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There is an evolution taking place
and you are on the leading edge.

Introduction

When I first started doing this work, I wanted to be the very best that I could be, and sometimes that meant that I wanted to be like my mentors and masters.

The pressure of trying to be like someone else caused me to feel awkward and rigid. I was then told by my Guide that “Even though you are doing similar healings to other people, you are to do it your way.”

This helped me to relax.

Be your beautiful you. Your personality and flavour is precious and important.

You will grow, may change things, add things, or find yourself moving in another direction. Find out what works for you and allow your personality to come through.

The techniques in this eBook commences on the presumption that you have already practiced:

- The first 5 meditations in the module Align in Higher Communications.
- The healing techniques in ‘CONSCIOUS LIGHT – healing energy program for the beginner’ which is the first degree in this beautiful system of natural healing.
- The self-healing techniques in GUIDE FOR EMPATHS – navigating life with more ease and grace.

About Robyn

Robyn’s experience as a Quantum Hypnotherapist has paved the way for a considerable amount of the information in this eBook.

She is presently studying to become a Light Body Teacher through the extraordinary Great Beings in [Orin and Daben](#) and has been a student of theirs since the early 1980’s.

These studies have introduced her to a group of great beings of light in high dimensions at a place called the Temple of the Masters in the light of Shamballa, who have helped her with channelling this work.

She is deeply grateful for their incredible love and support.

There are many healers on this planet who are raising the vibration of the earth.

What does a Master do anyway?

Master means teacher. The aim is to inspire your clients to love and look after their mind, body and soul.

Some will come to you because they simply wish to have a soothing, relaxing experience and the first degree of Conscious Light is perfect for that.

For those who have deeper challenges, facing trauma and are expressing the need for change and are ready, you can guide them gently through the inner work which you introduce to them to help make that happen.

Greater healing shifts take place when they are ready to take responsibility of their inner work.

It's important for you to know that not everyone is ready, and your role is to then simply make it as soothing for them as possible.
Let that be okay.

You will be a confident and competent master healer, after having practiced the second and third degrees of Conscious Light which include the 17 visual guided meditations in Higher Communications and workshop worksheets to assist you.

You have the support available to you in our chat group as you are part of our tribe.

You have everything you need to inspire people on how they can help themselves.

Some of the very important roles which may come your way are to assist with:-

- Healing their emotions, creating forgiveness for the past so their immune system is able to recalibrate the shift it needs to heal from serious illnesses.
- Resolving their relationship challenges by guiding them to forgive, change beliefs, and connect with their higher self to make informed, kind, compassionate and wise decisions.
- Introducing the different healing and growth techniques through the meditations in Higher Communications you feel they require or would benefit from.
- Introducing a spiritual support group to ease the stress and anxiety they may be feeling knowing they will soon pass away. Sweeping away the negativity of the past, so when they do, it will be with peace in their hearts and feel safe to follow the light to go home.
- How they can ease their feeling of grief in all circumstances. The ripple effect of this practice goes beyond their journey and can also assist earth bound spirits to move forward in theirs.
- Introducing inner work techniques and meditations on how your clients can best love and look after their mind, body and spirit individually, in casual group workshop or more formal retreat situations.

You do this by understanding more about the nonphysical aspects of this work.

By the time you have completed all three degrees in this system of natural healing, you will have available to you everything you need to work at a very deep energetic level available to you on your member page to refer back to at any time.

How to use this information

The techniques presented to you the second and third degree of Conscious Light will allow you to make choices in your healings.

Apart from the energy healing practices, you will have in your healing tool kit the 17 visual guided meditations with their specific inner journeys' and the techniques from the workshop worksheets to share either individually or in a group environment.

Choose from all of these elements to assist you in your healing practice.

Take your time when progressing through the second and third degrees of Conscious Light. Placing pressure on yourself will slow you down.

The universe will create resistance if you try to go too fast.

You have already chosen a friend to practice on, share your experiences with each other and make it fun. Continue to take your time to work through this work together. Enjoy and savour how each technique feels to you.

By the time you experience all of these techniques, you will be fully informed of how best to serve your clients in a massive way.

The second and third degree of Conscious Light following are set out in the 6 Parts detailed below.

Part 1 – Elementals, Chakras and Colour

Explanation and stories of how they came about in my life.

Part 2 – Second degree - Using hand actions, colour and breath to let go

Particular hand movements to clear and energise, using colour and breath to let go of specific emotions from each chakra centre balancing them.

Part 3 - Third degree – Removal of Negative Elementals and Psychic Attacks

Disintegrating and removing all negative elementals, negative thought patterns, psychic attacks, psychic contaminations and psychic intrusions.

Part 4 – Distance Healing

Send healing to someone remotely.

Part 5 - Meditations in Heal, Empower and Inspire of Higher Communications

Description and stories of how each meditation has affected me so you can share them with your clients, depending on their need.

Part 6 – Master Certification, Registration and Affiliate

At this point, having practiced the third degree and the meditations, you are ready for Certification, and support in many ways.

Part 7 – Holding Workshops and Meditation Gatherings

Confidently hold workshops to assist your clients with particular subjects in a group environment.

Part 1- Elementals, Chakras and Colour

We begin with an explanation and stories of my experiences in Quantum Hypnotherapy with Elementals or Earth Bound Spirits, as it's important you don't feel afraid thanks to the images which come to mind from the Harry Potter movies. I love Harry by the way.

Elementals or Earth Bound Spirits

We have beings around us, however of course we are not always aware of them. In fact more often than not we have no idea how influenced we are by them, particularly if we are in a vulnerable state.

High level elementals

We can be uplifted and completely change a situation to a much higher perspective by calling upon high level beings as you have experienced with Archangels Michael and Raphael and your guide. The invocation you have practiced to call upon them is ideal.

Low level elementals

We can be drained and negatively influenced by earth bound spirits who are too afraid to follow the light to go home because of their past life experiences.

These elementals may be from a past life or unrelated to the past. They can attach themselves to people when they feel vulnerable, or their vibrations are low.

Negative elementals feed off depression, grief and anger and can influence people struggling with addictions to 'have another drink', behave extremely angry or take substances which are detrimental to this person's health.

My experience with elementals

As a quantum hypnotherapist, I chat to these earth bound spirits, as if I'm speaking to the neighbour. They speak through the lips of my clients. I have learnt to have such compassion for these beings.

Once I have an understanding of their past life and the trauma they experienced and their beliefs they had at that time, it's no wonder they were afraid to follow the light for what might be lurking on the other side. So they chose to stay as an earth bound spirit.

It's my responsibility to help these
spirits reach forgiveness for their
past, feel at peace with themselves
and safe to follow the light
and go home.

I do this by calling upon the angels of the white light to surround them and request Archangel Michael's help to guide them into the light and when they arrive, I ask "Is there anyone to greet you?" There always is.

Igor

An example which comes to mind is the spirit called Igor. He had attached himself to my client Carl who was struggling with healing from grief and waves of depression which had gone on for many years since his mother had passed away. He couldn't seem to heal, and no wonder with Igor draining his energy.

Igor lived at a time long ago and showed Carl and me a scene in his life when he was wearing a fur because it was a cold environment and had just come off a ship.

The roads were made of dirt and he wore handmade shoes to protect his feet. The buildings either side of the road were made of timber.

I asked what he was doing there, he said he had just arrived and he was looking for a man. We went through time and space and I asked if he had found the man he was looking for, and he said he had. I was happy for him, and then asked why he was wanting to find this man.

He responded that he was to meet with this man to get a job. He explained that he got the job and I congratulated him (I know, it gets weird), and then I asked what work do you do, and his reply was “I have to kill a man.”

