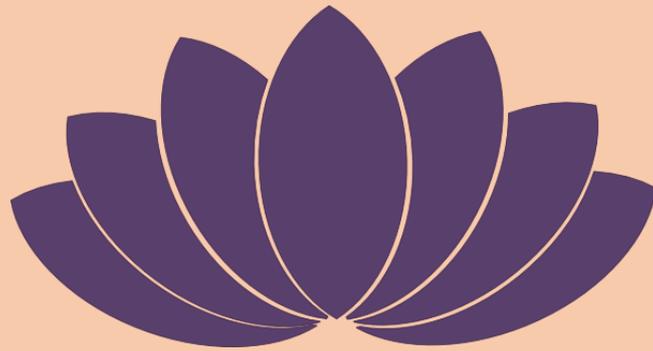


Negative Emotions Clearing Flush and Holistic Balance Empowerment



Channelled By Caroline Todd (Reiki Master)

Every single thought I have and every sentence I speak is an affirmation. It is either positive or negative. Positive affirmations create positive experiences, and negative affirmations create negative experiences. If I continually repeat negative statements about myself or about life, I only keep producing more negative experiences. I now rise beyond my old habit of seeing life in a negative way. My new affirmation habit is to only speak of the good I want in my life. Then, only good will come to me - Louise L. Hay

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Reiki attunements are wonderful exchanges of energy between one soul and another given by the Great Divine Source. Remember always use healing energies for the good of self and others.



Feel free to pass this manual to students but it must remain in its entirety and an energy exchange of some kind take place. Nothing to be added or removed without the written permission of the founder, Caroline Todd



I do not set a flat rate for the price of my attunements, flushes and empowerments as many other masters do, as I feel people should be able to access the healing energies regardless of the size of their

pockets. However, I do recognize that some people may consider something that is reasonably or low priced as inferior to something that is highly priced, therefore I suggest a selling price of £10 but not more than £25 (or the equivalent in foreign currency) for both attunements. You may choose to reduce the price or give it away for free BUT you may not charge an extortionate amount of money to attune others.

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After taking many attunements and empowerments, activations, initiations and flushes from different masters I felt that I would like to become involved in the channelling process myself. I have always taken time out to connect with spirit but never attempted any channelling of healing attunements. For me creating the link with my divine source was and is important.

I know that many people suffer with the effects of negative emotions or thoughts and feelings and although there are many reiki empowerments and attunements out there specifically targeted towards dealing with these on an individual basis, I felt that there was a lack of clearing of general negative emotions.

In my view if you clear something negative from the body, mind or spirit then it should be replaced with a positive benefit, emotion or feeling.

With this in mind, I started to sit with the idea of channelling energies to help deal with and flush out the effects of negativity, on the mind, body and spirit. Additionally, I wanted to develop an empowerment that would replace the removed stagnant energies to help people create a positive way of dealing with life's issues.

Therefore, all the flushes I have developed to remove negative aspects of thinking and its effect on the body, mind and spirit also include a holistic balance empowerment and daily life affirmations.

Negative thinking can become a habit and quite often once a person re-enters a negative situation, even if they have had therapy or received an attunement to help remove it, then they can revert back to their previous behaviour, UNLESS they have a more positive and healthy attitude in place. In order to achieve this, then it is important to develop a positive habit, which is why I believe daily affirmations can be incredibly useful.

I have to stress at the outset that intention is the sole activator for receiving the flushes and attunements. If you go along with the energies in a half-hearted manner, then you are unlikely to be successful in addressing issues you want to address. For many people, negative thinking or emotions occur incredibly often. They can be all that is thought about in the mind. They can take over so much that a person is unable to see situations clearly without it being coloured by negative thinking. In order to break that habit or cycle you should use the affirmations and energy clearing with as much strength and emotion for positive benefit as you can. It doesn't have to be for a long period of time, but it does have to be heart-felt and genuine.



Negative Emotions And Their Effects On Your Life

All our conditioning and responsive thinking patterns and beliefs about ourselves and those around us start in childhood. Once a negative thought process has started it can be difficult to remove and it becomes more and more a building block in life. For example, if you were brought up by parents that did not show you a great deal of love or praise but you were often praised by school teachers, you may have developed the thought process, "I must always do well. If I do well, people will like me; if don't, people will reject me." Of course this thought process can assist you in overcoming some obstacles and challenges and can propel you to do your very best all of the time. This can create a constant flow of praise and will justify your thought process.

However, what about if you have done your very best but not achieved what you felt you wanted to achieve, or if you failed to receive the praise and love you felt you should? In that case it can also cause a negative emotion pattern to develop and this can cause

feelings of inadequacy, weakness, rejection or failure and these can create negative emotions such as; I am useless or I am thick. By constantly repeating thoughts like this you create the way you view and respond to the world.

