

## Practical Mastery™ Clearing Sessions

**Auric Field Integrity:** A Practical Mastery™ session to clear, heal, repair, recalibrate, expand, activate, seal and shield the aura, auric sheath and other energy fields around the physical, etheric, emotional and mental bodies and all energetic centers and systems.

**Claiming, Embracing and Healing Your Shadow:** This Practical Mastery™ program rolls back to conception and sweeps through your life helping you to clear old less-than-love energy patterns, templates and blueprints around your shadow.

**Clearing Communication Pathways:** This session helps you to release less-than-love energies and frequencies that come from technologies like television, internet, email, telephone, cell phone, etc. It also cloaks your communications on all levels.

**Clearing Control, Attachments, Expectations and Agendas:** This profile helps you to release less-than-love energies associated with being in control and being controlled, attachments, expectations and agendas.

**Clearing Covenants, Contracts, Vows, Oaths and Promises:** Helps you to release covenants, contracts, vows, oaths and promises that no longer serve your highest good. Also clears any energy cords you may have to these things.

**Clearing Dark Influences:** Helps you to release less-than-love energies associated with cultural influences (media, books, movies, etc.), religions and cults, and dark influences from magical systems.

**Clearing Energy Interference Patterns:** Helps you to release less-than-love energies from government and alien intervention on this planet. A lot of it is genetically encoded as well.

**Clearing Entities, Spirit Attachments and Other Non-YOU Energies:** Helps you to release less-than-love entities, spirit attachments, spirit possessions, elementals, occupants, body beings, and the energetic anchors, triggers and cords associated with them. People who order this session can use the trigger words "Release Entities" to release entities.

**Clearing Environmental Toxins and Pollution:** This Practical Mastery™ program rolls back to conception and sweeps through your life helping you to clear, heal and release the impact of exposure to environmental toxins and pollution from your consciousness.

**Clearing Implants and Other Suppression Devices, Profiles and Programming:** Helps you to release less-than-love energies associated with implants; grids; cages; pain traps; energy drains; past life weaponry; portals and star-gates; pockmarks; wedges; micro black holes; etheric debris, mucous and parasites and their associated anchors, triggers and cords. People who order this session can use the trigger words "Release Implants" to release implants.

**Clearing Karma and Karmic Contracts:** Helps you to release karma, karmic contracts, karmic agenda and karmic hooks and cords at the deepest level possible.

**Clearing Limitation Profiles from the Energetic Systems:** Helps you to release less-than-love energies that are usually hidden from your vision by blind spots, glass ceilings of limitation, illusions, blinders, veils, etc. Helps you to release limitation on a very deep level and to see your life and patterns more clearly.

**Clearing Magnetic, Electro-Magnetic, Solar, Galactic, Universal and Astrological Influences:**

Helps you to release less-than-love energies originating from astrological imprints, distorted magnetic and electro-magnetic energy fields, solar flares and less than love energies from the galaxy and universe. Also protects your home and car from these disruptive influences.

**Clearing Profiles of Abandonment, Loneliness and Separation:** Helps you to release less-than-love energies associated with feeling abandoned, isolated, misfit, alien, different, not at home, not belonging and not fitting in.

**Clearing Victimization, Drama and Processing:** Helps you to release less-than-love energies associated with the duality consciousness games around rescuer/victim, drama and processing. Helps you to maintain neutrality and be firm in your own center and power in the midst of drama.

**Clearing Your Dreams:** This Practical Mastery™ program rolls back to conception and sweeps through your life helping you to clear old less-than-love energy patterns, templates and blueprints around your dreams and also works to clear any less-than-love vibrations you encounter while you are doing service work at night while you are sleeping or doing astral cycle. It also blocks the creation of less-than-love scenarios from your dreams or nightmares.

**Clearing Your Family Relationships:** Helps you to release slow and dense energy associated with your family relationships. Provides angelic support to help you to remain neutral and to be who you are even when you are with your family. Helps you to clear and release dysfunctional and toxic family relationship patterning. Brings in divine ideal for family relationships and for communications.

