

USE YOUR POWER OF COMMAND FOR SPIRITUAL CLEANSING AND PROTECTION

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1. How These Skills Can Change Your Life

How bad does life feel when psychic-level debris clogs up your aura? Not so bad. Pretty normal, unfortunately.

What a difference it can make, cleansing that goop and moving, fast forward, up to a new state of “normal.”

I’m going to teach you a complete skill set to heal ghosts, replace psychic coercion with self-authority, do aura makeovers to upgrade your social image, and more.

The entire set of techniques is called Spiritual Cleansing and Protection. Let’s move forward together, one easy skill at a time. The very process of learning can bring new appreciation for five great things about yourself, especially Your Power of Command.

All this can help you feel better, as if waking up within your own life. With less astral-level clutter and more personal power, you may notice an effortless change in yourself — a new kind of confidence. Hence the name I’ll be calling you from time to time, Resourceful Healer.

After learning our skill set, Resourceful Healer, there might also be *less* to you. Behold a short list of clearing accoutrements that students of mine used to need:

- “I depend on specially programmed crystals. These must be cleansed regularly.”
- “I’ve bought some pictures of spiritual masters and saints so that they can protect me.”
- “Once I took a special workshop that was supposed to cleanse my vibrations. I had to stand beneath a waterfall. At the time, this felt great. But I can hardly locate convenient waterfalls on a regular basis.”
- “Smudging and burning incense — I do this every day. Once I burned so much incense, smoke filled my room. My roommates were ready to report a fire. Even after I explained, I don’t think they ever forgave me.”
- “Bathing with Japanese rice wine (sake) is supposed to help. Except I didn’t notice much from it. Also, that bathtub took an awful lot of sake. How expensive does cleansing your aura have to be?”
- “There’s a special aromatherapy spray I’m supposed to squirt under my bed. It’s all very complicated. I worry when I go visit my mother-in-law. It’s hard to find a way to squirt anything beneath her bed.”

Less can be so much more! If you have been trying to simplify your life energetically, I think you’re going to love the results of these easy, effective techniques. Spiritual Cleansing and Protection is the ultimate in decluttering.

Besides decluttering various aspects of your human life, might you have an interest in spiritual development? How about meditation or healing; aura reading or psychic guidance; angel cards or channeling or mediumship?

Interests like these can make life more worth living. Unfortunately, interests like these can also cause a person to take on weird thought forms, draining astral ties, and psychic coercion that is downright disgusting.

At the time, do you know this is happening? Of course not... unless you learn dedicated skills for Spiritual Cleansing and Protection.

Unfortunately this skill set must be learned separately from other mind-body-spirit interests. Don't expect it to be included just because you're told, "When you learn Reiki, you're automatically protected," etc. Far from it. Professionals at energy healing, channeling, teaching yoga, etc. can be jammed up with astral debris and have no conscious clue.

Sure, techniques of protection are often included in psychic practices and energy work. Sometimes these techniques do work beautifully. I don't mean to suggest that our skill set is the only one that will work.

However, many comparable techniques are not as easy to learn, or else they take longer; some require specialized psychic training. Also some forms of protection may be taught as a formality, more a comforting ritual than a flexible, portable, practical method.

With the skill set of Spiritual Cleansing and Protection, you will gain the ability to identify and heal several different kinds of astral-level debris. If you're going to attempt this type of healing, why not do it really well?

Many of my clients and students have been pleasantly surprised to experience energetic decluttering. All it took was the same skill set I'm teaching you one technique at a time.

Yes, I want to share this amazing skill set with you, both the underlying concepts and some very specific techniques. If you find those concepts interesting — if you laugh at my jokes along the way — great! But the real point of this book is for you to *use* the techniques. Then you can discover real-life results, both immediate and cumulative.

Results

When it comes to any techniques for healing, I'm a believer in the biblical saying, "You will know them by their fruits." Plenty of techniques sound wondrous in theory. Results, however, are more like what happens when you buy gasoline for your car. You know, "Your actual mileage may vary."

Witness this story from my student Fabiola.*

"I was in a workshop where the leader asked Archangel Michael to take over. Afterwards I think everybody in the room felt nauseated. I did, anyway. Now I'm scared to even *think* the name 'Archangel Michael.'"

* Stand-alone first names in this book are fictitious. Sometimes it's to preserve the privacy of the speaker. Mostly it's because I don't always remember people's names. Notice, this is a how-to on "Spiritual Cleansing and Protection," not "How to Remember the Names of Everyone You Ever Meet." I can assure you, however, that every story recounted in this book is true.

A somewhat technical explanation of what happened to Fabiola will come in our final chapter. For now, let's simply use common sense. Whenever you try a new technique of Spiritual Cleansing and Protection, you will be asked to pay close attention to what?

The. Results. For. You.

- Do you feel better? Count that as good fruits. Keep reading.
- What, you don't feel much yet? (But you don't feel anything terrible, either.) *You* might not be ripe yet. Keep exploring.
- Do you feel bad results, even one? Slam this book shut. Add sound effects, such as howling, to taste.

I'm pretty sure that this third possibility won't occur. For decades I have used and taught these healings. Far as I know, nobody has suffered as a result. Perhaps a few have been bored or not noticed much, but that's different from nausea, wailing, or gnashing of teeth.

