

Releasing Self Sabotage Group Healing Session

On March 27, 2013 at 10 pm EST, I will be doing a group healing session for Releasing Self Sabotage. In the Releasing Self Sabotage group healing session. The cost of this session is \$47 and it includes an mp3 audio recording I will create the day of the recording. Some of the transmissions I will be making include:

- 1. The first transmission will be to clear, transmute, heal and release all blocks, doubts, fears, resistance and self sabotage that would prevent us from fully receiving and benefiting from the transmissions in this session.**
- 2. During the next transmission, I will be holding a space and transmitting energy to help each of us to clear, heal and release the unique ways we sabotage ourselves.**
- 3. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors, influences, etc. from this life.**
- 4. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors, influences, etc. from past lives.**
- 5. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors, influences, etc. from parallel lives.**
- 6. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors, influences, etc. from future lives.**
- 7. The next transmission is to help each of us to clear, transmute, heal, release and dissolve the seeds, causes, origins and roots of self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors, influences, etc. across time, space, dimensions, angles, vectors and directions.**
- 8. Timeline Clearing from the moment of conception to NOW to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors, influences, etc.**
- 9. The next transmission is to help each of us to clear, transmute, heal, release and dissolve negative energies located in the self sabotage center at the base of the spine.**
- 10. The next transmission is to help each of us to clear, transmute, heal, release and dissolve our inner saboteur and wounded inner child.**
- 11. The next transmission is to help each of us to clear, transmute, heal, release and dissolve energetic blind spots so we can have more clarity about how we sabotage ourselves and what we need to do to release self sabotage.**

12. The next transmission is to help each of us to clear, transmute, heal, release and dissolve doubt and mistrust; especially doubting and mistrusting ourselves, others and Spirit.
13. The next transmission is to help each of us to clear, transmute, heal, release and dissolve food/eating disorders, over eating or comfort food eating.
14. The next transmission is to help each of us to clear, transmute, heal, release and dissolve financial disorders, over spending; getting into debt; compulsive shopping, spending more than we earn and not saving enough.
15. The next transmission is to help each of us to clear, transmute, heal, release and dissolve fear: Fear of taking risks, fear of taking action, fear of change, fear of new things and resistance to change.
16. The next transmission is to help each of us to clear, transmute, heal, release and dissolve fixating on our past and daydreaming about the future instead of doing things NOW to improve our life and circumstances.
17. The next transmission is to help each of us to clear, transmute, heal, release and dissolve fear of loving and being loved; fear of success and failure; fear of loss, despair, hopelessness.
18. The next transmission is to help each of us to clear, transmute, heal, release and dissolve not taking responsibility for our life and blaming fate or circumstances for things we do not like about our life and ourselves.
19. The next transmission is to help each of us to clear, transmute, heal, release and dissolve "lottery thinking" where we do something insane like buying lottery tickets because we believe that is the only way we can succeed.
20. The next transmission is to help each of us to clear, transmute, heal, release and dissolve not taking care of ourselves or our bodies and not getting the nutrients, water and sleep we need to heal, grow and prosper.
21. The next transmission is to help each of us to clear, transmute, heal, release and dissolve our inner judge and inner parents and punishing ourselves.
22. The next transmission is to help each of us to clear, transmute, heal, release and dissolve not being true to ourselves, people pleasing, emotional and financial neediness and co-dependency.
23. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors and influences around money and success.
24. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors and influences around love, family and relationships.
25. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors and influences around our physical, emotional, mental and spiritual health and

well being.

26. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self sabotage and self destructive patterns, programs, feelings, thoughts, attitudes, behaviors and influences around our job, work and career.
27. The next transmission is to help each of us to clear, transmute, heal, release and dissolve beating up on ourselves and others energetically.
28. The next transmission is to help each of us to clear, transmute, heal, release and dissolve blocks to realizing our full potential.
29. The next transmission is to help each of us to clear, transmute, heal, release and dissolve laziness, self indulgence, procrastination, denial, escapism, being spacey and perfectionism.
30. The next transmission is to help each of us to clear, transmute, heal, release and dissolve self-imposed limitations and glass ceilings.
31. The next transmission is to help each of us to clear, transmute, heal and release blocks to being open to receive your highest good, love, abundance, prosperity and success.
32. The next transmission is to help each of us to clear, transmute, heal, release and dissolve patterns around holding back, playing small and hiding energetically.
33. The next transmission is to help each of us to clear, transmute, heal, release and dissolve low self esteem.
34. The next transmission is to help each of us to clear, transmute, heal, release and dissolve feeling undeserving, unworthy and incapable.
35. The next transmission is to help each of us to clear, transmute, heal, release and dissolve a negative mental attitude, guilt, whining, blaming, judging, comparing, complaining, etc.
36. The next transmission is to help each of us to clear, transmute, heal, release and dissolve blocks to clarity, focus, perseverance and effectively using your time and energy.
37. The next transmission will be another round of healing to help each of us to clear, heal and release the unique ways we sabotage ourselves.
38. I will end this session with energies to assist each of us to deepen the healings and to integrate them with ease and grace in ways aligned with the highest good of all.