Clearly the world is not made up of fluffy clouds and rainbows and negative things do happen and we are not always able to control them. However, if you are in a constant cycle of negative thinking, then not only will you attract more than your fair share of negative occasions, you will be unable to see the blue sky of positivity that is always there. It is about managing your thought process and changing the way you respond to outside stimulus. This is where you can control your response.



The Negative Emotions Clearing Flush Attunement

How the negative emotions clearing flush attunement can help you is by clearing away the negative emotions to make room for the empowerment. This will help remove negative emotions such as:

Anger

Anxiety and panic attacks

Blame

Contempt

Depression

Disgust

Distress

Eating issues

Fear

General health problems with no known cause

Guilt

Hatred

Loneliness

Mood swings

Negative Habits

Phobias

Regret

Resentment

Sadness

Shame



The Holistic Balance Empowerment

Once the negative emotions have been limited or removed you should replace them with a positive outlook and thought process and this is where the holistic balance empowerment comes in. This helps to improve positivity in thought, mind and deed. It is not limited to just the physical body; the energy is also designed to assist the spiritual aspect of yourself as well. By using the holistic balance empowerment you will find the following qualities and more start to manifest in your life:

Calmness
Confidence and self esteem
Empathy
Friendship
Gratitude
Helpfulness
Inspiration
Joy
Kindness
Laughter
Love for self and others
Trust and Understanding
Worthiness



The Affirmations

A positive affirmation is the autosuggestion of empowering thoughts in the form of a statement of something you desire, or want to change. This is repeated consistently with positive intentions and then becomes implanted in the mind. This is because the brain creates new pathways with the instructions (or affirmations) and these new instructions alter or affect the way we think act or respond to things around us.

That all sounds a bit complicated but what it basically means is affirmations are a way of framing empowering words with a positive intent and repeating them until they become second nature to you. The subconscious mind takes strong suggestions as fact and allows you to act on them. That is why when you undertake affirmations you should believe the words you are saying.

Affirmations should be repeated at least three times a day and say them with as much belief and confidence as you can. If you don't

agree with the actual words then you will receive no benefit from them. In that case you should change the affirmations to something you do feel happy and confident with. For example, if you struggle with the "I love life" because you feel so down currently, then change it to something you feel more comfortable with, such as:

"Today life is a challenge but I am working towards enjoying
it"

or something along those lines. This gives an indication to your subconscious that you find life difficult but you are trying to make changes. The subconscious will then present ways that you can take towards enjoying it. They may be small things at first but you will find as you learn to recognize the more positive elements of life that you will find more and more to be happy and smile about.

Of course you can make up any affirmations you wish to help you improve your life and the more personal they are to you and your

conditions the more effective they will be. If you do decide to create your own affirmations it is important to ensure you choose sentences that are in the present tense (not the past or the future tense) and they should be related to positive and empowering behaviour or thoughts. For example, a good affirmation would be:

"I am full of health, energy and vitality"

This affirmation is in the present tense and states the qualities positively. This is a positive message or command to the subconscious about how you feel now at the present time. The subconscious is only able to deal with the present tense - it is unable to conjure up feelings about the future and relate them to the present time.

This is an example of a bad affirmation:

"I don't feel ill today"

This affirmation is said with a negative belief. Affirmations are all about positive connections and statements. The subconscious mind does not understand a command or order about not feeling or not being a certain way, therefore, it will just ignore this kind of statement.

You cannot have a positive life and a negative mind!!

Once you replace negative thoughts with positive ones, you'll start having positive results



This is just a small suggestion of affirmations and is by no means exhaustive. Whether you recite these affirmations or not is entirely up to you. The flush and the empowerment is not dependant on you repeating the affirmations, however, by committing to speaking positive affirmations daily you are giving your subconscious mid the go ahead for empowering changes in your life.

I am free to be myself

I am in control of my health and wellness

I love life

I am worthy of love

I have abundant health, vitality and wellbeing

My capacity to love and grow makes people want to be around me

I have the strength to overcome my negative emotions

I feel stronger and more positive every day

I can easily recognize my good traits

Sometimes I feel fear and that is ok because I can recognize it and
let it go

I am committed to being the best I can be in all areas of my life



How The Flush And Empowerment Process Works

I find that the best way to accept the energies is to take the flush attunement first and then the empowerment attunement straight afterwards. Instructions are given a little later in the document on how to receive these and you will only make the one intention for both the flush and the empowerment. Once you have done this then I suggest you leave at least 12 hours before you run the energies. That means leaving time to absorb the attunement energies before you use it to flush out the unwanted stagnant energies and emotions and replace with the empowering positive energies.

The affirmations are to be used daily and I suggest you use them for a period of around 30 days or longer if possible. Normally you would say them out loud a few times a day.

You should also invest some of your positive intention into saying them. Just reciting a few affirmations will not make a difference.