**Clearing Your Food and Drink:** This Practical Mastery™ program rolls back to conception and sweeps through your life helping you to clear old less-than-love energy patterns, templates and blueprints around anything that is ingested, digested or enters the bloodstream. Enhances the nutrition of all food, clears out toxins and artificial preservatives, clears duality consciousness beliefs around food and drink and helps imprint all food with the vibration of the Food of Love, Life and Light.

**Clearing Your Friend Relationships:** This profile helps you to release slow and dense energy associated with your friendships. It clears out a lot of the boxes and rules based in mass consciousness about friendships and helps bring friendships into alignment with the divine ideal for friendships.

**Clearing Your Intimate Relationships:** This profile helps you to release slow and dense energy associated with your intimate relationships. Helps both people who are working on attracting an intimate relationship and people who are trying to improve an existing intimate relationship. Please note, however, that if the relationship you have is not aligned with your highest good, it may shift and the person may leave your life. Helps people to establish the divine ideal union.

**Clearing Your Relationship with Self/Body:** This advanced profile helps you to release slow and dense energy associated with your personal relationship with yourself and the way you view your body and health. It also clears away a lot of the subconscious programming that you absorbed while the host body was a fetus. Helps you to bring in and anchor the divine ideal templates for self love, self esteem, self acceptance, body image.

**Clearing Your Sex Life:** This Practical Mastery™ profile helps you to clear old energy patterns, templates and blueprints around your sexual encounters, sexual history and fantasies/dreams. Helps you to purify how you express your sexuality and align it to the divine ideal for human sexuality in the fifth and higher dimensions.

**Clearing Your Sleep Patterns:** This Practical Mastery™ profile rolls back to conception and sweeps through your life helping you to clear old less-than-love energy patterns, templates and blueprints around sleep. Helps restore the zeta brain wave for sleeping which is the sleep cycle promoting rejuvenation, regeneration and immortality. Helps restore the divine ideal sleep pattern for both the physical and crystalline bodies.

**Clearing Your Work Relationships:** This session helps you to release the slow and dense energy associated with your work relationships. It also helps you to operate from divine neutrality at work and to be who you are in your working hours. It also brings in templates for the divine ideal of work. Please note if your work environment is way out of alignment with the divine ideal, you may need to find something that is more aligned. This happens all the time to people who study cutting edge healing modalities like Practical Mastery™.

**Divine Ideal Conception, Gestation and Birthing:** The divine ideal conception, gestation and birthing process will not only insure that you were conceived in love but it will also remove from your consciousness every fear, concern and less-than-love-and-light thought or word that crossed into you from the environment outside the womb. It all begins in the moment of conception when the energy vibration of the egg and sperm is purified and raised to the highest possible level. For people who are on mastery paths in this incarnation, the egg and sperm will be raised to the crystalline vibration. It is like you are born in the womb of the Divine Mother. The energy field of God and Divine Mother will surround you in a cocoon of love and light and throughout the entire gestation and birthing process, you will be in a state of complete tranquility.

**Healing Your Inner Child and Wounded Child:** The combination of the Divine Conception, Gestation and Birthing and the Healing Your Inner Child and Wounded Child sessions helps you to create a strong foundation of lifelong stability and well-being. This powerful Practical Mastery™ session has the potential to transform your life to one of more balance, harmony and serenity by re-scripting the past to reflect a new reality where your inner child was nurtured and supported throughout your entire life. The wounded child is healed as well in this powerful session. When we experience a traumatic event in childhood, part of our self gets splintered and fragmented. In order to experience wholeness and to ground your spiritual energy into your body, you need to acknowledge, clear, heal and embrace your wounded child as well.

**Perfected Words Profile:** This powerful Practical Mastery™ rolls back to conception and sweeps throughout your life clearing any creation energy around less-than-love words, thoughts, dreams, images from media, etc. so that you do not manifest things that are not aligned with your highest good. Also goes after and clears profiles and programming that generate the less-than-love thoughts, dreams, words, etc.