We went through time and space and the next scene he showed us was of him lying on his death bed. He was on his own and he felt such regret and shame over how his life had turned out. It wasn't what he had expected, and he was too afraid to follow the light for what might await him.

I was able to reassure Igor that there's only love on the other side. I helped him forgive himself and see his body at peace so he could leave and he felt safe with the Angels of the White Light and took Archangel Michael's hand and when he arrived home, I asked if there was anyone there to greet him. He responded with “My brother is here!”

You have no idea how thrilled I was to hear that news.

The conclusion:

Carl my client was helped through learning how to fill his own body with so much light, he was able to move forward in his life, and within weeks, feeling refreshed, started travelling with his wife around Australia, and I believe they are having a great time. He is writing books now and I can't wait to read them.

Grief can also hold spirits
from moving on.

Dierdre

In the case of the beautiful Dierdre, a young girl spirit who described herself as a teenager doing cartwheels on the beach in Albany (town south of Western Australia). When she was alive, her family used to holiday there, so as a spirit she loved to visit, and do cartwheels.

She shared with me that she was concerned with following the light because she said she would miss her brother and her brother would miss her too. I reassured her that she can send love to her brother from the world of spirit, and her brother would still be able to receive and send her love when she leaves.

Diedre had died in a car accident. Through the session we visited the site of the crash with her and with the help of Archangel Michael, helped her see her body is whole and at peace now. I find it really helps them move on when they have an image of their body whole and at peace.

I then suggested she visit her brother and tell him how much she loves him. She received from him how much he loves her too and they discussed that she was going home now and that she will always send love to him.

She was ready, because he was okay with that and went through the process to follow the light and arrived home.

She was surrounded by people when she arrived, but she couldn't tell me who they were, but she knew that they loved her.

The conclusion

It turned out that my client Chelsea actually knew of Diedre. Although she hadn't met her, or even thought about her at all since a day under a tree at the oval in primary school as a little girl. Her best friend had shared with Chelsea that her friend's neighbour 'Diedre' had just died in a car accident.

Chelsea and I came to the conclusion that Diedre wasn't affecting Chelsea's energy in any way, but simply followed her because she knew she was coming to me, knowing I could help her with moving on.

I shared these stories so you don't feel frightened at the thought of negative elementals.

Understanding their human past helps us to have compassion instead of judgement at both the elementals and the people who are negatively affected by them.

In Part 3, you will play a part in the removal of negative elementals.

Chakra Centres

In nature, where dynamic energies meet together, they make spinning circular patterns or vortices. These can be seen quite easily in whirlpools in streams and rivers, and in a larger scale, cloud formations in cyclones and tornados.

As we humans experience life, we are subjected to problems, stress and trauma, which affects our mind and body. We also experience the feelings of peace, joy, happiness, passion and so on.

The seers of ancient India perceived similar vortices within the energy of the human body, wherever two or more channels of subtle energies meet.

These seers named each as a 'chakra' meaning 'wheel,' because they saw them to be spinning, funnel shaped and multi-coloured.

The two channels of subtle energies come about through the ebb and flow of the different strengths and weaknesses and individual experiences we have in our lives.

Some people carry their emotional distress in their stomach, and others in their heart, throat or another part of their body.

The energy of this distress affects the chakra in that same area.

The chakra system, when the energy pathway is cleared of negative emotion, boosts the immune system.

There are a number of vortexes of energy in our bodies, for example in the hands and feet. We briefly covered the locations of the main chakras in the first degree, being the crown, third eye (or ajna), throat, heart, solar plexus, sacral and basic.

After practicing this meditation, you might like to cup your hands gently over your face to experience how lovely that feels.

As the chakra centres are a vortex of energy, affected both by emotion and colour, we can use this information to balance them.

Colour

Colour has an effect on our emotions. You will see it often used for certain purposes, for example traffic lights. For the strangest reason, it makes such sense that 'stop' is red, and 'green' is 'go'.

My favourite colour is blue because it reminds me of our clear blue skies and the ocean. The ocean, especially in the summer is my happy place, as with many Australians who are lucky enough to live near the shore.

Green can remind us of open fields. For someone who is confined, they are likely to benefit with having the colour green around them.

I used the colour green for my mother in law when she was seriously ill and in hospital. I made her what I called a 'healing blanket' to lay on her bed in the colour emerald green.

The moment she saw it, she gathered it from the centre and held it to her heart.

That was a profound moment for me. Intention plus colour.

Healing blankets

This experience with my mother in law inspired me to create healing blankets for use in my healings.

They needed to be vibrant in colour, almost electric and shiny. I found the perfect fabric and very crudely sewing wise just edged the ends to stop them from fraying.

I fold them so they are snug beside each other and ask the client to choose two colours they are drawn to. I lay one under their body and the other on top.

When I do a healing on Shane, he chooses the two colours in the football team he barracks for – every time! There is no convincing of him choosing any other colour, because I've tried and mentioned that your football team is really not the point of this exercise.

He tries to convince me that they are also his two favourite colours. Who am I to argue? Especially over colour. He always gives me a cheeky grin when he chooses them though, knowing I'll probably have something to say.

I'm no expert in colour, all I know is my clients love choosing two. When I first made the healing blankets, I suggested my clients choose one, but like a lolly, one will just never do, one must have two!

Healing Blankets
See View Links &
Video Instructions

Heal the victim within

It is very tempting to blame others around us for the challenges in our lives and I know from personal experiences we can find ourselves in positions where we wonder how or why we find ourselves in certain heart wrenching situations.

There is an affirmation or shift in thinking which is very important in order to change from feeling like a victim and instead start taking charge in our lives.

Instead of thinking “It’s their fault!” or “They will never change!” suggest to your client to consciously shift their thought to:

“I am only responsible for the change I make within me.”

When they understand this, and are ready to let go of the emotional baggage they carry, they are ready for the next level.

Part 2 – Second degree using hand actions, colour and breath to let go.

In the first degree, you would have learnt how soothing this work is. It is for this reason you end each healing session with the first degree.

You will be placing your hands in the usual way from their crown down to their feet as taught, either face up or face down, with the same finish you have already been practicing.

You are already half way there!

In the first half of the healing techniques in second and third degree, you will need your client’s participation. Before you begin, describe the process to your client to make sure they feel comfortable.

If they are too exhausted or stressed and would prefer to be soothed and nurtured, then the first degree is perfect for them.

If they have some strength behind them and understand that they are responsible for their own inner change and ready to let go of their emotional baggage, then the second and third degrees will create the letting go process more specifically and the shifts they are now ready for can be amazing.

My experience

I was living in Darwin and visiting my friend Gayle at Jabiru who had just begun learning about energy healings and Aura Soma massage and was excited I was keen to let her practicing on me.

I don't recall what she said during the healing, but I know she was asking me questions and using colour in some way which prompted me to think about a particular emotion each time she placed her hands on each chakra. It all seemed to be going rather smooth – until she got to my heart.

Whatever question she asked me when she reached my heart took me back to a memory to do with my father.

I was blessed to have had the best father in the universe. My dad was amazing.

My struggle was that I felt I had let him down. All my actions I tried so hard to do and be the best I could be, but I really struggled with grief leading up to both my parents passing and various other heavy emotions around at that time, which led to me making decisions or saying things which probably weren't the most enlightened.

On some level I knew this issue was lurking in my energy field and I felt the heaviness of guilt but hadn't dealt with it.

This was the very first time Gayle had done a healing all on her own and she had hit the jack pot!

I sobbed and sobbed and sobbed. I had had enough experience in this work to know I needed to figure how I can reach forgiveness for myself. So during the healing, I called upon my father's Soul.

