

ENERGY READING

From Intuitive Harmony Medicine®

May this reading assist you
on your journey and bring
insight into your life.

Intuitive Harmony



Medicine

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My initial impressions of your energy field:

Very calm and cleansed energy but also feel something deep and raw. It is like you have been scrubbed clean. You have almost done too much cleaning and too much work, you need to be softer. There is a deep resonance, a deep sound. I know that you are into sound healing. Deep tones promote a connection with earth, but this also symbolic of your connection and ability to see into the deeper rhythms of life, and seeing beyond the veil.

Nothing can phase you and you've mastered the art of responding and not reacting. You take time to evaluate things and you don't make harsh, rash decisions because of something that has happened.

It looks like you have metaphorically signed yourself up for spiritual service. You know what you are here for. There is assistance in helping you get there. You will be doing that, you have asked for it, it is done. You have a spiritual warrior type energy reminding me a bit of archangel Michael.

I am also getting that pigeons are animals closely related to you at this moment. I know nothing of pigeon symbolism but I did a quick search and it seems to fit the energy that I am reading for you, so I recommend you read up on it too.

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Your overall auric energy is very iridescent and reflects many colors, with a golden crown of energy at the head. Pink and purple are at the feet, and hands blue. I interpret this as the fact that you take your steps and make decisions based off of your compassionate nature (more on this below) and you create and heal with your hands. Creative, sexual, and healing energies are all interlinked. I see a leech on your right shoulder blade - related to past relationship. It is not a literal leech, but an old wound that is residual but healing as you work on it. The person was not on your level (not meaning this in a condescending way) but sometimes people really are in an earlier state of growth than you. Sometimes being lovers or even just friends with these people will work out but a lot of the time it can just be draining. Careful to not treat lovers and friends like people you also need to heal - separate your healing work from your love life. You don't need lovers who need your healing, but strong people who have already started that journey for themselves. This leech is also tied into the solar plexus which I'll get into later, and makes sense because the relationship and person was a drain.

A deeper look into some of the energy centers in your auric field:

Root

The root energy center is all about being connected to the earth and to your physical body.

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Survival instincts and ancestral patterns are stored here. This energy center also has to do with your sense of security and your belief in your ability to provide for yourself and to have financial security. When the root is balanced, you have a feeling that you belong here on planet earth and you have a strong will to live. Without a strong connection to your body and to the earth it will be extremely hard to function in this world.

You have a really good connection with the earth! Very grounded and balanced. I am seeing the vortex of energy at your sacrum moving in a very healthy way, with very healthy shades of red/orange and some yellow. The energy changes from a vortex into a stream that goes all the way down into the earth. You are in constant communication with it, even if it is subtle.

Because of your strong intuitive abilities (you already know this, and we have already spoken about it so I won't go too much into it) you exist on the veil between the two worlds. It is a balancing act and you dance it well. Healing and wisdom is available to you when you tune into your body and pay attention to the subtle cues coming to you both from the earth and the ethers or universe.

Sacral

The sacral represents enjoying the physical realm through your senses and emotions.

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When this energy center is healthy you will have flowing and abundant creativity. With a healthy sacral energy center you will feel passion and desire for life. The sacral energy center also governs sensuality and sexuality- if it is weak or injured then you will most likely have issues with intimacy and keeping close relationships with others.

You have done a lot of work to release old wounds. You have let go of many things. Now you are in a time of opportunity! The way forward is clear. Because of your healing work your creativity is going to soon blossom. Think of what you want to birth into the world and create - even if your creative energy isn't quite at its peak yet. Even if you don't know how to make things happen right now - keep dreaming. Get your dreams and visions in place and doors of opportunity are going to begin opening around you.

One thing I am noticing is that you may have been eating too many sweets, or too much of foods that slow down the body. This is part of why your creative energy was a little clogged months ago. This bit of emotional eating is not a big issue for you but be aware of it's effects on your creativity and clear vision - especially your ability to have clear visions of your future. Find ways of finding what is sweet in life - have sweet experiences, sweet conversations, sweet self care routines, and sweet love.

Solar plexus

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The solar plexus represents your will, self esteem, and personal power. If this energy center is healthy you will know how to use your power in a good way to help manifest your dreams and desires. You will also be confident about who you are.

You are standing firm in who you are and what you believe in. You have shaken off the doubts of naysayers (and even the doubts in your own self). This energy center is healthy because you have come into contact with your authentic self and learned how to express it and let it shine through. You are not holding yourself back because of fear. The energy here is bright and confident. The energy here is like that of a soldier proclaiming triumph after a heavy battle. You have been through much and it has taken much to get here, but victory is sweet. Your energy shines through you like an intricately beautiful stained glass window.

You have to continue the momentum you have started so that you do not become stagnant. Continue being honest with yourself about what you need to let go of and what needs to heal. Continue believing in yourself and taking steps towards your dreams. But also get out of your comfort zone from time to time and do things you are not used to.

The Heart

The heart has to do with anything that is related to love, the heart, and empathy.

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If you have a healthy heart energy center , you should have no problem feeling a connection with others and having compassion for them. This energy center is also where you feel joy from.

Your energy here is green with speckles of purple. Your Heart energy is open, to an extent. Your Heart has opened because of your connection to spirituality but there is still healing and opening here that has to take place.