**Releasing and Rescripting Cords:** There are many ways that people, places, and energies of all sorts can become corded into your energy fields. This session not only helps you to release cords that are not aligned to your highest good but also helps to shield you from cords being reattached as well pulling and rescripting to the fullest extent possible all programs, profiles, genetics, contracts, allowances, permissions, covenants, entities, implants that are energetically anchoring and reinforcing cords. Some of the most common cords are cords are solar plexus cords, harm cords, pity/empathy cords, sexual cords, entity cords, attachment cords, implant cords, cords to less than love places and frequencies; dream cords, fantasy cords, etc. People who order this session can use the trigger words "Cords" and "Release Cords" to release cords.

**Releasing and Rescripting Your Past:** This powerful Practical Mastery™ profile rolls back to conception and sweeps throughout your life clearing anything and everything that is not aligned with the divine ideal. It clears out an amazing amount of stuff. I was stunned when I ran this for myself and tuned into what was going on energetically.

## Practical Mastery™ Shields Package

When I was downloading the Practical Mastery™ modality, I knew that there were shields associated with it but unlike the other sessions; I did not get any individual names for shielding sessions. When I began downloading the shields, I got that I needed to download a package of shields.

A lot of these shields involve advanced cloaking and protection from the adversary to light, help you to repel people not aligned with your path of mastery from entering your life, protect your home and car, shield you from less-than-love earth energies and frequencies. Unlike many of the other shields I have worked with, these shields allow you to carry out your service work and be visible in the world at the same time. The Practical Mastery™ Shield Package also includes a number of filters to help you to not pick up as much less-than-love energies from parallel/alternative realities, empathy and energetic resonance with others.

Please note that the number of shields that each person receives is based on their level of mastery and light/love quotients. The shields only need to be done once for each person and they are calibrated to download automatically as required as people grow and expand.

When I asked Melchizedek to describe what these shields do, his response was:

***"The Practical Mastery™ shields will assist one in the ultimate protection that is available from GOD at any given time in your evolution so that you can evolve without the distractions of lower vibrations hindering your growth. These shields will allow discovery of issues to be healed, while still providing optimal protection. In the past, shields would come down or become less effective if a major issue came up for discovery and the individual was left vulnerable until the issue was discovered and healed. With these shields you are protected throughout all phases of discovery and extra angelic guidance is provided to assist you in all phases of discovery and healing. These PM Shields roll back to the seed so that your host body and your mother are provided with energetic protection throughout the whole gestation and birthing period. These shields are all one ever needs in this lifetime because these shields grow and evolve with you - providing optimal shielding, protection and cloaking as your vibration rises. Once you receive this package, if at anytime during your evolution you feel you need upgraded shields, all you have to do is silently say in your mind, "GOD I choose upgraded shielding" and it will be done instantly. Currently, there are 432+ shields and cloaking mechanisms in this package that can grow exponentially with the individual."***

**Note: When you are transmitting the Practical Mastery™ Shields Package to yourself or to others, all you have to do is say "I now align with GOD (or Creator). I am one with GOD. I now intend to work from the divine ideal chamber in the Heart of GOD/Creator. GOD please clear the energetic spaces at the planetary, universal, multiverse, omniverse and beyond for \_\_\_\_\_. GOD please transmit the divine ideal Practical Mastery™ Shield Package, Master File Profile, the Template Master File and the divine ideal general clearing, healing and balancing profile as well as the general clearing the energetic spaces profile to the highest level aspect of the monad of \_\_\_\_\_. Thank you GOD, You may execute (or activate). Please disconnect me cleanly from the client. Thank you GOD."**

## Practical Mastery™: Profile Purges

These powerful Practical Mastery™ sessions are aimed at helping people purge and clear out old profiles and programs and bring in new ones that are aligned to the divine ideal. Many of these sessions also include healing profiles to assist the four lower bodies (physical, etheric, emotional and mental) in repairing any damage done by the presence and operation of the less-than-love profiles and programs. Each of these sessions usually rolls back to birth and clears out mass and duality consciousness maps, blueprints, pathways, beliefs, etc. that are not aligned to the divine ideal or the fifth and higher dimensions and re-scripts to align everything back to the divine ideal.