After chatting to my dad's soul, he reassured me that there was nothing to forgive and that I was loved. He said everything is okay and that I was to let go of the feeling of guilt.

This issue cleared and has never returned.

If you find your client experiences a shift like I did that day, I would recommend you have them experience the Forgiveness Meditation as it will help them.

How to begin

You will begin the healing just as you have been practicing in the first degree. When you finish the initial sweeping, seven times above the body and seven times below the body, you begin the second degree.

Face up or face down

You can do the whole of the healing either face up or face down or turn them over half way through. It's entirely up to you.

If either you or your client are hard of hearing and you need to sign, then face up for the first active part of the healing, because you will be giving them instructions.

You would explain to them the moment you tap the side of their body this indicates they are to open their eyes to communicate.

Using your imagination, with intention and colour, from each chakra, you will be using your hands to help your client clear away negative emotions, and replace each area with light filled love.

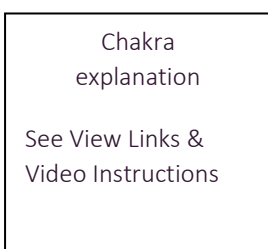
The checklist will help you with every step, and the videos will also give you confidence, and you can ask questions on the Conscious Light - Master Group.

You are supported and there is no rush. Practice on your friend and have fun together.

Remember, there is no mistake, only intention is required!

Imagine the swirl of energy in each chakra

You don't need to be able to actually see the energy of the chakras, just use your imagination.



Each chakra is cone shaped, and we will be focusing on the main ones, starting from the basic, moving upwards to the sacral, solar plexus, heart, throat, third eye and crown.

The healers body must feel comfortable

At all times you are making sure you are comfortable.

CONSCIOUS LIGHT – awaken the master within

You do this by keeping your back straight and lucky for us, chakra's are flexible and they can be swept up and with your intention can be moved towards you to work on as shown on the 'Shape of Chakras' video above.

Hand Actions

The hand actions for the second and third degrees are the same. Your hand is in a relaxed position, using your fingertips in a circular motion.

Stretch the energy in your hand

Stretching the energy in your hands, just as you did when sweeping under the body and imagine a laser beam of light filled love is coming out through your fingertips.

This laser beam of light is coming from the high level guides and masters you have called upon in the invocation.

You are assisting them by using your hand movements to scoop out all negativity, clearing and cleansing them, and when that is done, heal, seal and re-energise them.

Clear and cleanse

Holding your hand above the area of the chakra, circulating your hand in an anti-clockwise direction to clear and cleanse the chakra.

At the very same time you will be instructing your client to:

- **Breathe in** light filled love.
- **Breathe out** particular emotions, using colour.
- **Affirm on each chakra** "I choose to clear this now!"

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- **Affirm on the final chakra, the crown chakra, include** “I have a right to clear it, I don’t need to carry this lesson any more. I release this at a cellular level, all the way back through my past”

While you are doing this you are pulling out all negativity and flicking this into the salt water bowl.

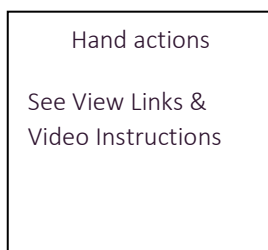
When you have intuitively finished clearing and cleansing, you command “Freeze!” with a flat hand over the top of the chakra.

This is to stop any negativity from sneaking back in. Now it’s time to heal, seal and energise the chakra.

Heal, seal and energise

Holding your hand above the area of the chakra, after clearing and cleansing, you then change direction of your circular motion clockwise to heal, seal and energise the chakra.

When you have intuitively finished healing sealing and energising, you command “Stabilise, stabilise, stabilise!” with a flat hand over the top of the chakra. When each chakra is stabilised, they all work together in a balanced way.



Emotions and colour

Now you have practiced the hand positions, it’s time to include the emotions and coloured breath.

You begin at the basic chakra moving up, then finish with first degree from the crown chakra moving down, ending in the usual way as taught.

The video at the end of this Part, ‘Second degree healing example’ will show you how to put it all together.

When working with the Ajna Chakra and Heart Chakra, they are both very sensitive areas energetically, so with this work we must work from the back of the body as shown on the video.

They are now referred to the Back Ajna and Back Heart.

Basic Chakra

- With the colour red, breathe out Grief, Fear and Trauma.
- Breathe in light filled love.
- Affirm: I choose to clear this now!

Sacral Chakra

- With the colour orange, breathe out Guilt, Regret and Shame.
- Breathe in light filled love.
- Affirm: I choose to clear this now!

Solar Plexus Chakra

- With the colour yellow, breathe out Blame and Resentment.
- Breathe in light filled love.
- Affirm: I choose to clear this now!

BACK Heart Chakra

- With the colour pink or green, breathe out Anger and Frustration
- Breathe in light filled love.
- Affirm: I choose to clear this now!

Throat Chakra

- With the colour light blue breathe out Anxiety and Agitation
- Breathe in light filled love.
- Affirm: I choose to clear this now!

BACK Ajna Chakra (third eye)

- With the colour indigo, breathe out all negative thoughts and negative beliefs
- Breathe in light filled love.
- Affirm: I choose to clear this now!

Crown Chakra

- With the colour violet, breathe out all remaining pain.
- Breathe in light filled love.
- Affirm: I choose to clear this now! I have a right to clear it. I don't need to carry this lesson any more. I release this at a cellular level, all the way back through my past"

Now make your way down the body and finish, using all you have learnt in the first degree.

Level 2
Healing example
See View Links &
Video Instructions

Practice the second degree until you feel ready to move on. Take your time and enjoy the process.

To make it easy, the checklist will have a table with the chakras, colours and emotions clearly shown for you to have displayed in your healing room.

Checklist
See View Links &
Video Instructions

The below 'Level 2 Breath work' checklist will help guide you through the client's participation stage of the healing

Level 2
Breath work
See View Links &
Video Instructions

Part 3 – Third degree - Removal of negative elementals, negative thought patterns and psychic attacks.

You will be pleased to hear that this Part, is quite short. Not a great deal extra to add to your practice, however it is important to have the confidence in the second degree before moving on to the third degree.

We are adding the removal of negative elementals, negative thought patterns and psychic attacks.

As explained earlier about negative elementals, you can help with the removal of them very simply by a particular command expressed firmly, when you are clearing and cleansing each chakra.

I read somewhere once, and I don't remember where, about the power of the Christ Consciousness. I thank the unknown source who gave me the following information

If you have negative elementals or darkness in your energy field, they MUST leave if you use Christ Consciousness.

To do that, you begin your command VERY FIRMLY with "In the name of Christ...!"

Introduction to the 3rd
degree

See View Links & Video
Instructions

It was a little tricky for me to use the words "In the name of Christ" at first, because that's a swear word in our family.

My dad used to replace it with "Cheese and Rice" instead. He was so cute my dad.

I had to let that go, because when dealing with negative elementals you need the highest being possible on your side. It's all about your intention.

How to begin

The third degree is very similar to the second degree. There is an inclusion of two commands *made silently yet firmly in your mind* at each chakra.

When clearing and cleansing

"In the name of Christ, disintegrate and remove all negative elementals, negative thought patterns, psychic attacks and psychic contaminations and psychic intrusions NOW!"

When healing and sealing

"Thank you Archangel Raphael for healing sealing and energising, Thank you, thank you, thank you.

Just as in the second degree, starting at the basic chakra, moving up the body clearing each chakra, to the crown, then practicing the first degree from the crown moving down.

Finishing the healing as you have practiced in the first degree from the crown moving down to the feet.

