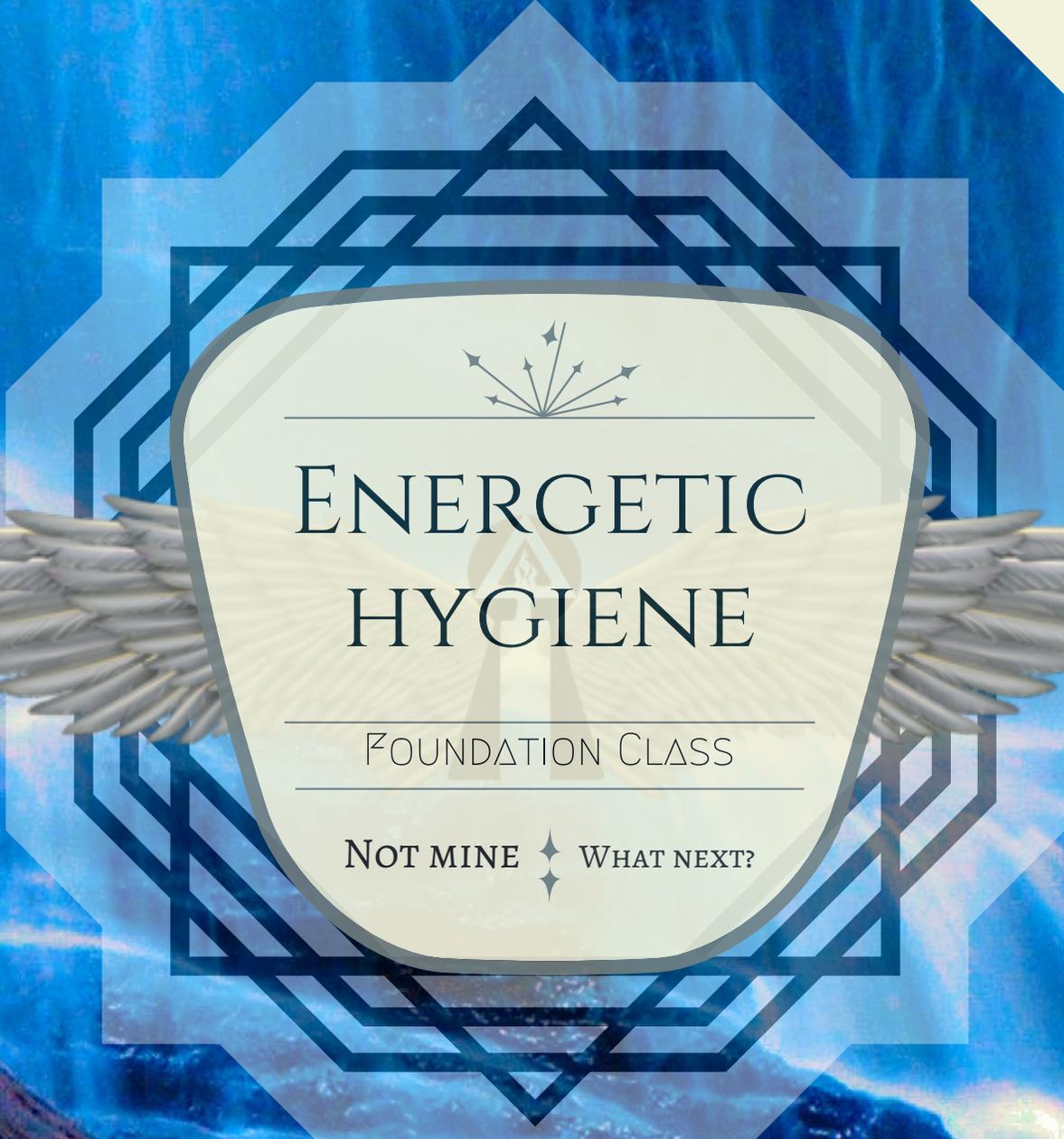


BELONGS TO:

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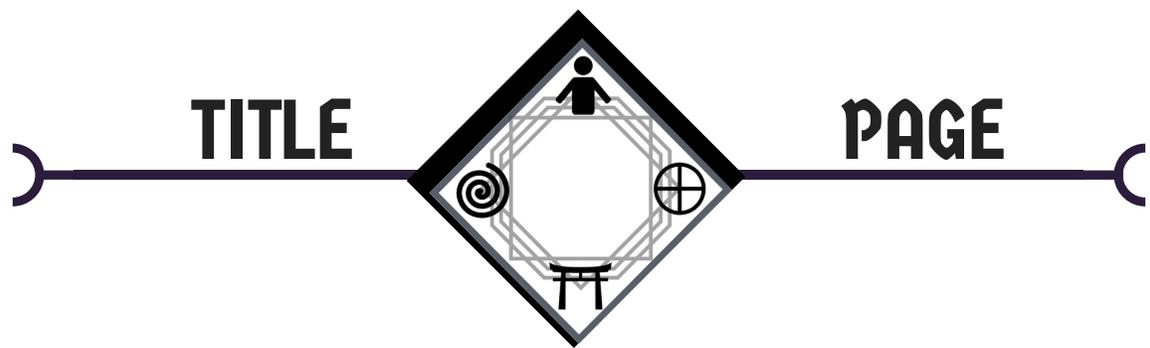


ENERGETIC
HYGIENE

FOUNDATION CLASS

NOT MINE ✦ WHAT NEXT?

SAERA BURNS & THE INVISIBLES



PHYSICAL PLANE ENERGIES **2**

* Affirmations **3**

* Song & Exercise **4**



PLANETARY ENERGIES **5**

*Affirmations **6**

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INTER-PERSONAL ENERGIES **9**

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SPIRIT PLANE ENERGIES **12**

* Affirmations **13**

* Song & Exercise **14**



SAERA BURNS
Seer & Clairaudient
Ambassador of the Unseen
Theta Healing Practitioner
Priestess & Teacher



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Dearest Being,

We are part of an intricate tapestry of energies, a continuum that includes the past, the present and the future. Having a clear understanding of personal boundaries, desires, and psychic contracts is crucial to acknowledging and choosing what energies are at play in our lives. Most importantly, as you explore these teachings, remember you have the choice to:

Believe, Receive, Leave, or Lend (until ready to return) anything that is shared!

Bright blessings,

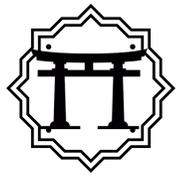
Særa

PRAYER FOR CLARITY OF SELF:

"MAY THE WISDOM WHICH FUELS YOU TO LEARN AND DEVELOP A SENSE OF ENERGETIC SOVEREIGNTY, BE THE SAME WHICH ENCOURAGES YOU TO ESTABLISH HEALTHY ALLIANCES ON YOUR PATH." INVISIBLES~

PHYSICAL PLANE ENERGIES

"CREATION MOVES INTO EXISTENCE, HOLDING FORM
AND BECOMING STRUCTURES OF INFLUENCE"



Physical Plane empathy relates to all sensitivities in the realm of material creation generally "man-made." Useful for understanding systems, structure and physical alignments, these energies manifest in architecture, clothing, tools, instruments, design templates, geometry

PROFESSION and PRACTICES

- * Home Designer/ Feng Shui
- * Carpenter/builder
- * Cleaning services
- * Engineer / Architect
- * Clothing or jewellery Designer
- * Metal Worker

PROS

- * Capable of understanding how things work and how to fix
- * Feels stagnation regarding placement of objects etc.
- * Creating systems that support more ease and stability
- * Understanding money & systems of exchange

CONS (when boundaries are not clear)

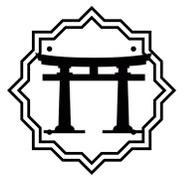
- * Off balance from clutter or lack of organization in home or workspace
- * overwhelmed in places with lots of material objects
- * colour and texture sensitivity to the point of extreme discomfort if clothing is not chosen appropriately
- * hoarding objects (generally due to memories)

NOURISHMENT THROUGH:

- * Money
- * handmade gifts

NEUTRALIZING TOOLS

- * Cleaning
- * Altar creation
- * Colour therapy via clothing



"I trust my capacity to navigate the laws and structures that govern life"

"My desire to fortify my relationship with the material realm is important to restoring trust in Humanity"

"I can hold, harness, and adapt to what is being asked of me to create in this life"

"Logic and systems are my friends"

WHAT OF THE FOLLOWING WOULD IMPROVE HOW YOU EXPERIENCED LIFE AND YOUR CAPACITY TO CREATE OF GIVE MORE:

TOOL:

OBJECT:

ORGANIZATION OF:

AMOUNT OF MONEY:

PHYSICAL PLANE

SONG & EXERCISE



I'm the physical plane and I remain the same.

How you use me, is how to transform me.

The alignments that I shape, takes energy into its place.

Remember the systems and the forms before you.

Learn the language,

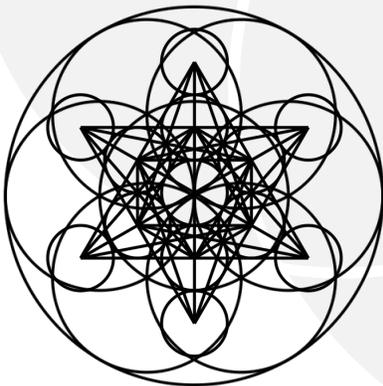
and allow the energy to transform through you.