For example the Addictive and Obsessive Behavior Profile Purge/Healing Profile session rolls back to conception and sweeps through your life helping you to clear old less-than-love addictive and obsessive behavior and the underlying mental, emotional and bio-chemical anchors for addictions.

Another example would be the Grief and Sorrow Profile Purge/Healing Profile session which helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns of grief, sorrow and deeply-imbedded sadness. This one also includes a healing profile for broken heart energies and frequencies.

**When I asked the Trinity Council of Light that is responsible for Practical Mastery™ what is emotional mastery, they also focused a lot on the importance of the profile purges.**

***The profile purges will purge from the person's maps and blueprints and imprints - everything that they have experienced not only in this lifetime but every time they have lived this lifetime as that being of who they are from the beginning that provides more clearing on a deeper level than just rolling to the birth because it rolls back to the evolution of the soul as being you. And those profile purges are important because they are changing the maps and blueprints so that you can attain emotional mastery.***

***Profile purges are the clearing work that is necessary to get to the emotional mastery. They change the blueprints and then the emotional mastery is about bringing in the good stuff that you want and the operating systems that you want to work from. So the profile purges are changing the old operating systems purging that from your archives and your files and giving you new blueprints and wiring so that those things can't stick anymore. And the emotional mastery are the new emotional mastery where you bring in those positive loving emotions and that you exist and operate from them and not from the lower levels of emotions. The profile purges, healing profiles and clearing profiles are the foundation work to the emotional mastery."***

- Abuse (emotional, self)
- Adaptability, Flexibility and Rigidity
- Addictive and Obsessive Behavior
- Adversity
- Advertising
- Alienation
- Aloofness
- Ambition
- Ambivalence
- Anger, Rage and Resentment
- Apathy and Indifference
- Apprehension
- Archetype Profile Purge
- Argumentativeness
- Arrogance, Pride, Superiority and Inferiority
- Astrology
- Being a Doormat for Others
- Believing in Yourself
- Betrayal
- Big Business and Corporate America
- Bitterness
- Blame
- Blocks in Life/Feeling or Being Stuck
- Boredom
- Bullying and Hen-Pecked
- Caretaking
- Commitment
- Communication
- Compartmentalization
- Competitiveness
- Complaining and Whining
- Confidence
- Confrontation and Fear of Confrontation
- Confusion
- Contempt
- Coping
- Core Fear
- Couch Potato
- Cruel and Mean Behavior
- Cynicism and Sarcasm
- Death and Suicide
- Deceit and Dishonesty
- Defensiveness
- Denial
- Dependency
- Depression and Despair
- Deprived
- Despondency
- Destructive
- Disconnected
- Disillusionment
- Disorientation
- Dissatisfied
- Insecurity
- Insensitivity and Over-Sensitivity
- Internet and Computer Use
- In the World but not of the World
- Intolerance/Racism/Prejudice
- Irrational and Irresponsible Behavior
- Irritability
- Isolation
- Joking
- Just/Unjust
- Laziness and Procrastination
- Light/Dark
- Loving Others and Self as God Loves
- Lucky/Unlucky
- Love Thyself
- Lust, Jealousy and Possessiveness
- Macho, Sexist and Chauvinist Behavior
- Making Mountains Out of Molehills
- Male/Female Communications Patterns
- Manipulative Behavior
- Masculinity/Femininity
- Materialism/Keeping Up with the Jones
- Media
- Melancholy
- Memory Improvement
- Mind Control and Subversion
- Mine/Yours
- Mis-Qualified Energies from CDs, TV, Movies, Books, Magazines and Newspapers
- Motivation
- Murphy's Law
- Nationalism
- Need/Want
- Negative Ego Programming
- Oppression
- Organization, Efficiency and Neatness
- Overwhelmed
- Peer Pressure
- People Pleasing and Co-Dependency
- Perfectionism
- Pessimism
- Playing Nicely with Others
- Politics, Government and Military Institutions
- Pride, Spiritual Arrogance and Superiority
- Punishment and Discipline
- Putting Your Foot in Your Mouth
- Random Inner Dialog (negative self-talk)
- Regret
- Rejection
- Religious Dogma, Guilt and Programming
- Resistance
- Responsibility for Self and Others
- Restlessness