Third degree as a self-healing practice

The Conscious Light third degree, as all of these healing methods, can be done on your own body as a self-healing technique as well.

Practicing on your own body is a great way to gain the confidence you need when practicing on others.

As you know, you can call each chakra to you, so using the methods shown in the following video, you will benefit greatly practicing a self-healing using level 3, 3rd degree.

Self-healing
using 3rd degree

See View Links &
Video Instructions

Below is the 'Level 3 Breath work' check list to refer to.

Level 3
Breath Work

See View Links &
Video Instructions

Part 4 – Distance healing

Way back in the very beginning of my energy healing practices, before I had become a Reiki Master, and learnt about Pranic healings, I discovered distance healing and the power of intention by accident.

I have a dear friend Glenys, who lives in New Zealand. She called me one day, knowing my interest in energy healings.

She asked me to please send healing and loving energy to her husband at a particular time to help him with receiving the sad news that she was ending the marriage. She wanted so much to ease the pain he would feel at that time.

We worked out the time zone and at those precise moments she suggested, I focused my intention in sending loving and healing energy to him.

I had never done anything like this before, and as I always felt comforted by the feeling of a blanket, I used the visualisation of wrapping him up in a gold blanket and filling it with love and healing energy.

I never told anyone that, it was just something I thought of at the time, hoping it would bring him comfort.

A couple of years later, I received a phone call from him. It was so lovely to hear from him.

He mentioned to me that Glenys had shared with him that I was sending him healing energy at the time when he really needed it and he wanted to thank me.

It was of no surprise that she would have shared that with him, but I was blown away when he followed with:

“I felt like I was being wrapped up in a gold blanket and it really helped”

This proved to me very early in my healing career, the power of intention, and the proof that I needed when feelings of doubt set in, that I was on the right track, keep going.

The different ways to do a distance healing

If you have ever been a Star Wars fan, then there is a scene in the first movie where Princess Leia was able to create a hologram recorded by R2D2. This hologram was later discovered by Luke.

“Please help me Obi Wan Kenobi, you are my only hope”

When I think of distance healing, I think of that part of the first Star Wars movie every time.

It has nothing to do with distance healing, but it was my first introduction to holograms, and when I first started doing distance healings that is what I imagined I was doing.

Creating a hologram of the person by using my imagination and doing a healing on that.

You are actually calling upon the persons Soul

When you do distance healing it's actually the person's soul you are calling upon, not a hologram☺.

Soul Level Communications

Orin taught me about communicating on the level of soul in the book channelled through Sanaya Roman called 'Soul Love'.

This opened up a whole new world to me and having had the experience with Glenys and her husband that day years before, I threw myself into having conversations with, well, mostly Shane's Soul in the beginning.

Shane is a very sensitive man, and if he thought I had a problem with him, he would always be deeply hurt.

I realised then that it wasn't worth it, but when introduced to soul level communication, it meant I could have a conversation with him without causing him pain and it turning into a big deal.

I felt like I had struck gold! And frankly it is gold, because there are no limits to who you can speak to. And, their souls respond - from a higher perspective.

This applies to people who have passed away, leaders of countries – anyone!

[Meditation 15 'Soul Level Communications'](#) is the technique which will guide you easily through this process.

Once discovering this wonderful technique it helped me by easily creating forgiveness, expressing how I felt knowing the information will get through, in the form of their own thoughts from that person's soul – not me.

It's the ultimate in 'sewing the seed.'

Ask permission and if it feels right, begin.

When doing a long distance healing, it's good practice to imagine asking permission from the Soul of that person:

“Do you accept this healing?”

So, just imagine the person's soul is in front of you, ask permission and if your energy feels peaceful, sweep, work on their chakras and any other energy healing technique which feels comfortable for you to do.

When you ask permission of a Soul to do a healing, you will feel if it's ok or not to continue.

If it feels hard, uncomfortable and your energy is being drained then stop.

This rule could be applied to everything really, if only we had the courage.

The video below is an example of distance healing.

Distance Healing
See View Links &
Video Instructions

Automatic Writing

Automatic writing is another way to communicate to another person's soul, but on paper. The full description of how to practice Automatic Writing is in the eBook 'Guide for empaths – navigating life with more ease and grace so you may already be familiar with it, if not, please read this eBook as it has valuable self-healing practices and forms the foundation of this work.

I use automatic writing more often to speak with my higher self to receive a higher perspective on pretty much everything I need help with.

It comes in especially handy when it comes to concerns I have or worries over my family, especially when it comes to my beloved Shane. I never hide my automatic writing books, and I know Shane takes a look inside them from time to time – I don't think he can help himself!

I know when he does, because he inevitably approaches me with “Are you alright?” Of course I always am, because automatic writing eased my soul and I'd got over that issue months ago!

This concludes all the energy healing practices in Light filled Love. This information and the techniques suggested are not rigid, you can use the information any way you feel inspired to use it.

There are no mistakes, it's all about your highest intention. I decided it was worth reminding you one more time.

Part 5 - Meditations in Heal, Empower and Inspire of Higher Communications

When you experience the visual guidance meditations for yourself, you will gather your own stories of how they helped you which you can then share with others.

This helps your clients feel at ease with the process and allows them to feel safe to take responsibility for the inner healing that they seek.

Heal Module

When filled with negative emotion and your thoughts keep going back to times in the past which has created pain for you, in the Heal Module, you are guided to:

- Release any past life and present life obstacles which may be influencing you.
- Meet your guide, who is your very best friend to help you with the assistance you need.
- Meet your subpersonalities, to create a new goal of feeling confident and worthy of any positive change.
- Create forgiveness for issues of the past.

These form the foundation which will help you find the peace you need to heal - you deserve peace.

Meditation 6: Releasing past & present life obstacles

See MEDITATIONS under HEAL

In the quantum hypnotherapy sessions I hold, I've discovered that you can be influenced not only from the past in this life, but also by past life experiences

This meditation will help you set your intention to clear obstacles from the past, including past lives which may be influencing you in a negative way.

Meditation 7: Meeting your guide

See MEDITATIONS under HEAL

Everyone has a guide. You may not be consciously aware of it, but your guide is listening to your feelings and your thoughts.

Your guide is setting up the coincidences for you. To benefit most from this understanding, through your thoughts and feelings in a positive way, give your guide a one pointed focus on the direction you would love and the assistance you would love to be provided with.

Meditation 8: Meet your sub personalities

See MEDITATIONS under HEAL

We each have different parts to our personality. There will be times when you feel confident... and shy, parent like... and child-like, fearful... and peaceful, angry... and happy etc. We have them all in different percentages at different times.

The challenge comes when there is a sub personality consistently holding you back, creating an obstacle, and stopping you from feeling free in some way.

Over the years fear has been a big one for me. She is one I have had to have some chats with quite a lot in the past. It's not obvious to people around me because outwardly I look ever so confident, but I still need to have a chat to my fear nevertheless. She is like my vulnerable precious friend.

I reassure her she is going to be ok. We walk together and look after each other with creating the goal of relaxing and moving forward anyway.

In some of my clients, we have connect them with to their rage self, to help them breathe, centre themselves and relax during those situations which would normally trigger this emotional reaction.

So it helps with seeing your personality parts as being individuals you can have a conversation with, who need help changing the way they react so they can support you in a way you both agree with moving forward.

Meditation 9: Forgiveness

See MEDITATIONS under HEAL

Forgiveness is something we need to re-visit from time to time.

Inevitably, we come across in normal human experiences where we need to either forgive ourselves or forgive others to create peace in our hearts.