You have to connect with them and believe they are helping you make changes.

If you do not like the wording of the affirmations you can change them to suit your own ethics or belief systems, but if you do change them then always ensure they are said in the present tense and are always positive.



How To Receive The Attunements

When you feel the time is right for receiving your attunement ensure you will not be disturbed. That means locking the door, turning off the telephone and asking anyone who may be present in the house to leave you alone for a short time! You will need around 30 - 50 minutes for the two attunements. These times may vary of course but it just gives you an idea.

You might like to make a bit of a ritual for yourself, light a candle or two, or some incense, put on some relaxing music, etc. In fact anything that helps you relax and makes it a sacred space for you. Many people like to follow a Native American Smudging process, this can be a lovely and welcoming idea, but is not strictly necessary.

When you are ready, settle yourself down in a comfortable position, sitting or lying - your choice, and start to relax.

When you are ready simply sit back and relax. Take in three nice long deep breaths and say (aloud or silently - your choice)

"I am now ready to receive the negative emotions clearing flush followed by the holistic balance empowerment being sent to me by
Caroline Todd".

Then simply relax and let the attunement take place. When you feel you have received the two completed attunements you can get up and blow out the candles, etc and enjoy your day. If you fall asleep then do not worry, this is quite common, you have already set the intention to receive in process and it will continue until you have absorbed all the energies.

During the attunement process or afterwards you may be aware of changes or you may not immediately notice anything. This also is normal, however, rest assured if you have followed the instructions

you will have received the attunement energies and the changes will start to unfold.



Attuning Others

In my opinion it does not matter if the person you are attuning has studied reiki or not. As long as the intention is to receive the flush and empowerments is present then that is enough. They do not need to be able to visualize to receive these either.

If you want to attune others in person or by distance attunement then you may already have a ritual you like to follow if not you can use the following or adapt any other you feel fits your ethics.



In-Person Attunement

Ensure the room is a suitable temperature and you can put on music, light candles, etc. Sit your client in front of you and when you are ready to pass on the attunement to them call upon your own higher self/divine deity/God/Goddess, Ultimate Source or whatever you choose to call the higher being you work with. You can then place both hands on your client's head (or around the head if you and they prefer) and say:

"I ask my Higher Self (ultimate source, etc) to send the negative emotions clearing flush and the holistic balance empowerment to
name of client here".

You may notice the energy of the client changing in colour, size or density and it may encompass the whole, body. You may notice the energy going through your hands., or you may not, but all is well either way.



Distance Attunement

You may want to attune others by distance attunements rather than in person. These are just as effective attunements and one of the benefits are logistically you can send an attunement to someone at the other end of the earth in a completely different time zone and they will still receive the energy.

If you have pre-determined a time with a client then that ensure they have themselves a routine to follow prior to the attunement process. When you are ready create the chi ball energy and intend it towards your client. You can even say something like the following if you prefer:

"I am now sending the negative emotions clearing flush and the holistic balance empowerment to name of client here".



Sending Chi Ball Attunement

The attunement can also be prepared in advance into a chi ball ready for your client to call in at their convenience. Just follow the same process as the "distance attunement" and they will receive when ready.

Always remember to thank your higher, Divine Source self or angels for their help.



Using The Flush And Empowerment Attunements

Once you have received your attunements and have waited a few hours then you are ready to use the negative emotions clearing flush and holistic balance empowerment to improve your life.

You should use the negative emotions clearing flush first so that you can remove any disabling, difficult or stagnant energies and reverse any negative thoughts that have started to creep back in.

Just relax in the same way as you did to receive the attunement and then to run the energies simply say:

"I am now activating the negative emotions clearing flush to remove any energy in my body that is against my greatest good"

You should leave about an hour or before running the energies of the Holistic Balance Empowerment. As with the clearing flush you should find a place to relax and in a positive frame of mind and say:

"I am now activating the Holistic Balance Empowerment to improve my energies in mind, body and spirit"

You can run these energies at any time when you feel you need to clear any negative emotions that have crept back in. Initially you may feel this can be quite often. Especially if you are removing unwanted negative emotions that you have had for years. They won't just disappear overnight, you will need to be actively monitoring your moods in order to make changes on a more permanent basis.

Once you find yourself thinking negative then repeat the process for running the energies as above. Don't forget to run the 2 energies one after the other - the flush to remove the negative emotions and then the empowerment to replace the negativity. You can run the energies as often as you need to.

In no time at all you will be surprised and amazed at how differently you feel. Life will not present half as many challenges and the ones that do appear you will find yourself dealing with in a much more

positive and focused way. There will still be times that you find negativity creeping in but if you continue with running the energies and repeating or adding positive affirmations regularly then you will find yourself enjoying life and will feel much more balanced, healthy and happy as a result.

Keep enjoying life!

If you have any questions or need any help then please contact me

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