self engages resources to assist our more vulnerable parts to strengthen and feel more loved, protected, cared for and balanced. Using textas, crayons or coloured pencils is a great way for the client to connect with their inner child.

1. Ensure that your client has a strong understanding of their WOW areas and has been working on them consciously. Ensure that you work through each area of the WOW i.e. self-love, self-protection, self-awareness, self-care and self-moderation.
2. Ensure that your client has their Higher Self engaged by discussing the importance of being supported higher resources during this process. You may like to take a minute to assist your client in connecting to their higher resources.
3. Ask the client to ask their inner child if they are feeling loved at the moment.
4. Using their non-dominant hand, the client responds to this question.
5. Ask the client to ask their inner child what it needs right now to feel more loved.
6. Using their non-dominant hand, the client responds to this question.
7. Ask the client to ask their inner child if they are feeling protected at the moment.
8. Using their non-dominant hand, the client responds to this question.
9. Ask the client to ask their inner child what it needs right now to feel more protected.
10. Using their non-dominant hand, the client responds to this question.
11. Ask the client to ask their inner child how they are feeling right now.
12. Using their non-dominant hand, the client responds to this question.

13. Ask the client to ask their inner child what it needs right now in relation to how they are feeling.
14. Using their non-dominant hand, the client responds to this question.
15. Ask the client to ask their inner child if they are feeling cared for at the moment.
16. Using their non-dominant hand, the client responds to this question.
17. Ask the client to ask their inner child what it needs right now to feel more cared for.
18. Using their non-dominant hand, the client responds to this question.
19. Ask the client to ask their inner child if they are feeling balanced at the moment.
20. Using their non-dominant hand, the client responds to this question.
21. Ask the client to ask their inner child what it needs right now to feel more balanced.
22. Using their non-dominant hand, the client responds to this question.
23. Once the client has these answers, discuss ways in which the client will give these resources to their inner child through their home play.

Section 6: Lightfilled Play with Ourselves

The Power of Being Who We Are

A funny thing occurred during the writing of this book. I knew that we would be exploring sex and sexuality in more detail however I thought it probably wouldn't present itself until Level 7 as Level 7 relates to the base chakra. At the commencement of writing this book however, we were exploring the base chakra through Lightfilled Yoga™. What I realised when we did this process, was that my sexuality related to allowing myself to express who I truly am. Being who I am relates to the solar plexus. When we are ourselves we feel free to be ourselves in every way. Including our sexuality. I want to share with you a past life experience I had in relation to this process. I was a young, homeless girl with no parents in an era around 2000 years ago. I was poor, scruffy and wore rags. A man dragged me into a lane and rapped me violently and then stabbed me. He left me in the ally to die. I remember thinking, 'How could you do this to me God? I have no parents, no home and you allow me to die this way?' This is now what I call my 'God wound'. I was able to do a shadow process to integrate this aspect of myself. What this part of me needed was to let her be who she was. Her gift to me was the power to be who I am. My base chakra wound and my God wound healed.

The base chakra is about feeling safe, trusting and allowing ourselves to completely let go in the deepest way possible. This includes sex and our sexual organs. Our solar plexus chakra is about being in our personal power. Put them together and I realised that I wasn't fully allowing myself to let go sexually in my life at the time. I enjoyed sex with my husband. In fact our sex life was awesome, however my sexuality was the big one. My husband knew that I was bisexual when we met. However when we got serious, I became protective of our relationship and slowly over time shut my sexuality down. We had some challenges with other people interfering in our relationship at the commencement of our relationship, so this was the catalyst. I didn't realise how much of myself I had shutdown until the commencement of this book. When I re-acknowledged my bisexuality, it was like someone turned a light on in my base chakra. My personal power was fully ignited too. Even slight imperfections in my body seemed irrelevant to me. This is huge for someone such as myself who is in recovery from an eating disorder. I mention this all to you, I know it is very personal, because it is extremely important.

Acknowledging the truth about our sexuality enables us to feel free and make choices out of freedom. I love being married to my husband. I also love acknowledging my bisexuality. Being who we are is Level 5 incapsulated. When we are ourselves, we fill our lives with such a power and confidence that it affects every area of our lives. Including the most personal part of who we are such as our sexuality.

There is so much power in reclaiming ourselves. We do this a lot in Level 3. However we may not yet be ready to step into our power until this level. That is okay. It is a process and it is in divine timing.

The Power of Play

I wanted to talk about the power of play as a follow on from what I just wrote because I want to ensure that what I write about next is taken in the spirit of innocence that it was written. I am not going to go into nitty gritty details of Lightfilled Sexuality in this Level of the training as we will cover this in Level 7, however you can 'read between the lines' regarding how the WOW model below could relate towards expressing our sexuality and sexual play.

Play itself can be so powerful in healing and assisting us to evolve. However it can also be used as an avoidance. So which one is it? How do you that know if you are playing with the intention of healing/evolving or avoiding parts of yourself or your life?

Play itself can be healing when we are aware of our feelings, the impact of our behaviour on others, we are respectful and loving to ourselves and others, we respect limits and boundaries, we are able to talk about our process and be accountable for our stuff as it arises. This means that we are practicing honesty and the other principles of the Lightworker Practitioner Training. During play we don't lose consciousness of the WOW (Wheel Of Wholeness). In fact play is part of every part of the WOW.

Power of Play integrated with WOW

WOW Quality	Power of Play
Self-Love	We value and love the playful part of ourselves. We value the power of curiosity and keeping an open mind in our evolving process of self actualisation.
Self-Protection	We are able to lay a foundation of ground rules so that we are safe to be our playful selves with ourselves and others.
Self-Awareness	We are able to feel and express our feelings before, during and after play. We know what different parts of us think and how they are affected by play. We are aware of how our behaviour impacts on others and how their play impacts on us.
Self-Care	We ensure that we are caring of ourselves and others during play. Play is not harsh towards ourselves or others. We lovingly support our inner child and other playful parts of ourselves during our playtime. If our play brings up unresolved issues, we are able to be honest with ourselves and others regarding assistance we may need in processing.
Self-Moderation	Our play doesn't take over our lives. We are able to be playful appropriately and know when to be serious. We can moderate our playfulness without disconnecting from it. Our attitude towards life is more playful and less bogged down in being serious.