I have a client who from a young child was bullied and verbally abused consistently by her parents. Her husband did everything he could to protect her and uplift her from their unkind words, until eventually she had the courage to remove them from her life altogether.

When she came to me, I suggested we go through the process of forgiveness through meditation. She understood that forgiveness wasn't about condoning their behaviour, but it was about helping her feel at peace inside.

Through the meditation, she changed the memory of the words they were saying and imagined her parents saying kind words and loving words.

After experiencing the meditation only once, she reported to me that she had stopped going over and over the old story in her mind, because her body wisdom allowed the new story to take over. The one with kindness and love.

Fast forward several years later through a meditation process, she received a clear picture of her parents' as masters. It seems that they chose this role, to be her unkind parents to place her in a situation where she would grow, by gaining her power allowing peace through forgiveness.

Every family will experience 'the difficult one.' Whether it be the in-law, the sibling, parent or cousin, they are playing a role which gives you the opportunity to grow. Although it's so very hard at the time, but they are in some energetic level doing you a service.

You may need to protect yourself by distancing yourself from this person and that's ok. Cutting your attachment and sending love at a distance to release that cord, then bring peace into your life through forgiveness is a huge growth opportunity.

Empower Module

When you hold beliefs which are not inspiring you to feel good inside, have painful emotions, are often drained and exhausted by other people's drama in the Module Empower, you are guided to:

- Change your beliefs to ones which make you feel good inside.
- Send love to your emotions to transform them to a higher expression.
- Learn how to 'observe' in a detached way, the pain body in others to protect your energy which changes the outcomes of situations for the better.
- Meet with the future five year you to gain an insight as to the path you would love to follow and receive the encouragement you need to focus in that direction.

These form the foundation which will help you with uplifting the beliefs to ones which support you, the continued healing of your negative emotions as they arise, regain your personal power in difficult situations and create a clear vision of the highest, most radiant path you wish to head moving forward.

Meditation 10: New Belief

See MEDITATIONS under EMPOWER

A belief is a thought you keep thinking, and if you are holding beliefs which are not making you feel good inside, then you have the power to change them.

For me I needed to work on worthiness, and changing this belief in me, in that I do have what it takes to help people, and that I have something of worth to give, which turned out to be love and a high intention, helped project me forward in the highest, brightest and most radiant path I chose for my future.

Meditation 11: Project light and love

See MEDITATIONS under EMPOWER

You can help uplift your emotions by projecting love to them. Your emotions, even the ones which you perceive to be negative, can transform into its higher expression, once you recognise which emotion you are feeling and projecting love to it.

The emotion which has been one I needed to go back to from time to time is 'fear'.

When I see my emotion of fear as a vulnerable precious friend I have, I find it really helps with projecting love to her.

You will also practice projecting love to others in different ways, and each way feels different. You learn what it feels like to project love from your heart, then your hands, then your whole body.

You can then choose which way of projecting love to different people feels right to you.

Meditation 12: Pain body

See MEDITATIONS under EMPOWER

The practice of 'observing' others in a detached way is at first a little challenging, but once you achieve it you realise the brilliance of it. It protects you from falling into other people's drama which is a consistent challenge a sensitive person faces on a regular basis.

Negative entities and earth bound spirits can attach themselves to people's energy field, especially when they feel at your most vulnerable. These entities can influence them by causing extreme anger, to 'have another drink' and influence you in ways which are unhealthy in the way of addictions.

Ekhart Tolle taught me in his book 'A New Earth' how to observe the pain body in others as a way to protect your energy field and stop being drained or hurt by their actions.

It was the most perfect time as the very moment I was reading that chapter, I was in a position to practice it.

My beloved Shane came home very angry. Unreasonably angry and I could see he was being affected by an entity.

I still had my finger holding the page in the book and I thought now was a good time to give 'observing the pain body in others' a good go.

It actually made him angrier. The entity which had attached itself to Shane knew I wasn't buying into it, and spoke through Shane, repeating "What are you doing!" "What are you doing!" trying to get me to get caught up, but it didn't work.

Shane (the personality) wouldn't have known that I was doing anything different, which proved to me this was an entity at work. This entity was feeding off Shane and was hoping to make me upset so he could feed off me too.

The entity got angrier, because I was observing and instead of being angry, or hurt, I was genuinely compassionate.

Eventually the entity gave up and I thought "Wow, I did it!" In the past I would have pretended not to be hurt, pretended I was okay, but this time, I didn't buy into it. It felt fantastic.

I was really excited, because this was a BIG lesson to learn.

The entity left, hasn't returned and Shane apologised because he couldn't understand what on earth came over him.

I knew exactly what was going on. This was the first time I had a clear understanding of how entities influence people, not knowing that years later my work would involve making friends with them and helping them follow the light to go home. Crazy hey!

The Pain Body meditation which takes you through everyday situations you are likely to be faced with, gives you the understanding and confidence you need to practice keeping your energy protected from other people's drama.

Meditation 13: Future five year you

See MEDITATIONS under EMPOWER

Calling upon your highest, brightest most radiant future five year you really helps especially in times when you have doubt, lose confidence, need to get organised and could do with a cheerleader in your life.

I call upon mine regularly and imagine she is standing in front of me. She is radiant, glowing and always reassures me everything is in divine order and I must be patient and kind to myself.

Inspire Module

When you are ready to listen to your inner healer to understand how to love your body in the highest and best way, use your intuition to resolve challenges with relationships on a soul level and have decided to take action on what you have learned.

You are now allowing your transformation to unfold. In the Inspire Module, you are guided to:

- Listen to you inner healer to help determine the best way to love and look after your body, mind and soul.
- Use your telepathic skills to resolve the challenges in your relationships by communicating on the level of soul.
- Expand the divine light and love you have gained outwards from you body to the animal, mineral, plant kingdoms and all beings in the world.
- Revisit all you have become in the I Am meditation.

You are a light-worker and by you shining your light, you plan an important role by contributing to waves of mass harmony, light and love in this world.

Meditation 14: Awaken the Inner Healer

See MEDITATIONS under INSPIRE

Everyone has an Inner Healer, who works tirelessly to help your immune system, send messages through your thoughts and it would serve everyone to acknowledge this hard worker, who is totally on your side.

When you work together with your inner healer you can ask the questions and receive the guidance you need to love and look after your mind, body and soul. You and your inner healer can then send healing energy to the parts of your body which need it most.

Meditation 15: Soul level communications

See MEDITATIONS under INSPIRE

We humans are evolving to communicate more in an intuitive way.

Communicating on a soul level eliminates the chance of the ego to step in and get all offended or angry. You have an opportunity to express everything you need to express, pouring every out, nothing held back in a safe and secure way.

From the soul level the download of your hurts and emotional trauma are received with love. Your commands, statements and questions are met with guidance in return on the level of soul.

You share what changes you would love to be made on the level of soul, create forgiveness and are able to let go of the pain and start with a refreshed new higher perspective.

This technique has helped me get messages across to Shane when his personality wouldn't have appreciated it.

You have no idea how many seeds I've sewn to Shane's Soul to find he mentions it later and apparently it's all his idea. 😊

Meditation 16: Expansion of divine light and love

See MEDITATIONS under INSPIRE

What you send out to the world you receive back multiplied.

There are light-workers like you all around the world who are meditating sending light and love into the earth and it's beings and this mass consciousness creates a ripple effect which contributes to its evolution.

I used to practice this meditation every morning before work, when I was a receptionist in a large engineering firm.

I made a point of sending love to every person who was to enter the building I worked in and everyone I was to speak to that day.