- Distorted New Age Profile Purge
- Distorted Western and Eastern Medicine Beliefs
- Docility, Subservient, Subordinate , Slavery and Subjugation
- Dogmatic
- Doing/Being
- Dominating
- Effects of Incest
- Embarrassment
- Emotional Neediness
- Emotionally Closed
- Emptiness
- Escapism and Illusions
- Expressing Feelings and Ideas
- Extroversion and Introversion
- Failure and Defeatism
- Fair/Unfair
- False Persona
- Family Pressures and Stress
- Fathering and Mothering
- Feeling Depleted, Burned-Out and Exhausted
- Feeling Frazzled
- Feeling Safe and Protected
- Frustration
- Gender Identification
- Getting Out of the Little Self
- Giving Power Away to Others
- Good/Bad
- Going with the Flow
- Gossiping
- Greed and Envy
- Grief and Sorrow
- Harassing and Belittling Others
- Hatred
- Homophobia
- Hopelessness
- Hungry/Hunger
- Hurt/Wounded
- Immaturity
- Immoral
- Impatience
- Impetuousness
- Inadequacy
- Incapable
- Indecision
- Inner Conflict
- Right/Wrong
- Road Rage
- Rude and Uncivil Behavior
- Sadistic and Masochist (S&M) Behavior
- Self Criticism, Discipline and Forgiveness
- Self Esteem and Self Worth
- Self Improvement and Pop Psychology
- Self Absorbed/Narcissistic
- Self Pity
- Self Sabotage and Doubt
- Selfishness
- Sensitivity to Negativity, Others and Environment
- Seriousness
- Service to Self and Others
- Sexual Orientation
- Sexual Trust and Letting Go
- Shame and Guilt
- Sharing
- Spaced-Out Feeling
- Stagnant and Congested
- Stress and Anxiety
- Subliminal Messages
- Suffering and Martyrdom
- Superstitions
- Suspicious
- Taking On Other People's Energy
- Taking Power Away from Others
- Team Player
- Tension
- Terror
- Time
- Toxic Family
- Trapped
- Trust
- Unloved/Unwanted
- Violence
- Vulnerability
- Weak/Strong
- Win/Lose
- Witchcraft/Black Magic/Voodoo
- Workaholic
- Worry
- YES Man

## Healing Profile/Profile Purges Sessions

Practical Mastery™ healing profiles are basically energy healing profiles and programs that upgrade the physical, etheric, emotional and mental bodies to promote healing and well-being on all levels. They also go after the genetic predispositions for disease. These powerful sessions also include a profile purge to release the underlying programs held in the mind and cellular memory so that the four lower bodies can heal more completely. Each of these sessions usually rolls back to birth and clears out mass and duality consciousness maps, blueprints, pathways, beliefs, etc. that are not aligned to the divine ideal or the fifth and higher dimensions and re-scripts to align everything back to the divine ideal.