Symptoms of Play Being Used as an Avoidance or Unconscious Play

WOW Quality	Symptoms of Avoidance or Unconscious Play
Self-Love	We use play to humiliate others. This can be through our actions or jokes.
Self-Protection	Our play doesn't respect boundaries or limits of others. Play becomes abusive eg rape
Self-Awareness	Our play is used to avoid our thoughts, feelings and behaviour. We form addictions and although fun, they mask our true reality.
Self-Care	Our play may cause us to forget our self care. We go for what we want above what we need to maintain our health.
Self-Moderation	We play too much and our work, family or other important parts of our lives are neglected.

Play Integration

We can use our solar plexus to tune into how powerful we feel in other chakras. When we feel powerful in our other chakras, our ability to play is lit up. We are able to play with and utilise the power of our other chakras. Play lends itself to a very free flowing kind of energy. There is no stuck energy with play. If we encounter a 'stuckness' in our energy we are able to find creative solutions. Once again this is the power of the solar plexus. The following table outlines how we benefit from our Solar Plexus connecting with our other energy centers. When there is a healthy flow of our Solar Plexus energy, it flows through and benefits all our other Chakras.

Power of Play Integrated with Chakras

Chakra	Power of Play
Crown	When we are feeling empowered with our crown chakra we have a freedom and curiosity with our mind and our claircognisence. We don't have an attachment to rigid ideas. We are able to be flexible and creative in our thinking. We explore our thoughts and claircognisence in the spirit of curiosity and adventure. We don't get too attached to thoughts and realise they are but fleeting and change depending on the parts of us that are interpreting them.
Third Eye	We are able to use our imagination and this allows our third eye to expand its power and vision. We don't shut down our imagination. We know that what we see is changeable depending on the ways we see a situation.
Ear	We are able to hear the creativity of spirit guiding us in creative ways through song, music and sounds.
Throat	We are able to express ourselves creatively with our words and through song, sound and the written word. We feel free to express all the parts of ourselves.
Heart	We put our hearts into our creative projects. We feel joy while we are being creative. Our creativity's used in healing ways through art.
Solar plexus	We are free to be creative and find this powerful. We are not attached to the outcome of our creativity and enjoy the process. We do not use our personal power to crush the creativity of others.
Sacral	We are nourished by our creativity and find creative ways to nourish others.
Base	We are able to express ourselves with our creativity and feel trust and supported by our higher power. Our sexuality, ways we make money and create abundance are all done in creative ways.

Section 7: Lightfilled Play with Each Other

Many of the processes that I have written in this training manual can be incorporated as part as Couples Therapy or Relationship Counselling. I am going to provide some suggestion in how these processes can be adapted from Section 3 & 4 to give you an idea how they can be incorporated when working with couples.

Healing Original Wounds

Firstly, it is not recommended to do couples work in healing original wounds/imprints. Clients are usually very vulnerable and we need to support them one on one through the process of healing. If both clients need wounds healed then do this work in separate sessions with each client.

If you have identified a wound in either client and it is obvious that they have been recreating the trauma or abuse with their current relationship, this pattern can be discussed within a couple's therapeutic session. You may have to act as a mediator though, depending on the level of vulnerability of your client and the reactiveness of the partner. Wounds are sensitive to discuss and so our top priority is ensuring that the client with the wound feels safe to communicate this to their partner. Mediation means that the client communicates to their partner through the Lightworker Practitioner whilst their partner is present. The Lightworker Practitioner can then repeat what the client has said (back to the client). This ensures that we 'got it right'. This also slows down any reactive responses.

We then ask the partner how they feel about what the client has just said. Their partner can then speak to us to advise us of how they are feeling regarding the wound. We can reflect back what we heard the partner say, again to ensure that we heard correctly. And then we check back in with the original client for their response. And so forth with all the communication. We may choose to ask the partner about their part in contributing to recreating any patterns or cycles in the relationship too. The partner needs to be able to speak about how the wound has affected them too. It may be an opportunity for partners to unlock an original wound that they are aware of. This can then be taken offline into another session with yourself and the partner to work on.

A client who has healed an original wound is moving from a victim mentality to personal empowerment. In moving forward they need to gain skills in communicating their needs and feelings moderately and they need to feel confident in protecting themselves from inappropriate behaviour. If they have attracted a relationship with someone who contributes to recreating a pattern of abuse, the client will need to name and confront their partner's behaviour (if it is safe to

do so). It is important for the client to state the impact this behaviour has on them and what they will do if their partner continues to act inappropriately.

e.g. “When you yell at me for not doing the house work I feel worthless and not good enough. If you continue to do that, I will take care of myself by calmly letting you know how I feel and then I will take care of myself, by taking time out in my room, going for a walk or calling a supportive friend.” It would be handy to do some role play prior to couples counseling so that your client can role play what they need to say with you first.

e.g. “When I express how I feel and you tell me what to do without me asking, I feel like your child rather than your partner. If you do that in the future, I will let you know how I feel. If I need your advice, I will ask for it directly.”

When clients learn about their part in the reality they are creating they can make changes. However, it is not their ‘fault’ and they shouldn’t feel to ‘blame’ as this is also a symptom of the victim mentality and cycle of violence. Yes we choose our experiences, however this is to evolve, not to be punished for! That goes for whether you are assisting a person who is in either the victim or abuser role of the cycle. Ensure that you remain non-judgmental of either. Do not assume life is easier for a perpetrator of abuse.

Sometimes knowledge of a cycle is not enough. The client may be in such an addictive relationship that they are currently disabled in making changes and staying may endanger themselves and their children. If there are children involved and you do not sense that the client is acting protectively then keeping silent about it can keep the cycle going. I believe Lightworker Practitioners have a duty of care to notify services such as the Police, Child Safety or Family Services (depending on the area where you live as this varies across countries and states). If your client does not have a safety plan or is making a relationship more important than their safety and their children’s safety, this is when reporting the situation to authorities is the best thing to do to affect any positive change in the situation.