Our clients were so respectful and beautiful to me. We had wonderful conversations, they shared the most beautiful, heartfelt stories of their lives and information they wouldn't normally have shared with the receptionist behind an engineering counter.

They would give me gifts of the fruit they grew at home, or an extra take away coffee for me to enjoy with them at my counter.

Others who were meant to be going to another company in the same building would turn up in front of my counter and say "I don't actually know why I'm standing here." They followed my trail of love.

Hilarious, the best fun.

Meditation 17: I am

See MEDITATIONS under INSPIRE

You have experienced so many different inner changes in this journey.

In I am, you are re-reminded of what you have become.

You will always experience opportunities to grow and these meditations will help you overcome your challenges and healing from trauma in a swifter way.

You are listening to your higher self, know how to release past and present life obstacles, met with your guide, know how to communicate with your sub personalities and have techniques to help you forgive issues of the past.

You know how to change beliefs to ones which make you feel good inside, project love to your emotions to uplift them, and outwards to others, how to 'observe' so you are able to keep your heart free of the negative cord of attachment to others and created a vision ahead with your five year future you.

You have awakened the inner healer and allow guidance on the highest and best way to love and look after your mind, body and soul, communicate on the level of soul to resolve trauma of the past and inspire changes for your now, expand divine love and light outwards shining your light which contributes to mass harmony in the world.

We are expanding together – for each other.

Part 6 – Master Certification, Registration and Affiliate

When you have reached this point, practiced this work, experienced each meditation and feel confident with the hand actions and commands in Level 3, you may apply for the three beautiful Certificates to Master Level of Conscious Light.

To qualify, you will be asked to briefly describe your experiences when learning this work.

This is not a test, merely a short description to show me you have practiced to the 3rd degree level.

An administration fee of AU\$50.00 will apply

Certified Masters

As a certified Master of Conscious Light, you will receive:-

1. Three Certificates, for the first degree, second degree and Master Level of Conscious Light to display in your healing room wall.
2. The final eBook of the Conscious Light Series, CONSCIOUS LIGHT – Master Manual.

3. Your Contact details (including records of all your healing and intuitive modalities) on the **MASTERS CONTACT LIST** on this website.
4. An Affiliate opportunity (10% discount for your clients, to inspire them to use your code, and 35% commission for you).

- Great celebration, excitement and love is waiting for you from your Master and the many Great Beings of Light which surround you at you having made this connection
- You will receive the light of higher purpose, and of love, joy, trust and surrender as part of your Master Attunement.

Why a CONSCIOUS LIGHT - Master Manual?

It's important that you have the Master Practices as a way of life to continue to build your energy, master observation and strengthen your power in order to amplify your light for your higher purpose – whatever that may be.

Apart from the incredible work you will be practicing, you will feel wonderful and your life will become extremely fulfilled, your emotional challenges healed quicker than ever before and your challenges become opportunities to grow and learn.

Master Manual Outline

The Practices which are detailed below in the Master Manual ensures you are confident with your pathway towards your higher purpose.

It's exciting as your life unfolds with Your Master and Great Beings of Light's support.

Attunement

The Master Attunement which is transcribed in the Master Manual and a link to the meditation in subtitled video form is the most incredible support at any time.

Your Master is there for you any time you need guidance.

Master Practices

The Master Practices which will greatly support you in all aspects of your life in detail are:

- Self-Care Practices.
- Choosing Value Essences and how they assist you in magnitising what you would love and the direction you wish to take in your life
- Consciousness is raising, what that means and the part you play
- The importance of Unity, understanding the concept and the part you play
- How to heal your inner critic, the support net to inspire you to have the courage to 'show up' for the word – because your work is important.
- Handling the outer critics
- Owning your value – discover the path to owning your value and keep moving forward sharing your wisdom, and advertising your higher purpose with confidence.
- How to uplift the energy in your home
- How to transform the energy of situations and thoughts.
- How to create annual intentions as an enlightened way to create your resolutions.
- How to Practice Observation continued.
- Supporting connections to further your growth, and finally...
- Your Master Attunement.

The Masters Contact List

Conscious Light is complementary to all healing and intuitive modalities and as such we invite you to record all your healing and intuitive modalities with your contact details, area where you practice (including your website and any other business contact links) on the Masters Contact List on www.robynegibson.com.

The benefit of this, is that people who are interested but would love to contact someone in their area for either a healing or to learn how to heal from you they can search who is in their area.

Affiliate Opportunity

An affiliate of 'CONSCIOUS LIGHT – system of natural healing' is someone whose clients wish to purchase the [Higher Communications](#) meditation program to practice in their own time and/or have an interest in learning Conscious Light.

You will be supported in holding classes and teaching this work, and in doing so, introducing your clients to the Conscious Light and Higher Communications programs.

Through a clever software link, your clients will receive full access at a 10% discounted rate (to inspire them to use your code) and you will be given a generous commission of 35% of each product at the end of each month.

How to become known to the people who need you

Part 7 which follows outlines how you can hold Workshops or Retreats (I rather prefer the word Retreat) using the Meditations and Techniques all available on this website.

If this is scary, start with just one friend. Soon you will be advertising your retreats, and introducing your incredible work to the world.

CONSCIOUS LIGHT – awaken the master within

Part 7 – Holding Workshops, Retreats and Gatherings

One of the greatest gifts you can give your clients, apart from your wisdom is your time.

Through group sessions, this is a way you can help a greater number of people in the shortest time.

If your client is experiencing an emotion or challenge which you believe a group session can assist them with, then you can invite them to a workshop or meditation gathering environment.

I have created suggestions of meditations and exercises for particular workshop subjects as a guide for you to help you get started.

The linked blog articles will have a Workshop Worksheet which you will be able to print out in PDF form to have available for your workshop attendees.

If the attendees have a tablet or iPad, you can send them the link to the pdf as it is editable so they can answer the questions in digital format should they choose.

When you advertise these workshops on social media, this is also an opportunity for people to get to know you, and will help them feel safe and confident to come to you as a master healer.

How to use this information

It's important for your clients to experience these workshops with ease. You achieve this by making sure you have space to breathe and share in-between meditations and exercises.

robynegibson.com

In the past I have made the mistake of presenting too much information to give as much value for money as possible, but I found it is far better to go gently, with less exercises, more breaks between to share and enjoy.

Be sure you fully understand and **have practiced** the lessons within the blog articles and worksheets for yourself to make sure the ones you choose feels right for the workshop and you then will have a little story of how they helped you.

Introduce each meditation and technique with a little description and personal story of how it helped you, then play the meditation or give them the workshop worksheet.

You can then share your story of how this lesson helped you. People love to hear the personal stories of success. Feel free to share my stories if you wish.

To be sure your attendees are answering the questions on the workshop worksheet from a higher perspective, be sure to have them experience a meditation first.

Foundation to Workshops– half day

Before experiencing a Workshop encourage your attendees to experience the first 5 meditations in Higher Communications. This ensures people have a practice of connecting with their higher selves, which is an important first step.

You could either send them a link to my website, which on registering they have access to the first five meditations for free. Or if they choose to join you in a group environment, which some people need to get started, hold the half day Meditation Gathering detailed below.

Meditation gatherings – half day

This would be a half day program allowing time to share after each meditation, and a refreshment break.

The suggested format is to experience the first 5 visual guided meditations in the Align Module of Higher Communications first as a foundation, then further gatherings using the meditations in Heal, Empower and Inspire..

9.00 am

Tea on arrival to get to know each other or catch up. Half an hour.

9.30 am

Allow one hour for the first half with a little time to share in between should anyone wish to.

Some people love to share and others don't feel comfortable sharing. It's about them feeling relaxed, so let whatever happens be okay.

