

WHAT TO EXPECT AFTER AN SOUL LISTENING SESSION

Expect there to be a cleansing and clearing process that occurs. This is a time of change, detoxification and integration of new energies and information. This can process for up to 21 days, to months. We have many layers of “the onion skin”. Depending upon how fast you want to grow to health, happiness, holiness and your Ascension, depends on how often you choose to have a session. Some people come once a week, some come once a week, for a while then once a month.

This is an integration and transmutation of old beliefs , pains, traumas, etc.

This cleansing process may occur during any major shift in our lives when we let go of old mental, emotional, physical and spiritual energy we don't need, to make room for higher energetic vibrations and upgrades from Spirit. I am your guide, but it is you and your Soul that must decide to “heal”. It is your HEALING JOURNEY!

Here are some things you may experience during the cleansing process.

Take what resonates for you, everyone's experience is individual and some may not notice immediate shifts after a session. Healing and realignment work on all levels (emotional, mental, spiritual and physical). If a physical complaint doesn't get better right away, the energy is working on other levels. Sometimes things shift immediately, sometimes it processes for months, even years. When going through any kind of shift, a positive attitude toward the change you are going through will help.

This work affects all areas of your life, the micro- cosm, and the macro- cosm. It brings your vibration or energy levels into balance and in doing so, it may help to harmonize relationships, assist in bringing goals and desires into manifestation, and balance anything in the past and present. Also, things that don't resonate and vibrate with your new frequency, fall away.

Different areas may be affected personal issues, physical and emotional development, relationships, community issues and mental integration or spiritual change.

Cleansing Process

The body/physical purifies

- *Cold or flu-like symptoms may be experienced: achy muscles, fever, headache, sore throat, excessive mucus, coughing, digestive complaints and other minor symptoms as toxins are released and your body is cleansed and balanced.*

(If you are experiencing chronic illness of any sort, please call your Doctor)

Helpful: lemon juice in water, lots of pure water, or apple cider vinegar in water, rescue remedy in water, kombucha detox drink, smooth move Yogi tea, sea salt, baking soda and Epsom salt baths are important. Solaray, Complete Calm Advanced (combo makes a natural prosac) with Now, Pure Calm that has GABA amino acids to distress. Take walks in fresh air, exercise the entire body mildly or do stretching. Eat light nourishing meals, which include fresh fruit, vegetables and juices. Try to limit caffeine, nicotine and alcohol until things settle, and drugs.

Emotional Purification

- *IMPORTANT; Deeply held emotions may surface for no apparent reason: anger, frustration, grief, fear, sadness and others. These emotions have been repressed or suppressed from earlier times—this life and other lifetimes—and they are being released. Surrender to your experience and do your best to not attach yourself to the emotions you experience – just let them flow—experience them as they surface and let them go. Say, “that is not me!” I chose to be (happy, etc) Raise your thoughts and the vibration goes up!*

- *To lessen the effects: meditation, deep breathing. Take relaxing baths with sea salt or Epsom salts to relax.*

Mental Purification

- *Old thought forms, behavior patterns and habits may come to the surface. Thoughts of judgment, blame, victimization, abuse, denial, self-destruction, self-pity, etc. may arise. These issues are being healed on every level of your being, from this lifetime and others. Be kind to yourself and allow these impulses and thoughts to be touched, acknowledge, and let flow through you. let them go, then change your thoughts willfully to those of a more positive nature. (important)*

- *To lessen the effects: Be kind to yourself, do things that make you feel good, repeat positive affirmations and Alchemy Breath: meditative breathing. Doing something creative and listening to your favorite music eases the intensity and release of these old tapes and patterns. Keep a crystal or stone near by or in your pocket to “tune in “ to.*

Spiritual Purification

- *Your beliefs may be shaken and challenged, beliefs in how the world operates, how relationships “should” be, (the” shoulds”) religion, what is important to your life. As this occurs, insights,(Ah Hab!), revelations and new understanding will become clear; these will be the new relationship of how you choose to form the foundation of your ever changing spiritual foundation.*

- *To lessen the effects: Talk to supportive friends, read uplifting spiritual books, watch uplifting, inspiring films,listen to positive mantra music, listen to motivational CDs.*

Do your best to stay away from negative influences and treat yourself with love and kindness. You are gaining new levels of understanding. Know that all is well and this process is perfectly normal. Be at peace. Let go and let Spirit move through you.

Many people ask when should they return for another session?

This is dependant upon your desire to support your life in changing in the direction of your desires, to find your True Self, and a happier, healthier, more holy life and life style. Some people come back once a week, some choose everyother week, while some come once a month, or just when they feel they need “a tune up” or “to move to the next level” in their spiritual growth.

Many people are feeling an urgency to accelerate their Spiritual commitment. I am particularly interested to help those on their Ascension Path. I am here to help integrate the spiritual work done, and access The Codes of Light, Gifts, Diamond Light Body, New Chakra Systems, and DNA that we need to Ascend to our Christed IM Divine Presence.

You are the Christed/Buddha Logos, your IAM,

Blessings to you...kate loye Anjablia

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Anjablia, Kate is a Celestial Channel and Shaman, Reverend, BFA, Sound Healer, Gong Goddess and is of the feminine lineage of Cherokee Shamans.