If the client does not feel safe because they feel that their life is in danger, then it is not recommended for clients to communicate their needs or protective strategies openly. You need to develop an immediate safety plan with your client rather than work on uncovering wounds. The Domestic Violence Resource Centre is a very helpful website www.dvrc.org.au. The have provided the following questions which may assist you in developing a safety plan with your client:

- Who will you call when threatened or in danger? (e.g, police, friend, DV Connect)
- Where will you go? (safe place, e.g. friend/relative/motel/refuge)

- What can you do to ensure your children's safety?
- What medications will you need?
- What and where can you store personal/important documents so they can be found urgently if needed? (e.g., bank cards/books, Centrelink/pension cards, passports, birth certificates, drivers licence)
- How much money will you save for an emergency?
- Where can you hide this money?
- What do you need to pack in an emergency bag and where can this bag be stored?
- Who do you need to pack for?
- What identification will need to be taken?

I do not recommend mediation between couples where one person is being energetically aggressive or verbally abusing their partner directly or through the mediation process. If one person is behaving difficult on purpose or energetically aggressive it is important to call a time out. Ask them to leave the room to cool down and support your other client. Then it would be best to see the aggressor on their own to support them, resolve their anger and set some respectful ground rules for any future couple's sessions. You may need to refer them on if they commence acting out their aggression with you. I recommend individual clients sessions until you are confident that no further aggression will be taken into the couple's session.

If both parties have some resistance to change, this can be a normal and healthy process to work through. However if one person is withdrawing or unwilling to participate then it is also best to work with the client that is willing. Do not ignore unwillingness though before you decide to terminate the couple's session. Be honest about it with your clients and the impact that this has on the relationship. Stay out of judgment though and just state the potential repercussions of remaining withdrawn or unwilling. The person who is withdrawn or unwilling, may not even be conscious of their behaviour. If this is the case, gently confronting it will be supportive of both clients. It gives both parties a chance to become willing and engage in the couple's session. Ignoring it is simply feeding it. You may need to focus on seeing the clients individually to resolve their resistance or withdrawn energy. They may simply require their own healing first before they are ready for couple's sessions.

Personal Empowerment - The Diamond of Empowerment

This is one of the most powerful processes that I have ever witnessed in creating personal empowerment for individuals. It is also the most powerful process I have seen for empowerment of both couples in relationships. It is especially helpful when couples are exploring power dynamics in their relationship and resolving power struggles.

It is also exceptionally helpful with couples when they are exploring their sexuality. Sexuality is one area that produces many dysfunctional symptoms in the bedroom that are really being played out in the relationship due to feelings of disempowerment. So, exploring this as a couple in the light of day, in front of each other, gives a voice to all their parts that need to speak. The power in this process is that it also involves the other piece of the relationship, the partner. So he/she get to witness all of each other. Nothing is hidden. There is a lot of power in reclaiming these selves in front of each other.

This process is similar to the 'Personal Empowerment' Clay Sequence. However it varies slightly. I will cover the process for individuals. This can then be adapted for couples. I will add in brackets how to use this with couples.

1. Commence with ensuring that the client has expressed a desire to be empowered in one or more area of their lives. (If working with couples, if both couples are present, they both have to want themselves and each other to be empowered).
2. There are four spots on the floor that represent 4 parts of the client clearly. This forms the diamond shape. Ideas for making these spots clearly defined on the floor include: the client may use their clay pieces if they have already sculpted them; or use crystals; symbols; fluffy toys; pillows; they may draw or paint these parts; wear a specific piece of clothing, hats or masks. Depending on the time that you have and whether this is the first session with them will determine how this is decided. (If they have a partner present the partner stands outside of the diamond with the Practitioner). Ensure that there is a direct line between the client and any of their parts. The client needs to connect with these parts as easily as possible. Ask the partner of the client to be quiet and observe only. If they do wish to say something, they need to ask the Practitioner who will ask the client. This will ensure that the client stays with their process and feels as safe as possible).

3. The first spot on the floor is the higher self. Working around the diamond in a clockwise direction, the second spot is the disempowered self, the third spot is the compassionate self and the fourth spot is the empowered self.

4. The Lightworker Practitioner asks the Higher Self of the client to directly speak to one of their parts to begin with that is the part most wanting to be heard. It could be the compassionate part wants to create a safe place. It could be the disempowered part is very upset and needs to speak first. Or it may be the empowered part that is feeling judgmental and angry and just has to speak first. Allow the client to choose the part. The client's Higher Self begins by asking the question 'What is the truth to you regarding this situation'? This is an important question because it is allowing this part to speak its opinion freely. After the client asks the question to this part, they step physically into the character and position of this part and reply, “The truth to me is….”

5. Ask the client to step back into their higher self. Ask the client’s Higher Self to validate and repeat what the part has said and to then ask “Have I heard you correctly?” This is very important.

6. Ask the client to step back into the part to confirm whether they have been heard correctly or not. The client can step back and forth as many times as they need to, to ensure that they have understood what the truth is to that part.

7. The client then repeats this process with the other two parts. This back and forth questioning and validating continues until the client feels that they have a strong connection and understanding what the truth is for each part of themselves.

8. If needed the Lightworker Practitioner can assist the client by feeding through questions that the higher self can ask the client. Listen to your guides and Higher Self for the questions to ask. The aim is that the client feels connected and supported by their Higher Self in this part. (It is not recommended at this stage that the partner of the client comments or asks questions. This is a very fragile stage of the process. If they want any clarification, they can ask the Practitioner to ask the higher self of the client. The partner is only invited to speak to a part if the Lightworker Practitioner, the client’s higher self and the client’s particular part feels that they are ready to hear what the partner has to say. Unless the partner of the client has something positive to say, they are not encouraged to say anything at all. This does not mean that the partner cannot be honest about the impact of behaviour that a part has had on them. But this is really not the time for such things. We are encouraging a healing for the client and do not want to dilute it at this stage.