You like to show your confident side. The side of you that is intuitive and has answers and is strong in knowing herself and what she is here on earth to do. You authentically express this part of your being. However, there is also part of you that likes to hide away. Part of you is very timid and does not want intimacy.

Don't be afraid to put your foot down in relationships. Let go of any fear that people will not approve of who you are and what you stand for. You have learned to be authentic when you are alone, and you have learned to connect with your Higher Self. You know why you are here, and you are confident in it. The next step is bringing that out of just your mind and relationship with yourself to your relationships with others and with the world as a whole.

Higher Heart

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The Higher Heart energy center, otherwise known as the Soul Seat or Thymus, is located in-between the Throat and Heart energy centers and is a light blue-green color. This energy center has to do with your ability to open up to universal love, forgiveness, compassion and your soul purpose. This energy center is 1-2 inches in diameter that contains the souls longings.

You understand deeply that you are connected with all things and that the true scope of your being is very great and vast, like the night sky above us and the universe we exist in. In your higher heart energy center, compassion, nurturing, and spirituality are all intermixed. Because of your intuition and spiritual growth, you have love and compassion for a wide range of beings other than yourself. It looks like it was actually your compassionate nature that led you into spirituality - because the foundational energy here is very pink and nurturing, and overlaid it is a purple/indigo spiritual energy. You were always compassionate, but your spiritual growth expanded your compassion and led you to knowing what you are meant to do.

You are open to spirit and you let the energy of the universe fill and cleanse you. You have learned to do this yourself, to transmute, cleanse, transform, and neutralize negative energy.

Throat

The throat energy center is all about you being yourself, expressing your truth, and communicating that truth.

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Physical throat or neck ailments, problems with public speaking or talking to others, and not accepting your uniqueness are all throat energy center related. This energy center is also related to some psychic abilities and higher creativity.

This is a strange visual I am getting and I don't like sharing strange ones but I have to share what I get! So I kept seeing ice cubes melting and did not get it. But I am seeing that the energy in your Third Eye is like ice that melts over time. The ice melts and the water drips down to your throat, where you express your spiritual truths, and things your soul has to say. The energy here is a little slow and stagnant - which is why it is ice and not freely flowing. This is related to your creativity which as I mentioned before was a little slow and blocked months ago but is now starting to flow again - same with your throat energy here. The things you are confident in and your spiritual truths of who you know you are have been residing internally but when it comes to expressing it externally sometimes it is hit and miss. But this is changing. You are lovable and deserve the best. So you may have to do some digging and find reasons why parts of you believe that isn't true.

Third eye

The third eye energy center has to do with psychic abilities, intuition, and higher sensory perception. This energy center is also related to imagination, visualization, and the ability to accept new ideas and concepts

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Now needs to be a time of gentleness and quiet retreat for you. As mentioned before, you have spent a lot of time healing. Now is a time for rest and rejuvenation. There are a lot of unknowns within your being - even though you already know much of who you are, and what you are here to do. There is still shadow work to be done. So rest and spend time with your shadows and take a break of metaphorically scrubbing yourself clean. Relax and settle into the knowing that there will always be unknowns in life and that the universe itself is a giant, dark realm of possibility.

Crown

The crown energy center has to do with your connection to spirit and to universal energy. When this energy center is healthy, you feel a connection with all of life. A healthy crown energy center will also enable you to receiving guidance or downloads from other beings or dimensions/realms.

You have a very open energy here. You regularly communicate with other beings and don't have trouble opening up spiritually or accessing your intuition. The energy here is very blue and purple and reminds me of an electrical storm, very charged. Because of the energy here you are able to sense negative beings and energies in your space, and also fight off negative energies seeking to reside in your energy field. You are able to use your spiritual power to shine light on many situations.

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Overview:

You are strong and confident in your intuitive and spiritual capabilities and gifts. You stand firm in your beliefs. The only thing is that you do this alone. There are parts of yourself you have not shared with others and soon it will be time for you to share more of this part of yourself. You have done a lot of healing and you now need to rest and recover from all the work you have done. While you are resting and questioning what else you need to let go of (gently) your creative energy will continue to build. After your time of rest you should be ready to move forward bringing your spiritual gifts in the world - starting with small ways and working your way up.

I recommend working with chrysoprase because it helps you to move forward from negative relationships and give you hope for love in the future. The crystal has a very “renewed” energy, meaning it can help you renew and heal your ability to receive love and your thoughts about love. I also recommend rose quartz (which is funny, you know why) because your journey with your self healing can use some gentleness and love too!

Thank you!

From the bottom of my heart...

I hope you enjoy your reading!
Please let me know if you have
questions!

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So what happened after the reading?

This person I did this sample reading for is someone who does a lot of energy work and knows a lot about her own energy. Here are some of the things she had to say after her reading:

“Thank you so much! I loooooove it. I think the first reading I ever got from you is my favorite, I have it saved and read it when I feel confused about being here but this one is so spot on.”

“Maybe because of the throats problems I don't feel confident about the healing. I love doing it and know I am helping people. But I can't advertise it. Its an unsettling feeling. I feel like the universe is gently cheering me along as she has literally brought a whole handful of people knocking on my door for my services and willing to pay, every time I'm so shocked someone values my time and energy and the universe is like see ... you can do this .. there is room for you to do what you want”

“But my throat just isn't on that frequency yet and I feel so blocked from being transparent about what I have to offer to everyone or a large audience”

This person is a talented healer but has doubts about sharing this with others. We discussed this and some shadow work questions for herself.