Do not get bogged down, by what feels unchangeable
but use your strength and compromise a future plan.

For the physical plane, it remains the same
but how you use it is what transforms

<https://youtu.be/2bSBwBFabnA>

WITNESSING STAGNANCY



One's home reveals where Physical Plane systems support fluidity or clutter :

- * In the home notice where clutter naturally builds up
- * How could you create a system of organization that would shift this?
- * What objects in your home represent a part of your life / self that is not needed?
- * Do your clothes reflect the You you are becoming?



PLANETARY EMPATHY

Taking on and processing the planet's biological turbulence, including imprinted energies, plant and elemental connections.

E.g. Power-places, war-torn lands holding trauma/ rage

PROFESSIONS / OCCUPATIONS

- * Permaculturist
- * Nature Therapist
- * Gardener or Botanist
- * Herbalist/ Nutritionist
- * Nature Guide
- * Wildlife protection

PROS

- * "green thumb" when gardening or cultivating plants
- * connection with subtle nature energies
- * heightened awareness and intuition regarding food

CONS (if boundaries and discernment are weak)

- * overwhelmed by environmental trauma
- * extreme food sensitivities

CURRENCY

- * Food & time in nature

NEUTRALISING TOOLS

- * Grounding practices
- * Teas
- * Bare feet
- * Aromatherapy
- * Camping

PLANETARY AFFIRMATIONS

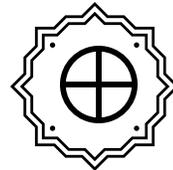


"I allow myself to honor the planet's experience while creating a clear connection between my body's needs and my capacity to give"

"My ability to connect with the pristine blueprint of the planet allows me to emit a naturally healing and restorative frequency for the Earth"

"I honour the wisdom, stories, memories and innate experiences held in the fabric of the places I connect with. I use divine discernment to engage energetically and emotionally with the natural magnetism of these places"

"Instead of internalizing the environmental imbalance as my own, I consciously offer external prayers for balance"



CREATING SACRED SPACE WITH NATURE

We have the ability to create power places in our current environment that can act as acupuncture points of healing for the planet. By engaging continuously with a location, we can foster a beautiful relationship with the nature spirits and landscape. This can be done with friends or on our own.

BRING ANY OR ALL OF THE FOLLOWING (unless they are on the site):

*sticks *stones *fallen branches *leaves *flowers

1. Choose a place you can ideally return to e.g. in nature, your backyard, a city park
2. As you enter the environment of choice, say a prayer to the land, then listen and let your body guide you. For example:
"Thank you, Earth for supporting so much with your limitless abundance. Thank you Elementals and Guardians of this land. I desire to create a peaceful nature circle and ask for permission and guidance to find the most optimal location"
3. Using whatever nature medium you choose, start creating a circle big enough for you or a group to sit within. Every time you return, you may add to it.
4. Be conscious of how you communicate within the circle or create a vow of silence whenever you enter. This is your sanctuary, though having friends visit and help is encouraged.

PLANETARY SONG & EXERCISE



I am the grounded the sure and the steady.

I am the wisdom and I am the wind

I am the bones that hold it all within

You will need to know

which tools will help you be whole.

Which ones will help you fulfill,

your role as an anchor

for the healing on this earth.

For yourself to be steady

and not get hurt

To feel the strength of the planet

To heal the strength of the planet

It is your choice/It is your choice

<https://youtu.be/WY-cRTBQyzk>

EARTH DRAINING PRACTICE

Learning to release and receive energy from the Earth is a very powerful tool that can be used at anytime, anywhere! Follow link for a technique to do that.

https://youtu.be/PBbm_PG3JH8



INTERPERSONAL

"BIOLOGICAL CONNECTION IS NON-LINEAR BUT A TAPESTRY OF HUMAN CONNECTIVITY ON A GENETIC, CELLULAR AND COLLECTIVE CONSCIOUSNESS LEVEL."