The partner will have a chance for all their parts to speak and this will include how they feel when the client's parts are immoderate).

9. Once the client feels this connection and validation, the Practitioner may ask any additional questions that they feel they are guided to ask. The main ones that need to be asked are the purpose, need, feelings and gift of each part. (At this point the client's partner may like to ask questions and validate the client's part. If the partner starts to sound heated, shut the conversation down by requesting that the client step back into their higher self. The partner will have their time to do this process. Now is not the time for the client's partner to process or express. They need to speak from their higher self or not speak at all).

10. The client then repeats this process with their other 2 parts. If the client feels uncomfortable with any of their parts, they may need to move from the room or imagine that part is not in the room. Creating this space will allow the client to connect more strongly to their parts. The practitioner may wish to hold the pillow or symbol to 'take care and safe guard' parts whilst talking with the other parts. (If any of the parts feel blocked or incomplete, it may not be the time to continue with the session with the partner in the room. You may need to work with the client one on one through this or other processes.)

11. Once the client has a strong connection and understanding between their Higher Self and their 3 parts, they can then begin to have conversations directly between the parts. The Higher Self can step in at any time if the client or Practitioner senses the dialogue is abusive or disempowering. In this instance, the Practitioner requests that the parts speak to the Higher Self rather than the other parts. The goal here is that each part understands each other and identifies their purpose, need, feelings and gift in this situation as equal. (This is the time that the client's partner is recommended to validate and contribute any positive discussion including practical support structures and activities to show their commitment to the client's ongoing empowerment.)

12. Now is also the time that the client can choose to speak to an abuser or someone they have abused in the past. This person does not need to be present in physical form. The client can do this from any or all of their parts. Request that the client share any perceived responses by their abuser/abused. The aim here is a feeling of reconciliation, no matter how bad the abuse is.

13. If the client has a partner in the room, this is the time that they do the whole process above.

14. To finish up with client, ensure that you sit down with them to debrief the process and talk through all their realisations that they have about how this disempowerment has played out and interwoven through the fabric of their lives. Discuss practical ways and daily activities that they can support these different parts. If they have a partner and the process was successful, then mediation is probably not needed. You may have an open discussion without needing to mediate. If the process was not mutually successful, more individual therapeutic work may be required.

15. Be prepared for changes in relationships with couples. Aim discussions at positive realisations and strategies to go forward as a couple whether staying together, temporarily separated or ending the relationship. At this stage, the focus is to ensure that both client and partner respect each other even during changes in relationship. Be clear of ascertaining what specifically needs to happen in the future in order to continue in relationship or reunify together if separated.

16. Something that may come up during the session is that a part of the client feels as if it is stuck in a past life. This can be a good opportunity to reclaim this part of themselves in this life. This is the essence of soul retrieval work. If the client is stuck in a past life they may be overwhelmed by this part of themselves. You can ask the client what is happening and get the details of 'the story' of the past life. This may make sense as to how they are feeling and behaving in their current life. Allow the client to share things with a view to resolving the situation for them. You may need to be ready to act as the Higher Self of the client at this point as they might be too overcome by this past life. A key thing to ask the client is what they needed that they never got in this past life. It may be too much for the client or partner to witness so be sure to check in with both of them as they may want to take it into an individual session. Ensure that you use tools from your toolkit to assist with resourcing them in this part. Breathing in light, sounds, gestures, movement, drawing, clay, painting, visualisation and spiritual helpers are all ways that we can assist with resourcing our clients. Use the Womb of Transformation around the client if it feels like they are experiencing a really dark part. Also ensure that you uncover the beliefs that they have carried around with them from this past life that are no longer working for them. Having the client re-choose their beliefs is another way of empowering them in this life.

Resolving Grief and Loss

If a client is having a hard time dealing with or understanding their partner's grief process then you may need to provide some mediation in assisting with gaining this understanding.

1. Ascertaining where each partner is at in the cycle: denial, anger, sadness or gratitude is essential.

2. One partner may be at a different stage of the GROW (Grieving Restores Our Wholeness) cycle and so therefore there may be a clash of emotion. For example Amanda and Tom lost their child Brianna who was 7 years old through a sudden brain hemorrhage. Amanda has processed her grief and is grateful for the loss of Brianna because it has taught her that life is precious and to never waste a minute of it. Since Brianna's death, Amanda is living a more full life and making the most of it. Amanda is having regular conversations with Brianna and feels closer to her than ever. However, her husband Tom still can't believe that Brianna is gone and is still in denial. Tom has felt numb for 6 months and cannot understand Amanda's acceptance. He has been overworking and then coming home and drinking. Denial is a completely natural stage of the grief process because it serves to protect us so that we come to terms with change slowly.However when we stay in denial, it can keep us from feeling at all and can lead to addictions, physical and mental illness i.e. we act in (develop physical symptoms), we act out (with addictions/inappropriate behaviour) or we act up (develop mental health issues). Tom feels disconnected from Amanda. Tom has recently started to become angry with Amanda too. Tom thinks this because Amanda keeps talking about how grateful she is. Tom is probably moving from the denial stage to anger stage but not recognising that he is directing his anger at Amanda. This clash in emotional stages of the grief cycle can create an imbalance in relationships and they can fall apart. Tolerance and understanding of where we AND our partners are in our grief is a way that we navigate through tricky life challenges that are created through death, change and loss. It is important to validate where each of the couple are in their stages of grief and to encourage them to validate each other. This may mean that they need to be aware of their grief and accept it, but also to note the impact it has on their partner and to moderate it as best they can. This is not always possible as grief can be intense at times. Also assist clients in being supported in their current emotional stage by seeking out friends, groups, books, workshops and emotional releasing activities that assist in processing their grief.

3. Once you have ascertained where they are in the grief cycle, you can delve more into what each client needs to support them in their grief. Discuss supportive strategies that you can put in place to address both individual needs.

4. Discuss how each person's grief is impacting the relationship. Include the impact that the supportive strategies will assist in this impact.