- Letting your thoughts go
- Walls of Colour
- Release Burdens

10.30 am

Refreshment break for half an hour.

11.00 am

- White Light
- Higher Self

12.00 pm finish

Offer refreshments to discuss upcoming workshops or events you might be holding and your healing modalities.

Recommend the eBook free on [‘Guide for Empaths – navigating life with more ease and grace’](#) which they can read at their leisure, as it is an ideal foundation which contains easy self-healing practices and energy uplifting techniques.

After having experienced the Meditation Gathering, they are now ready for their next step.

The following workshop timings are a guide and suggestions only. You must be mindful of your energy level and only choose what feels right to you. I suggest you have a practice session with a friend to ensure the timings and the amount of meditations and techniques you choose feel comfortable and allow you to feel ease on the day. Less lessons I find are better than more.

Workshop format – half day

9.00 am

Tea on arrival to get to know each other or catch up - half an hour.

9.30 am

Meditation and share - half an hour)

One blog article exercise, or another meditation instead - half an hour.

10.30 am

Break – 30 minutes (this allows for flexibility should you go over on the first part of the Workshop).

11.00 am

Meditation and share – half an hour

A powerful way for your clients to seal in the lessons of the day and continue to inspire change, finish with an **Automatic Writing exercise, asking their higher self** the following questions:

- What change would serve me to make?
- How can I best move forward?
- How can I best love and look after me?
- What is my most important focus?
- What is my next most important step?
- What daily action can I take to heal?

12.00 pm finish (of course, allow flexibility for those still writing)

Offer refreshments to discuss upcoming workshops or events you might be holding and your healing modalities.

Workshop format – full day

10.00 am

Tea on arrival to get to know each other or catch up - half an hour.

10.30 am

Meditation and share - half an hour.

One blog article exercise, or another meditation instead - half an hour.

11.30 am

Break – 30 minutes (allow yourself to relax if you go over time on the first part of the workshop).

12.00 pm

Meditation and share – half an hour

One blog article exercise, or another meditation instead. (Half an hour)

1.00 pm

Lunch – one hour

2.00 pm

Meditation and share -half an hour.

One blog article exercise, or another meditation instead - half an hour.

Ending again to seal in the outcome of the day, finishing with an **Automatic Writing exercise**, asking their higher self the following questions:

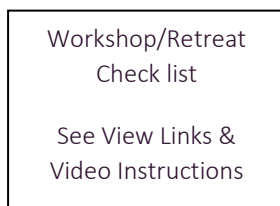
- What change would serve me to make?
- How can I best move forward?
- How can I best love and look after me?
- What is my most important focus?
- What is my next most important step?
- What daily action can I take to heal?

4.00 pm finish (of course, allow flexibility for those still writing)

Offer refreshments for discussion. Have displayed your healing modalities, and book in those interested in your upcoming workshops or events you might be holding.

Preparation

The same preparation applies as you do when preparing for a healing. The checklist will help you remember everything.



Before they arrive

- Preparing the space and yourself with the invocation.
- Sending love to your clients before they arrive.

- Salt water bowl to soak up any negativity
- Have incense burning.
- Set up the meditation space

To view the meditations on a larger scale if you have a small screen, you can connect your laptop to a television using a HTML connection. You can then use the televisions volume control to ensure everyone who can hear are able to do so more clearly.

For those who are hard of hearing, suggest they observe each meditation twice:-

- Once to read the text to clearly understand the guidance, then
- The second time to observe the image where you will see the visual image guidance.

You will only need to read the text once, because the images on the screen will tell the story from then on.

On arrival

- Refreshments on arrival
- Have a flyer of the next workshop on display (either covering the same subject, because there is more to experience, or another subject) should they be interested.

Begin the workshop with:

- Introduce yourself and thank your clients for coming.
- Invocation, then
- Experience the Meditations and techniques you have chosen and allow time to share in accordance with the format.

Close the workshop with:

- Closing invocation (after people have finished with their automatic writing – it doesn't matter where you are, just so long as you thank the great beings who joined you)
- Thank your clients for coming and invite them to join you for tea to share.
- Ground your clients before they head home.

Have provided for your clients to take away:

- A list of your services and charges available for people to discover how wonderful you are and how well you can serve them.
- The next available workshop flyer.

Message to you from
my Masters:

We want you to feel
confident, and relaxed
with this process as
you are assisting with
helping people in a
much greater way.

We thank you.

Swipe files

The swipe files that you will see attached to each Workshop below are suggestions to help you get started with the social media event wording you will need to invite people to come along.

These are a guide to help you, but feel free to create more subjects to hold workshops on and alter the wording, pricing etc. as you feel intuitively guided.

Insurances and Terms & Conditions

It is essential that as a business you have all the insurances in place for your protection.

The swipe files of advertising your events need a link to your Terms and Conditions, which includes a refund policy etc. which will also ensure you have covered yourself.

Below is the one I use currently.

Terms & Conditions

See View Links &
Video Instructions

This example is a guide only. I recommend you seek professional advice regarding insurance and terms and conditions to make sure you are covered.

When you have yours, make it look professional and visually easy to read with your logo and brand colours. You can attach it to your literature and event information as a hyperlink to your Facebook Business Page if you don't have a website.

Easing worry workshops

Worry is an emotion which immobilises us. This could be caused through a situation you may soon be facing, or about someone you care for.

There is a false premise that the measure of love for someone is determined by the level of worry you have for them and this is not true.

Projecting light and love to the feeling of worry in your heart will help uplift how you feel, and projecting light and love to your precious ones, seeing them in a higher light has more value to their life path, than your heavy feeling of worry for them.

We humans are unaware of the soul purpose behind all situations and the lessons which are to be learnt by them.

Their journey is their journey, your journey is your journey. Let go and surrender to divine mother to take care of everything and everyone you love instead.

Meditations and techniques to choose from on how to:

- Meet your guide and ask for advice on how to heal.
- Speak from a soul level to those you are worried about.
- Project light and love to your feeling of worry to ease your burdens.
- Release past and present obstacles which may be holding you back.
- Ease worry through the help of the divine light.
- Receive help and support from the universe.

- Allow help from your Spirit Guide
- Uplift your thoughts to help you feel better.
- How best to nurture your inner child.

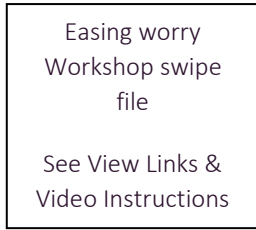
These will help with surrendering and letting go of the outcomes and allowing the universe to support you and support them on their life journey.

Suggested meditations:

- Meet your Guide
- Soul level communications
- Projecting Love
- Releasing past and present life obstacles

Suggested blog articles with accompanying workshop worksheets:

- [How to ease worry with the help of divine light](#)
- [Workshop Worksheet PDF](#)
- [How to receive help and support from the Universe article](#)
- [Workshop Worksheet PDF](#)
- [How to allow help from your spirit guide article](#)
- [Workshop Worksheet PDF](#)
- [How to uplift Your thoughts to feel better article](#)
- [Workshop Worksheet PDF](#)
- [How to contact and nurture your inner child article](#)
- [Workshop Worksheet PDF](#)



Organisation – allow the universe to help you workshops

I'm sure it's not new information to you that the more organised you are, the more at ease you feel. It is however, not always known quite where to start as you can feel ever so overwhelmed.

Eliminate 'catching up' ☹️ from your dialogue.