- Accident-Prone and Clumsiness
- Addictive and Obsessive Behavior
- Aggression and Hostility
- Anorexia
- Attention Deficit Disorder
- Autism
- Brain Scrub
- Broken-Heartedness
- Central Nervous System Upgrade, Healing Profile and Recalibration
- Claustrophobia
- Disturbed Dreams, Nightmares and Night Fears
- Divine Ideal Metabolism and Weight
- Endocrine Gland System Upgrade, Healing Profile and Recalibration
- Feeling Numb and Disconnected
- Fountain of Youth
- Gambling and Over-Spending
- Germ, Bacteria, Fungi, Spores and Micro-Organisms
- Healthy Teeth and Gums
- Heart Disease
- Hurt and Pain
- Hyperactivity
- Hypochondria
- Immune System
- Inferiority Complex
- Inherited Behavior Patterns
- Learning Disabilities and Dyslexia
- Lethargy
- Love Thyself
- Loving, Trusting and Accepting Your Body
- Lower Brain
- Manic Depressive
- Memory Improvement
- Mental Illness
- Mood Swings
- Nervous Breakdown
- Nervousness
- Obesity
- Optimal Health and Well-Being
- Over-Eating and Sweet Tooth
- Panic
- Paranoia
- Personality Integrity
- Physical and Emotional Trauma
- Pre-Cancerous Emotional State
- Purging Toxins and Heavy Metals
- Rape, Incest and Molestation
- Relationship Break-Ups and Endings
- Repressed Emotions
- Scattered Thinking
- Sexual Addiction and Pornography
- Sexual Hang-Ups, Insecurity, Inhibitions
- Shattered Feelings
- Shock
- Shyness
- Sleep Disorders & Disturbed Sleep
- Turmoil
- Type A Personality



## Practical Mastery™ Abundance Sessions

**Abundance and Prosperity Encoding:** This Practical Mastery™ session helps you to encode and imprint your energy bodies, fields, parts and particles with the frequencies of abundance and prosperity.

**Abundance, Prosperity and Success Filter/Beacon:** Helps you to clear and re-script beliefs that block you from realizing abundance, prosperity and success. Also filters out any less-than-love creation energies so you do not manifest or create anything that is not aligned to your highest good. The beacon aspect of this powerful session helps you to magnetize things that are for your highest good to you.

**Anger, Rage and Sadness Around Not Having Money Profile Purge:** A lot of people feel either very angry or very sad that they do not have more money and this actually gets in the way of their ability to manifest. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns associated with anger and sadness around not having as much money as you would like. Re-scripts a lot of childhood programming that planted the seeds for this anger and sadness in this incarnation.

**Clearing Your Business:** Helps you to release slow and dense energy in your business(es) and to align your business with the divine ideal for business. It also helps you to operate your business free from duality consciousness beliefs and less-than-love ego programming. Helps you to create the divine ideal business or realign your existing one to the divine ideal. Also helps people who work for others although this may also inspire them to create their own business.

**Clearing Your Personal Finances and Money:** Helps you to release slow and dense energy associated with your personal finances. This profile helps to align you with the universal spiritual laws of abundance and manifestation as well as to bypass the ego which often sabotages people who are trying to clear their personal finances. Increases your financial magnetism and establishes the divine ideal for investing and saving money. Includes programs for clearing your money and lack/scarcity consciousness purge.

**Connecting and Plugging into the Stream of Universal Abundance:** Helps you to connect and plug into the stream of universal abundance. Includes powerful energies to pull and re-script old programs originating from your family and mass consciousness that block you from connecting with and plugging into the vibrations and streams of universal abundance.

**Creating Heaven on Earth:** Helps you to clear blocks you have around manifesting your version of co-creating Heaven on Earth with GOD. Helps to clarify what you desire to manifest and align it to the divine ideal and the divine plan you made with GOD prior to incarnating here. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns that prevent you from creating heaven on earth.

**Deserving, Giving and Receiving Profile Purge:** You have to believe and really FEEL that you deserve to succeed and be open to receive and willing to give when appropriate in order to easily and effortlessly manifest on Earth. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns that prevent you around deserving, deserving to succeed, giving and being open to receive. Re-scripts a lot of childhood programming that planted the seeds for not feeling that you deserve to succeed in this incarnation.