5. Discuss supportive strategies that you can put in place to support the relationship in this time of grief.

6. If either client is unconscious of their own grief or the impact it is having, then you may suggest an individual session with them to resolve their grief and loss through clay, painting or drawing. You may ask permission to share the process with the client in a couples counseling session.

Resolving Dysfunctional Roles and Relationship Dynamics

If you have conducted a session with a client and the relationship dynamic resembles one that is similar to their family of origin, this may be helpful to share in a couple counseling session. It may be helpful for both clients to do the process of 'Resolving Dysfunctional Roles and Relationship Dynamics' separately and then bring them together for a mutual sharing.

You may adapt this process in a couples counseling session to focus simply on a 2 step process of having clients mold the clay or draw/paint the energy of their partner and then a second piece on their energetic response to their partner. This can assist in more here and now concerns. You may then wish to do the 'Resolving Dysfunctional Roles and Relationship Dynamics' process with them individually afterwards and see which family member best represents the energy of their partner.

Channeling Higher Vibrations

In Level 2 I wrote about the Higher Powered Couples process. I will go over it here to assist you in seeing how this can work in a couple therapy environment. There are 5 steps. I have listed them below and then I will outline them more fully. This cocktail helps to get our clients out of the rut of a dysfunctional cyclic relationship and move them into being more of a Higher Powered Couple. It is also great for assisting our clients to co-create and manifest specific goals together in doing steps 1-3. Manifesting is so much easier when done as a couple, family and in collaboration.

1. Ensure clients have their own connection to their Higher Power.
2. You may need to assist either client in strengthening their connection to their own Higher Power (such as the 'Channeling Higher Vibrations' process in separate sessions).
3. Ensure that they are aware of and connected to their Higher Self, Inner Child and any shadow parts that are causing blockages/resistance with their relationship goals.
4. Conduct the 'Higher Powered Couple' Visualisation for your clients (see below)
5. In a follow up session, check in with them that they are continuing to Connect to their partner at a Higher Self Level consistently. If they are not, more individual sessions may be required to uncover and resolve blockages.
6. Let your clients know that after a while of having this Higher Self connection, then they will be more available on those occasions when their partners are not in their Higher Self E.g. they are purely in an inner child position.

Higher Powered Couple Visualisation

Holding the intent for a goal together is one of the most profound ways of manifesting. You can both become co-creators with God. Whether it be manifesting a great relationship or manifesting that dream house you have always wanted, you both need to be on the same page together. But you both need to be vibrating love regarding this goal, not fear. Otherwise you will create more fear. If anything's blocking couples that they have not already become aware of, this exercise will bring it out to the open.

As a prerequisite to this exercise, assist your clients to centre and clear themselves and connect with their Higher Selves.

1. Ask the couple their most mutual pressing issue or goal that they want to resolve/achieve and have them write it down.
2. When they have determined what this is, ask the couple to both hold hands and state the goal out loud Eg "We wish that our relationship is full of love and light" or "We wish to manifest the house that we have outlined on our piece of paper" or "We wish to have a happy, healthy child together". Ask the couple to close their eyes and visualise their Higher Power with them and their partner. Ask them to question in their own mind, "What do I need to do in order to vibrate immeasurable love towards this goal?"
3. Wait a moment then ask the couple to open their eyes with they received their own guidance and wait for their partner to open theirs. Ask your clients to share the guidance they received.
4. Ask your clients how they felt about the process
5. Discuss supportive strategies and any issues that arose from sharing their guidance with regards to their goal.
6. Ask them if there are any other goals they would like to apply this process to.
7. Take some time to talk to your clients about supportive strategies that you can put into place to ensure that they maintain this connection between their higher selves.

Releasing Attachments, Cords or Carried Feelings

During couples counseling you may see and feel a cord or enmeshment occurring between the couple. Uncovering the energetic flow of both positive and negative energy towards one another is actually a great way to empower your clients. In identifying how the energy is flowing you can present tools to assist your clients in owning their reality and stating their needs and wants.

Depending on the energetic flow, one or more of the following may be occurring:

- One or both clients dump their negative energy and reactions on their partner. This can lead to abuser/victim dynamic. If both clients dump on each other, no one in the relationship feels empowered. Both may swing from perpetrator to victim.
- One or both clients suck the other of their positive energy. If one tries to improve or get ahead with their life in a positive manner, they are pulled back energetically. If both do it to each other then it is a very competitive relationship. Instead of building each other up, they are tearing each other down.
- One or both clients suck the other of their negative energy and they end up carrying their partner's feelings. If one is doing this, then they usually hold all the responsibility in the relationship and are motivated by guilt in many of their decisions. If both are doing this, then there is an enmeshed relationship. Lack of boundaries between a couple means that the Higher Self of either couple is not engaged. There is a lack of clarity over who they are as individuals.
- One or both clients feel empty and lack an ability resource themselves energetically in an appropriate way. If one is doing this, they may depend on receiving energy inside of the relationship by becoming dependent on their partner as a higher power replacement. The other may feel suffocated by this and seek energy from other interests, work or addictive behaviours. This can lead to the love addict/avoider addiction cycle. If they are both seeking to resource themselves within the relationship and depend solely on each other, this can lead to the love addict/love addict style of relationship. If they are both empty and seeking resources outside of the relationship, this can lead to the avoider/avoider style relationship. Low drama, but lack of depth and feeling.

You may choose to work with either couple separately on their attachments, or you may have them do the exercise together to see if their realities on their energetic flow is similar. It may be different and that in itself can be interesting to uncover. If their realities are different, this can

bring more awareness as to what is actually happening in the energetics of the relationship. I have stated common energetic flows in the examples above, however there can be more combinations and they can vary throughout the day or in weekly/monthly/yearly cycles and patterns. The main thing to do here is to ascertain the couple's reality on their energetics, bring awareness to it and then work on it individually and as a couple. The WOW is a great remedy to ensuring that they are both owning their reality and taking care of their needs and wants so that they are not dumping or sucking each other of their energy.