Results in my life.

In 1985, I first encountered techniques for Spiritual Cleansing and Protection. They were part of a course taught by the late Rev. Rich Bell, a minister with a group called Teaching of the Inner Christ, a.k.a. T.I.C., website at www.teachingoftheinnerchrist.com. (Note that "Christ" here simply means "Enlightened Person." While "Inner" points you in the direction of finding spiritual truth from within.)

Studying with T.I.C. brought me results that were subtle but impressive. Each type of healing helped me to feel more like me, less scattered and unsure.

So I took a second course, this one taught by Rev. Alix Sandra Parness. She thought I had a knack for this type of healing. Noticing that no T.I.C. ministers lived in the Washington, D.C. area, Rev. Sandi invited me to start teaching these healings as a lay minister.

Aw, shucks! I did.

Meanwhile, in a non-flashy way, I kept gaining more clarity as a person. The spiritual healings had a lot to do with it. Within a year, I started teaching classes that, over the decades, became books and trademarked systems about energetic literacy.

In addition, I began offering sessions using a system of healing that I now call "Energy Spirituality." By 1986, things were going so well that I was able to quit my day job. Teaching plus healing became my new day job.

Eventually that day job went international. Working with clients has become an amazing, fulfilling part of my life. If I had to credit one skill set as most directly responsible for all those tasty, nourishing fruits, it would be... the verbal healings and co-creation techniques I learned from T.I.C.

Over the decades, I began adapting the healings, discovering loads of practical uses for them. As you'll soon read.

What got me teaching this skill set.

Eavesdropping started it. Friends, students, and even session interpreters would sometimes overhear me using these healings. Demand grew to learn the skills for themselves. One of the deciding factors was a request from my friend Kyoko Sakai. She told me:

“You know, Rose, other people give workshops about spiritual healing. Why not you?”

Since this didn't seem enough to motivate me, Kyoko continued:

“Once I signed up for a weekend workshop on spiritual healing and it was just horrible. As we went along, the group became weirder and weirder. Especially the teacher! He started off strange and became even stranger.”

“By Saturday afternoon, the place was so extremely crazy, I couldn't stand it anymore and I left. Although I don't know exactly what happened, my guess is that we actually attracted more astral debris than we healed.”

When you read further, I think you will understand why things like this happen. (For now, here's a hint. I think Kyoko's theory was right.)

So, yes, I took Kyoko's advice and started to workshops on Spiritual Cleansing and Protection. Students love it. However, I have also received numerous requests for something even more convenient and inexpensive. Something compatible with absolutely everyone's tight schedule. Something easy to understand but also thorough.

Hey, that would be an old-fashioned technology called “this book.”

Ask an interpreter.

Another big motivator for me in writing this book was interpreters besides Kyoko-san. Thanks to many foreign teaching trips, I have done hundreds of sessions and dozens of workshops with interpreters. Trust me, it's a very interesting type of relationship.

Do good interpreters merely translate your words? No, they crawl inside your brain. Where they proceed to tease out what you are really trying to say.

Then interpreters figure out how to adjust your words so that people from an entirely different culture will go “Aha!”

I have developed enormous respect for the brainy *session* interpreters who will sit with six clients in a row, healing away. Moreover, many *workshop* interpreters have personalities so lively that they make my offerings seem way more interesting than if I were the only speaker.

Being so grateful to all these interpreters, did I listen when they asked me to teach them the skills of Spiritual Cleansing and Protection? Can I use a chopstick?

Okay, two chopsticks work better. Okay, sometimes I have decent skills with making a pair of chopsticks hold food. Anyway, you get the idea.

Again and again, interpreters would thank me, saying something like, “Even though we had a long day, I don’t feel exhausted or weird now. How odd. I even feel good.”

Apparently this was unusual.

Over the years I learned why. Many psychics and healers don’t have the skill set for doing effective Spiritual Cleansing and Protection. Instead, their talents, interests, or training lie elsewhere.

Pity the poor interpreter — and maybe the client — and maybe also that talented healer doing the session in the first place. As the day wears on, air in the room gets thicker and heavier and more crammed with astral goop.

In Japan, I was working with a company called VOICE that specializes in mind-body-spirit services. Interpreters told me, after a typical day of interpreting for healers sponsored by VOICE, clients might have felt good but their hardworking interpreters would go home exhausted.

So why, after spending a day with me, did interpreters feel better than ever? How come they looked positively recharged, even glowey? It had to be the skills of Spiritual Cleansing and Protection.

Our company, VOICE, had a 28-year history of sponsoring healers like me, approximately a hundred of us every year. A couple of times I set records for the company.

Why did I wind up helping more clients than any of their other healers or psychics? All of them were highly trained professionals in their own specialties. All of them could have been way more talented than me. Only they definitely lacked one particular skill set.

Because Spiritual Cleansing and Protection isn’t included in other skill sets. It must be learned on its own.

What will happen when you know these healings, too? Maybe you will go to foreign lands and wow some interpreters. Whatever your heart’s desire for career, I hope that you will become more productive. Whatever your home life, your love life, why not learn to de-clutter the energies around you?

Less friction in your life. Less confusion. More you. That simple.