

DATE:

HELPING SPIRITS CROSS OVER

NOTICE the feel or the energy or spirit or even spiraling thoughts and emotions you're experiencing.

This could likely be the effect of a spirit in your energy field who needs help crossing over. We will call this spirit, feeling, spiral or whatever your noticing "blank" for our examples below.

If you are experiencing the spirit as anxiety or a need for control, you could call it "spirit of anxiety" or "spirit of control".

Ask your guides for help to stay in your power and for the process to be completed.

If you don't feel safe, or if you feel like this is too big of an energy for you to address alone, this may be a spirit to work within the company of a healer or someone who specializes in this kind of stuff.

NEXT STEPS: ask the following questions

- I'd like to connect and speak with blank. Blank, are we connected?
- Blank, why did I call you in, and how are you serving me? (optional question)
- Do you want to go home/to heaven/to the light? (You can use whatever wording you prefer to signify crossing over into the light)
 - If it's a yes, then proceed with:

- Blank I'm taking you to the light.
 - Blank I'm taking you to a place of unconditional love.
 - How do you feel now, blank, that you're in the light?
 - Is there anything you want to share?
 - Are you happy that I was willing to see your truth that you're not the darkness, but you belong in the light? (optional, but fun)
 - What would you like me to call you now that you're in the light? (optional)
 - You can go home now. I'll see you when I return home to heaven. Goodbye.
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If you get a sense that they don't want to return home (which I have very very rarely experienced) it could likely be that they need to share their story or just share something before they cross over.

So ask them if there's anything they want to share. Then proceed with asking them again if they'd like to return home/ to heaven/to the light.

Throughout this process, you may simply feel your way through it, sensing the yes and no and when the process is complete.

You may hear words or see images. You may just know things. Just notice and trust the process. Share any questions, notes, experiences you have with us in the FB group (preferable) or email.

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Journal about your experience over the next week.



Take note of what answers and information you receive, what's working, what's not working. Post your questions and experiences in the Collective Facebook group.

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