Regarding letting go of cords and entities, I recommend working with couples individually. Cutting cords and releasing entities are often sensitive and tricky to deal with as a practitioner because the client requires your full attention 100% of the time. When cutting cords, we place the partner in the Womb of Transformation so that the client can fully let go. This is not possible when they are physically in the room and can distract the process of the client letting go and fully surrendering. The client cutting the cord often has to deal with feelings of guilt and worrying if their partner feels abandoned when the cord is cut. When we place them in the Womb of Transformation, this is taken care of metaphysically. However if they are physically present, this can distract the client so it is not recommended.

Balancing the Masculine and Feminine

When working with couples it is great to ascertain how much of the masculine and feminine aspect EACH of the couples have for themselves. This is important so that either client is not polarized into a role in their relationship dynamic.

1. You can guide the session so that they both form into clay, paint or draw their strongest energy whether it be masculine or feminine.
2. When they have finished ask each client separately where they feel this energy in their body. There may be a particular chakra or place in their body that it is the strongest.
3. Have a talk to the client about how it feels being resourced in this way by this energy.
4. Repeat these steps for the masculine or feminine energy (whichever one they have not yet done).
5. Now give the clients an opportunity to bring their two energies together. It may be that they unite their clay pieces. Or they can paint/draw together how these energies unite. This will symbolises how these 2 energies come together in balance.
6. Discuss with the client any realisations that they both have with regards to the energetic dynamics of their relationship. Ask them if they notice any similarities between these two polarities and their parents.
7. Also discuss how they have denied parts of themselves or been out of balance in energy and how this has affected their lives. Be aware that each client may experience grief when they have these realisations. This is perfectly healthy. Any shock, fear, anger, guilt, blame, shame, pain, sadness, gratitude or joy, are welcome. You can provide validation and encourage their partner to provide validation to their partner. Any emotional responses are healthy when they are reclaiming a part of themselves.
8. Once the clients have finished and shared about their balancing piece, ask them about how they can bring this energy into their relationship in a practical way. Talk about the positive changes that will occur when their energy is in more balance.
9. Ensure that each client is supportive of their partner in behavioural changes that encourage more of this balance in their relationship.

Strengthening Our Connection to Our Higher Power

We can work with individuals in determining their concept of a higher power or we can also do this as a couple. Simply use the process (whether clay or paining/drawing from Section 3 or 4). Working on this with couples witnessing the process can assist couples in feeling more solidified in their beliefs, in acknowledging their relationship is supported by a higher power or at the very least, forming an understanding of how each partner's concept of their higher power exists and affects them.

It also assists couples in letting go of the need to be the higher power for their partner. This is important to ensuring that BOTH clients are feeling responsible for their own energy and are not expecting their partner to rescue them. This also ensures that neither couple are gaining their energy from being put on a pedestal or revered as more than human. There is a danger of gaining a 'false high' from being revered in such a way. We can all be in 'awe' of our partners and this is to be encouraged. However, putting our partner above us and feeling that they are better than us or we are of less value than them is a symptom of our own unhealthy self-esteem and disconnection from a higher power.

Transforming Our Shadow

Shadow processes can be witnessed by supportive partners. There needs to be a solid connection between a couple if I were to entertain a shadow process being witnessed. I have gotten to the stage in my relationship where my husband and I can do this process without a therapist present. It takes a very evolved relationship, with a very strong connection to both of your Higher Selves to do this without the support of a practitioner.

If you have already done some shadow processes with either client and you believe that there is enough support and NO overt reactiveness will occur, then go ahead. You may choose to use a meditation to take the client through as this can be more powerful in that the client is deeply relaxed and may let go more. You can encourage the partner to hold their hand as they are going through the meditation and also to talk to any vulnerable or shadow parts in a validating way. I do not recommend this until the client's higher self has validated and transformed their shadow parts. Once this has occurred, you can ask the shadow part if they have anything that they want to say or hear from the partner. Then you can ask the partner if they are able to say/hear anything this at this time. Always ask permission out of respect for the partner. They may be overwhelmed and unable to listen or speak at this time. If this is the case then ask the partner if they need more time. This will ensure that the shadow part understands that there is still a process (not a rejection). If the partner does not agree or accept the shadow part, it is important to validate the shadow part and letting them know that the partner is having some feelings and that the client's higher self is there for them at this point and that you (as the partner's therapist) will help them through their process.

Wheel of Wholeness Integration

The WOW integration is a very detailed process so it may not simply be practical to do in one couple counseling session, however it can be incorporated into a workshop or retreat as the theme and would do very well.

1. Ensure that you have identified the area of the WOW that your couple wishes to work on i.e. self-love, self-protection, self-awareness, self-care and self- moderation.

2. Then ask each client to form into the clay or paint/draw how they are feeling about this area of the WOW at the moment personally. They may wish to sense into an area of their body.

3. Ask each client to share (one at a time) their clay/painting/drawing and identify what they need to support this area of the WOW with higher resources.

4. Then ask each client to form into the clay or paint/draw how they their partner's area of the WOW is affecting them personally at the moment.

5. Ask each client to share (one at a time) how their clay/painting/drawing expresses the way they are affected by their partner's current WOW area.

6. Identify what each partner needs to feel more supported in the relationship.

7. Assist the client in resourcing the quality and exploring supportive behaviours from their partner.

8. Once each client has resourced what they need from their resource, ask each client to form the transformed parts of the area of the WOW. Notice and discuss the changes and effects on the client's life. If there are no changes, then further work needs to assist one or both clients in addressing this area of the WOW. An individual session may be required. There are many tools in the Lightworker Practitioner Training that can assist with different areas. Check in with your guides as to which one is appropriate.

9. Whether there is a shift/transformation or not, ensure that each client practices their resourcing for at least a week.

Balancing Our Energy Centers – Specific Chakra

This is a good exercise in couples counseling to gain insight into how each partner is balanced. This can also be helpful in a workshop or retreat environment where more time can be spent on each chakra over a few days.

