

Extraction Process - How to Guide

1. Gather your materials:
 - ❖ Your medicine bundle.
 - ❖ A pendulum.
 - ❖ Smudge.
 - ❖ Spirit water.
 - ❖ Candle.
2. Open sacred space. Set up your materials. Welcome your client.
You will ALWAYS do an Illumination with an Extraction. NO EXCEPTIONS. *If the imprint is not clear, they will draw in another energy to fill that hole and will once again need another extraction. The Illumination clears the imprint.*

Illumination Process

3. As the two of you sit down together, open your 8th Chakra over yourself and then over your client.
4. **Begin with a conversation.** Discover what is challenging your client. Why have they come to see you today? Where are they stuck, struggling, etc.

During this conversation, **listen and track.** Give them an opportunity to tell their story. Observe patterns. Pay attention to what's happening within your body, look for places where their story doesn't connect, notice where, when and if they fidget or get uncomfortable. Ask questions that invite them to go a bit deeper, to feel within their body, to become more present with what is being shared.

The purpose of this conversation is to activate the energy of an imprint.

Keep this conversation relatively short and focused.

Identify key words and phrases within their own language, ones used to describe their experience. Clarify that language with them. Use this language throughout the session. Try to avoid substituting your words for their words. This is about their experience. We honor that by honoring their words and encouraging them to bring voice to their experience.

5. You will know when that energetic imprint of their story is activated. Once this happens, invite your client to **select a stone from your medicine bundle.** This is the stone you will both work with for this session.

6. Once they have selected a stone, **invite them to use their breath to blow the energy of what they are experiencing into the stone.** Exhaling a minimum of 3 full deep breaths.
7. Invite your client to lay down. Open your 8th Chakra over self and then over them again.
8. Ask for the stone back.
9. Work with your pendulum to **discover the effected chakra by holding the stone and the pendulum in the same hand and holding the pendulum over each chakra.** I like to check each chakra to discover which ones are all affected.
 ***Please note: If one of the lower 3 chakras aren't affected, it is very likely your client has not gotten to the core of the issue. Dive back into a bit more conversation and invite your client to take a couple more deep exhales into the stone.
10. **Open the Chakra with a counter clockwise motion.** You may notice some gunk. Gently scoop that out and offer it to Mother Earth to mulch. Then, **place the stone on this Chakra (lowest affect: 1, 2, or 3).**
 *If placing on the root, place a cloth under the stone, it helps to keep the stone in place.
11. **Guide your client to begin breathing:** inhaling through the nose, exhaling through the mouth. We want them to stay present with the energy.
12. **Bring your hands to the base of their skull where you will hold the deepening points.** Hold these points for 5-10 minutes as your client deepens into the energy of the imprint. Continue to guide your client's breath: inhale through the nose, exhale through the mouth.



Invite them to use their breath to send the energy down they are experiencing down to the stone. The stone is going to gather this energy and mulch it. Remember, it is connected with a sacred place. It calls on the energy of that place to transmute the energy as well as to

support your client in calling it all up.

13. Tune in to what is happening with your client. **When you notice that they are ready to release a wave of energy, shift your fingers from the deepening point to the release point.**

A wave of release may not look like much or it may look like a bit of a temper tantrum or anything in between. Most often I notice some form of emotional release here: crying, laughing, getting angry, fear surfacing. I encourage them to keep breathing and sometimes, I will invite them to breathe with me. Support them in a pace that keeps energy moving, but not overwhelming as they release.

14. **After a release, return your fingers to the deepening points.** Invite your client to relax their breath. Deepen into the energy again. This may mean gently prompting with questions or checking in with my favorite question 'so what's happening?' You may also do some more tracking here.

*Repeat Steps 13 - 17. You may move through several cycles or waves.

Extraction Process

15. If/when you arrive at a point in the session when the energy feels to either pause or shift in a way that makes you curious about there possibly be a spirit attachment, do a little tracking, ask some questions to clarify what your client is experiencing. If, during the initial tracking conversation, your client shared something about a lost loved one, this would be a great time to ask them something about it.
16. Call forward the energy of the loved one / person / soul. Create awareness around it with your client.
17. Inquire with your client if there is anything that they want to say, ask, talk about with this person. Inquire if there is anything within their relationship that has felt incomplete, anything that wants to be expressed now.
18. As they share that with you, invite them to speak to this person. It can be in the silence of their heart or aloud. Feel into what is right for the person you are working with.
19. Inquire if there is anything the other person would like to say to your client. Sometimes my clients are able to receive these messages on their own. Other times, they need me to translate. It is typically my preference to have them receive a message directly as it's so much more powerful when it comes through them.
20. Tune in and support them in coming to loving closure and completion with this person. ****If your client is struggling with anger, frustration, or other emotions that are keeping them holding on, continue the illumination process a bit longer. This will support them in shifting their own energy so that they are able to let go.*
21. When the timing feels right, call forward Archangel Michael to guide this soul to its next place of highest expression.
I typically say this prayer:
Humpway, humpway (come, come) Archangel Michael. I call you forward. I invite you to carry this soul (I name the person if I know their name) to their next place of highest expression.

I often repeat this prayer several times. I allow it to almost be a mantra. I typically say it aloud once or twice and then repeat it silently in my heart.