INTERPERSONAL EMPATHY

Connecting to the emotions, thought forms, and experiences of other humans, we encounter the effects of ancestral DNA programs, energetic cords between close connections and socio-political dynamics

PROFESSIONS / OCCUPATIONS

- * Counselor or therapist
- * Massage Therapist
- * Youth or social worker
- * Healing Modalities
- * Amnesty or Foreign aid
- * Teacher

PROS

- * Ability to relate on a deep, authentic level with others
- * Recognizing emotional states of others
- * Capacity to discern truth
- * Leadership

CONS (if boundaries and discernment are weak)

- * Losing your personal sense of self, beliefs, desires
- * Becoming sick due to absorbing others pain/anger etc.
- * Being entrained to another's will
- * manipulation of others emotions

NOURISHMENT THROUGH:

- * Authentic connection with others
- * Gratitude and appreciation

NEUTRALIZING TOOLS

- * Communication
- * Touch
- * Stories

INTERPERSONAL AFFIRMATIONS



“I empower myself to create clear contracts between myself and loved ones, agreements that support connection while honoring my need for clarity of desire and will”

“My capacity to sense but not take on the emotional states of others is powerful and capable of deep connection and empathy.”

“I trust and empower my necessary discernment regarding which human connections to foster and which connections require stronger boundaries and distance”

“I lovingly and compassionately offer beneficial healing and prayers without taking on the pain and burdens of others”

“I allow myself to disengage from toxic, disempowering contracts between myself and others that are rooted in unconscious patterns and programming”

“I transmute feelings of being incomplete or misunderstood by asking for help. Instead I open myself up to be of more service to greater collective visions and projects”

“I welcome ancient kin of my heart, and soul into my life. I deserve a high caliber of relationships which naturally uplift and support my fabulous potential”

INTERPERSONAL SONG & EXERCISE



Interpersonal energies,
they are like the leaves on trees.
Many do share the same trunk
but learning to be unique is more than you think.
So how do we be in our autonomy
when all the beings around us,
wish to support and ground through us?
There are ways to live in a clear way
with all the people in your life,
with all the people in the world.

<https://youtu.be/n3j0S43qPG4>

GOLDEN EGG MEDITATION



Visualize yourself in a golden egg or cocoon of light. You can use your hands to fortify and define the boundary of the egg.

"I welcome the loving, supportive, and well wishing energies from others to connect with me in this sanctuary"

SPIRIT PLANE ENERGIES

"THE EXISTENCE OF THE UNSEEN IS CRUCIAL
TO FILLING THE SPACE BETWEEN
THE KNOWN WITH THE NEEDED"



12 Spirit plane empathy is the sensitivity to energies for which there is no physical incarnation on Earth. They pass through or co-exist with humans in an alternate dimension. This includes the angels, deceased ancestors/souls, entities, elementals, totem animals, other dimensional essences and more.

PROFESSION and PRACTICES

- * Clairvoyance
- * Shamanism
- * Mediums/ Channelers
- * Chi gong/ Tai Chi
- * Energy healing
- * Death Midwifery

PROS

- * access to powerful wisdom and accurate information "from thin air"
- * ability to notice when Spirit Plane energies are influencing your thoughts/desires
- * capable of receiving and offering healing and guidance from Spirit Plane

CONS (when boundaries are not clear)

- * Possession
- * Feeling ungrounded and disembodied
- * Mistrust and fear of "spiritual" practices

NOURISHMENT THROUGH:

- * Prayer & rituals

NEUTRALIZING TOOLS

- * Toning
- * Bells & singing bowls
- * Shower

SPIRIT PLANE

AFFIRMATIONS



I ALLOW MYSELF TO _____ THE PART OF ME WHICH DESIRES A GREATER CONNECTION WITH _____.

TRUSTING THAT THE _____ WITHIN ME IS A GUIDING LIGHT AVAILABLE WHILE ENCOUNTERING ANY SPIRIT PLANE ENERGIES WHICH DESIRE TO _____ MY BEING.

“I prioritize a foundation of intention, focus, and groundedness before exploring my connection with Spirit Plane energies”

“I honour the wisdom of my intuition by trusting and listening to the subtle warning signs within me”

“ I am a channel of the clearest most vibrant source ”

“I am in control of the gates of my consciousness and the entrance into the temple of my soul. Only energies which have full clearance on all levels of my being are allowed to visit and will leave instantly when requested”

SPIRIT PLANE

SONG & EXERCISE



Spirit plane energies, not always what they seem.

Though you may not see with your two eyes,
they have many disguise.

From The Energies that love and support you
the ones that breath on through you

To the one that adore you,
some though must be removed from you.

We will teach you how to choose
Which energies are here for you,
and which ones you must loose
back to the source they came from.

<https://youtu.be/WxdwohpfyX0>

DREAM CONNECTION

A great medium of connecting with
the Spirit Plane is through dreams.

The psyche can be more accepting and
receptive here. Set the intention to receive
a message from one of your Spirit Guides
before falling asleep. Remember whatever
you dream about is an answer to this, do
not discredit but choose to explore the
symbolism.