1. Firstly have the clients draw, paint or mold in clay what they sense their chakra fields look like. Once again if only focusing on one chakra, you would ask for only one chakra to be drawn at a time. If you are doing all chakras, choose one to work on in this session (each).
2. Ask the client how their chakra looks or feels. If they have any problems with this, you can ask them to take a step forward into this energy centre. Then get them to step back out again. The important thing is that they connect. If they can describe it to you, then great. If not, that is okay. Ask the clients to form how their chakra looks or feels in the clay or draw/paint them.
3. Then ask each client to choose a specific chakra to work on for this session.
4. Ask them what they feel that their chakra needs from themselves and how their higher resources and partner can support this. They may or may not know. That's okay.
5. Ask them to form the energy, shape or quality in the clay/painting/drawing. They may need to tune into the energy center and ask it what it needs. If they are completely lost, you can ask your guides and tell them what information that you are receiving. If there is more than one quality, have them form all the qualities.
6. Assist each client in resourcing the qualities one at a time.
7. Ask each client if the chakra needs to release anything. Have them mold this into clay or paint/draw. You may find that they have been carrying the energy of a person or entity with them. Now that they are resourced, they may be more willing to have it removed.
8. I recommend that if they have had an attachment or entity, that you do Steps 3-10 in the ‘Releasing Attachments, Cords or Carried Feelings' sequence in an individual session.
9. Now that your clients are resourced and have released anything that has needed to be released, have them form the transformed chakra into the clay or paint/draw it.
10. As usual, ensure that each client debriefs with you with their partner as a witness and validator if possible. Their partner is encouraged to support them in the taking care of their

chakra and resourcing it daily. Discuss the impact that clearing this chakra will have on their relationship. Ensure that you reinforce the idea that they both need to practice resourcing and supporting each other daily and offer ideas for other supportive activities.

Power of Play

When you are working with couples, you may sense that one is more playful than the other. You may also sense that one is more shut down or out of control with their play than the other. This polarization can often discourage clients who are shut down from stepping into their playful sides. To them, play means danger. This can also discourage someone who is out of control with their play to not even want to be responsible at all. To them, responsibility looks boring. So if we see that a couple is out of balance in this way, we can do this process with each other as their witness – not judge and executioner! We need to be careful here that this process isn't putting anyone down. There are consequences to being too playful and being too serious. These concepts and the consequences need to be discussed and agreed upon by both parties prior to this exercise for it to be effective. More awareness is uncovered, but a healthy respect for and admittance to this imbalance is an important start.

1. Begin by ensuring that you and your client have both identified the excess or absence of play in the client's life. Usually this is polarized in a couple, however it may not be.

2. Ask the client to mold/paint/draw how they feel about being playful at this moment in their life. If it is regarding sexual play, then use specific language. Saying something like, "How do you feel about exploring sex or your sexuality?" will assist the client in triggering any shame they may have in relation to sexual exploration.

3. After each client has molded/painted/drawn their feelings about play, ask them what they need from Higher Resources and from their partner in order to feel free if they are shut down. Ask them what they need from Higher Resources and from their partner in order to feel more contained if they are out of control with play.

4. Have them mold/paint/draw this quality. This may be one or more qualities. For example they may need unconditional love from their partner but strength from their Higher Power. Trust what comes to them. If you receive any guidance, share it with the couple.

5. Assist the clients in resourcing this quality one at a time with each individual client.

6. If either client is shut down: Ask the client to mold/paint/draw qualities that they would experience by allowing themselves to play and explore. They might be qualities such as freedom, open-mindedness, joy, happiness, courage, flexibility, lightness and curiosity. It will be different for everyone. These qualities may be shut down or limited in the client's life. It is important to allow the client to connect with these qualities fully. Assist the client in resourcing these strengths.

7. If either client is out of control with their play: Ask the client to mold/paint/draw the strength of moderating play. Focus of what the client can strengthen in themselves from moderating their play. These qualities may be responsibility, dignity, integrity, wisdom, strength, focus, sensitivity, balance, grounded, peace.

8. If either client experiences their past shame as a child/adult for playing you may need to do a further individual sequence on ‘Healing Original Wounds’. You may not have time to do this in this session and can plan another time. Ensure that the client is aware of the past shame and you can do a quick ‘Hands On Healing’ if required.

9. Have the client mold/paint/draw how they are feeling about play now. Ask them where this lives in their body.

10. Follow up the session with discussing and planning how they can play more and play more responsibly together in their life. Cover as many areas of their life as possible e.g. work, sex, travel, relationships, hobbies, friendships and family.

11. Before ending the session, you may wish to gain commitment from both parties on how they will play more and play more responsibly. You may also wish to write this down and have each couple sign it as their commitment to the Power of Play.

The Perfect Sphere - Creating Inner Peace

You can use this tool as a way to bring awareness to each client's feelings of their partner in a couples counseling session. You can also use this technique as a gauge of your clients feeling realities during a couple counseling session. It is also a good way to build an awareness of individual boundaries within a relationship because after forming the sphere, the bubble may pop during the session. Triggers and any emotional boundary weaknesses can be identified and shared within the session.

1. Have the clients mold into clay how their body and energy is feeling at the moment.
2. Take your clients through the following brief visualization..... Close your eyes and feel yourself surrounded by a bubble of coloured light. This bubble of light is completely protecting you. It protects you from taking on other people's negative energy, emotions and thoughts. It only filters in energy for your highest good. Notice what colour this bubble of light is. With every in breath, feel yourself breathing in this coloured light. This bubble is completely containing all your energy too. Every time you breathe in, you feel yourself filling up with this light. This bubble can change colour any time depending on what you need. You are feeling peaceful. The more you breathe in this light, the more you feel this light fill you with peace. You feel it filling up your whole body. Continue to breathe in until you feel your whole body full with this light.
3. Ask your clients to keep their eyes and mouth closed and as they continue to focus on their bubble of light, they can now pick up their clay.
4. Ask the client to mold this bubble of light that is surrounding them. Ask them to remain quiet and take their time.
5. Remain quiet whilst your clients bring their energy in. Their clay ball will start to form. Ensure that you provide a bowl of water as the client may want to smooth out their ball.
6. When it looks as if the clients clay is forming into a sphere, ask them to continue to work on their bubble of light with their eyes open and begin talking about how this process was for them and the concept of their bubble/emotional boundary.
7. Bring up any topics that the couple wishes to discuss that may wish to discuss.