Instead, change your thinking to 'it's a sorting process!' 😊

- I'm prioritising
- I'm sorting
- I'm arranging things in order
- I'm placing love in this area

Meditations and techniques to choose from on how to:

- Get in touch with the part of your personality who has been holding you back in some way.
- Check in with the five year future you to find out what actions to take to pave the way for your important path.
- Project love into everything you do to help you feel proud of what you have achieved.
- Create new beliefs which inspire you.
- Receive help from the universe to clear your to do list.

- Uplift your thoughts to feel better.
- Clear negativity in your chosen environment.
- Create values which serve you
- Balance your life by acknowledging and sorting the roles that you play.

Suggested meditations:

- Sub Personalities
- Future five year you
- Projecting love
- New belief

Suggested blog articles with accompanying workshop worksheets:

- [How to receive help and support from the Universe article](#)
- [Workshop Worksheet PDF](#)
- [How to uplift Your thoughts to feel better article](#)
- [Workshop Worksheet PDF](#)
- [How to clear negativity in your home through smudging article](#)
- [Workshop Worksheet PDF](#)
- [How to create values to easily shine your inner light](#)
- [Workshop Worksheet PDF](#)
- [How to create balance with the roles that you play](#)
- [Workshop Worksheet PDF](#)

Organisation workshop
swipe file

See View Links & Video
Instructions

Introducing your Spiritual Support workshop

When you give yourself permission to allow help from the nonphysical beings, around you, and allow them to set up the coincidences for you, then prepare to streamline your life. Your spiritual support group have your back.

Meditations and techniques to choose from on how to:

- Meet with the sub personality to ask for help to create a clear connection with your guide
- Meet your guide
- Allow help from your spirit guide
- How to receive help and support from the Universe

Suggested meditations:

- Meeting your Guide
- Meeting your Sub Personalities.

Suggested blog articles with accompanying workshop worksheets:

- [How to allow help from your spirit guide article](#)
- [Workshop Worksheet PDF](#)
- [How to receive help and support from the Universe article](#)
- [Workshop Worksheet PDF](#)

- [How to contact and nurture your inner child article](#)
- [Workshop Worksheet PDF](#)

Introducing your
spiritual support
workshop swipe file

See View Links & Video
Instructions

Improve your relationships workshop

Personalities, ego's and past trauma challenges the interaction we have with each other.

There are consequences to every action. There is no need to confront and create drama to prove a point.

Ask yourself "What change can I make to improve this situation?"

When you ask this question of yourself, a shift is created from being the 'victim' to taking charge of your life.

Suggested blog articles with accompanying workshop worksheets:

- [How to choose love over conflict article](#)
- [Workshop Worksheet PDF](#)
- [How to contact and nurture your inner child article](#)
- [Workshop Worksheet PDF](#)
- [How to allow help from your spirit guide article](#)
- [Workshop Worksheet PDF](#)

- [7 Steps to allow love](#)
[Workshop Worksheet PDF](#)

Improve your
relationships workshop
swipe file

See View Links & Video
Instructions

Easing grief workshops

Grief is one of the heaviest and most difficult on the emotional scale. You can also be tangled up with a range of other emotions caused through the loss of possessions, foundation, hopes and dreams.

Meditations and techniques to choose from on how to:

- Speak from a soul level to those you grieve for.
- Create forgiveness to allow peace,
- Release past and present life obstacles.
- Project love to your grief to help ease this pain.
- Allow help from your spirit guide.
- Uplift your thoughts to feel better.

Find out what steps you can take ease the feeling of grief in your heart.

Suggested meditations:

- Soul Level communications

- Forgiveness
- Releasing past and present life obstacles
- Projecting Light and Love

Suggested blog articles with accompanying workshop worksheet:

- [How to heal grief through automatic writing](#)
- [Workshop Worksheet PDF](#)
- [How to allow help from your spirit guide](#)
- [Workshop Worksheet PDF](#)
- [How to uplift Your thoughts to feel better](#)
- [Workshop Worksheet PDF](#)

Easing grief workshop
swipe file

See View Links & Video
Instructions

Techniques to feel empowered workshop

Sensitive people find themselves easily affected by other people's energy. When sensitive people are powerful, they are the ones who will change the world to a better place. They are the future leaders. We need you, and we need you powerful.

Meditations and techniques to choose from on how to:

- Practice 'observing' others as a way to protect your energy being drained.
- Practice resolving any issues you have with others through the level of Soul.
- Create forgiveness for issues of the past to feel peaceful.
- Connect with your inner healer who will help you with resolving how best to love and look after your mind, body and soul.
- Connect with your five year future you to receive advice on what actions to take and what you can do to pave the way for your important path.
- Project love to your emotions and experience how it feels to project love from different parts of your body.
- Learn how to feel empowered in difficult situations.
- Uplift your thoughts to feel better.
- Clear negativity from your environment and your body as a regular self-healing practice.

- Create values which help you shine your inner light.

Create balance by determining the roles you play and ascertaining how best to fulfil them.

- Practice how to receive help from the universe.
- Practice how to contact and nurture your inner child.

Suggested meditations:

- Pain Body
- Soul Level communications
- Forgiveness
- Awaken the Inner Healer within you,
- Future five year you
- Projecting love

Suggested blog articles with accompanying Workshop Worksheets:

- [How to feel empowered in difficult situations article](#)
- [Workshop Worksheet PDF](#)
- [How to uplift Your thoughts to feel better article](#)
- [Workshop Worksheet PDF](#)
- [How to clear negativity in your home through smudging article](#)
- [Workshop Worksheet PDF](#)

- [How to create values to easily shine your inner light article](#)
- [Workshop Worksheet PDF](#)
- [How to create balance with the roles that you play article](#)
- [Workshop Worksheet PDF](#)
- [How to receive help and support from the Universe article](#)
- [Workshop Worksheet PDF](#)
- [How to contact and nurture your inner child article](#)
- [Workshop Worksheet PDF](#)

<p>Feel empowered workshop swipe file</p> <p>See View Links & Video Instructions</p>
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How to become a powerful healer and an inspiration to others as they observe you overcoming your own challenges swiftly!

- GUIDE FOR EMPATHS – navigating life with ease and grace
- CONSCIOUS LIGHT – healing energy program for the beginner
- CONSCIOUS LIGHT – awaken the master within
- Higher Communications - Visual Guided Meditation Program

Conclusion

Creating this online program has been the best fun ever. I do hope you have enjoyed the processes and show up for those who need you.

There are so many people in the world who have experienced such trauma in the past and need your healing hands, your wisdom and your teachings.

You are needed – now is your time!

I'm looking forward to getting to know all about you.

Let's catch up in the 'Conscious Light Masters Group', it'll be fun.

Infinite love,



Robyn E Gibson

Grand Master and founder of
CONSCIOUS LIGHT –
system of natural healing.

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healing and intuitive modalities; receive the Master Manual;
Path to Mastery checklist and your Affiliate Link.

Your higher purpose
is waiting for you –
there are exciting times ahead!

GRATITUDES

Every creation which has manifested within me
has only ever happened
thanks to the support, the cheerleaders and
the love of my family and
friends around me.

I would love to mention below a few of the amazing people
I have who influence me and/or are always cheering me on.

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Shane Gibson

Donna Chapman for her incredible artwork

Kelly Hammond for her beautiful images

My Sisters Carol and Wendy

Laurin Ware for inspiring me to keep going

Christine Bunn, Cindy Gielingh-Jones, Julie Bywaters (my three Angels)

[Gaye Nilson – Simply Savvy Web Design](#)

Masters and Mentors

[Orin & DaBen](#)

[Abraham Hicks](#)

My Guides, Masters and Great Beings of Light

My mum and dad in the world of spirit

Anita and Peter Coombes

(I'm sure they have been upgraded to Archangels by now)