8. Check in with how their bubble is during the session and notice what makes there bubble pop. Discuss what is needed to repair their bubble and regain their center. Discuss supportive behaviours from their partner that will keep their bubble intact.

9. For home play, ask each client to practice the visualization daily, both morning and night if possible to gain a perspective on how centered and grounded they are. They may also benefit front the 'Clearing and Centering The Self' Meditation and other grounding techniques from Level 1.

Relationship Resolutions - Healing Fear of Abandonment and Intimacy

Healing a fear of abandonment and intimacy are the deepest of all wounds and highly sensitive in nature to deal with. It is highly unlikely that I would recommend dealing with either of these issues with a partner present. However there are exceptional circumstances, especially those where both clients have done a lot of work on themselves and they have a very strong healthy connection with their partner and they want them to be present.

In this situation, I would recommend working on one fear at a time with one client. For example, if either client has both fear of abandonment and fear of intimacy, choose one. And only work on that one with the partner present as a witness to the process.

The partner must go through a brief meditation to engage them in their higher self at the start of the session. They must remain in that space the entire time. Not having a partner 100% supportive during these kinds of sessions is not acceptable. So you will need to warn the couple before you proceed. Have a safe word such as 'compassion' to encourage this if you sense the partner moving out of their higher self and into reaction. Affirm the partner at the start of the session that although reactions are a normal part of the process, they need to be addressed at another time.

Ensure that you have a back-up plan for the client who is going through the session if their partner goes into reaction. For example, "If you go into a reaction, you will be asked to wait outside until we have worked through the issue. This will not be an abandonment towards you. We are making a commitment to support 'name of client' as a priority for this session."

1. At the commencement of this process you will have identified and agreed with the client that they are struggling with a fear of abandonment or intimacy. Choose one for this process.
2. Have the client talk to you about a time that they were experiencing this fear and how it felt like. Have them describe this event and what they were feeling at the time. Ask them where they feel it in their body and then have them mold this in clay/paint or draw it.
3. This next one might be a bit tricky to isolate, so take your time, but there is always something behind their fear. There is always a belief or a thought that is fuelling this fear. We need to isolate what this belief is. This belief is currently shaping their reality. Ask the client what the belief is that is causing this fear and where it comes from. Have them form this in the clay/paint/draw it. It may be a shape or even a person such as their mum or dad.

It may be a pointing finger if their belief is that they are not worthy. You may need to dialogue with your client for quite some time to bring this belief to the light.

4. Next ask the client what they want to choose to believe now instead. This is an empowering process because they can choose a belief that is like an antidote and affirmation to the negative belief that they have been carrying around. Ask the client to take their time and form their new belief in the clay. Once they are finished, assist the client in resourcing this new belief into their body until their whole body 'believes' it and they feel it completely.

5. Now take them back to the original scene of their fear of abandonment/intimacy. Ask the client if they feel differently about the scenario. Ask them what they would do and feel now if they were in that situation again. Ask them how they would see themselves and what they would choose to believe. Tell them that it is their choice completely to choose what they want to believe. Ensure that the client is owning their choice. It may or may not have completely changed but it is their choice. We can't force people to choose to think differently and at this point we can only hope that they do.

6. Ask the client to mold in the clay/paint/draw how they are feeling now about their original fear.

7. Open up a dialogue including the partner in the discussing to debrief the process. Start with the client who has gone through the process and ask them how they found the process. Then ask the partner to debrief their own process. If they are in any strong reactions, request that they keep them moderated at this time and suggest a follow up session with them.

8. Ensure that the client plans activities through the week that reinforce their new belief and that they resource the energy of this new belief daily. If the partner is moderate and supportive, ask the client what they need from their partner and then ask the partner if they are able to support the client. Also ask the partner what they need too so that they feel more able to support the client in what they need. For example the partner may need to hear what the client needs clearly. They may not want to ‘guess’ their partner’s needs. The client therefore needs to be very transparent and specific about their needs.

Letting Go of Armor

This process can be helpful for couples who have put up walls to shield themselves and these walls have now become unhealthy. One or both couples can do the process or witness the process for each other. This process involves 4 or more balls of clay/painting/drawing. The first piece represents their armor, the second (or more) is the quality needed instead of this armor, the third is how the energy is flowing now in that area of the body and the fourth is how you believe the armor is affecting their partner at this time or in the past.

1. To begin with you and your clients have identified that the one or both of them is holding armor somewhere in their body. Your clients have agreed that they want to release this armor.
2. Have one of the clients mold into clay/paint/draw the area of their body and armor/guard. It may be small like a handcuff or it might be large, like their whole body is surrounded by a cage and they are trapped inside. Let them take their time.
3. Ask their partner to mold/paint/draw how this guard has affected them.
4. Ask the client if they have any memories of an event from the past that may have caused them to feel this way either in truth (that they were physically trapped) or energetically.
5. Ask the client what it is that they needed at that moment in time that they never got. It may be one or more things. Pick the main one (or two) and ask the client to mold these in the clay/paint/draw.
6. Assist the client in resourcing these qualities.
7. Ask the client one at a time if they are ready to have their guard or armor removed now. If they are ready, ask them to call in their spiritual helpers to have it removed. If they are not ready, ask them what else it is they need to become ready. They may need more time. This perfectly okay. They may need to build more spiritual support and support from their partner before they become ready. If so, leave the process here and plan supportive activities with them both.
8. If they have had the armor removed, ask that they mold into clay/paint/draw how the energy is now flowing through this area of their body and how they feel now. Discuss how this awareness has on their past behaviours in their relationship and how this will affect their lives and relationship in the future.

9. Repeat this process with the other client if they too have a guard.

10. Once again follow this up with planning supportive activities for themselves and their partner. Include changing their beliefs about how they protect themselves. New affirmations and beliefs are powerful ways that they can continue to change their thinking about what they deserve and how they wish to be treated.