**Divine Ideal Balance, Flow and Direction of Money:** This Practical Mastery™ session blesses all of your economic exchanges and blesses and infuses them with Divine Love and Light.

**Divine Ideal Sequences for Abundance:** Channeled information about this session from Melchizedek: *"This Practical Mastery™ Package contains 422 sequencing codes for abundance. What this coding does is clear all that is in opposition to the universal and multi-universal laws of abundance and places one in the universal and multi-universal flow of abundance. When we say "abundance" we do not only refer to "money" or forms of "energy exchange" for goods and services, but to all that the word "abundance" means, which includes, love, happiness, prosperity, wisdom, and joy, which are your divine birthright from GOD. Once you receive this package, you will be given many opportunities and choices to create the life that you want free of suppression energies. These new choices and opportunities which were previously veiled to you will be revealed, and your creation thoughts and choices at any given moment will allow you to accept or reject this new flow of abundance. You are the Co-Creator of your life and destiny and it is your choices at any given moment that determine the path you walk so we say, in order to be advantageous with this new flow of energy, when given opportunities in your life, always ask for the highest path and that will connect you into the flow of this magnificent creation energy."*

**Downloading Light Packets of Universal Knowledge from the Creator:** My abundance depends more on the flow of information and knowledge from Universal Mind and GOD than it does from how much money I have in the bank. This Practical Mastery™ profile helps you to become a clear channel to receive ideas from Universal Mind and GOD. It also would help spiritual healers, teachers and leaders to become wider and more impeccable channels for Spirit.

**Embracing Success:** This profile helps you to embrace success in all areas of your life - financial, relationships, hobbies, etc. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns that prevent you from embracing success. Re-scripts a lot of childhood programming as well.

**Energetic Money Cleansing Filter:** This Practical Mastery™ session gives you an energetic filter that helps you to cleanse any thoughts around money originating from the conscious mind, subconscious mind and from the dream state of consciousness.

**Financial Sovereignty:** This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns that prevent you from obtaining financial freedom and independence. In addition it is also an Emotional Mastery session to help you master your personal financial realm of being.

**Gracefully Dealing with Transition and Change Profile Purge/Healing Profile:** Wealthy people tend to handle change and transition better than people who are not so wealthy. The whole point of the best-selling book *Who Stole my Cheese* is that when the source of your cheese moves, you need to move as well. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns that prevent you from gracefully dealing with transition and change. Re-scripts a lot of childhood programming that planted the seeds for inability to handle change well in this incarnation.

**Harmonics of Money:** This Practical Mastery™ session calibrates your energy field with the tones, vibrations and frequencies of divine abundance.

**Healing and Transforming Your Relationship with Money:** Helps people to clear parental and mass consciousness programming and rescript their relationship with money; clear random inner dialog and negative self talk around money; clear worrying and anxiety and fears around money; and clear and heal each person's relationship with money.

**Infinite Flow:** A lot of times when I have concerns around money the issue is not how much money I have is how it is flowing energetically. This Practical Mastery™ session not only helps you to clear stuck or stagnant financial flows, but also helps you to live in the flow of things in all areas of your life.

**Magnetizing Clients:** This powerful Practical Mastery™ session helps you to magnetize and attract clients to your work who will both benefit from your products or services and who are aligned energetically with what you have to offer.

**Magnetizing Wealth and Money:** This powerful Practical Mastery™ session helps you to magnetize and attract wealth and money into your life. Includes powerful energies to pull and re-script old programs originating from your family and mass consciousness that repel wealth and money.

**Material versus Spiritual Profile Purge:** One of the biggest blocks I have had to becoming abundant is clearing my programming around feeling that having money is not spiritual and that spiritual people should not focus on material things. Everything is energy including money and everything is spiritual. This Practical Mastery™ session helps you to clear, heal and release this type the underlying less-than-love programming, genetic predispositions, triggers and patterns associated with this pattern. Re-scripts a lot of childhood programming as well since most of us pick up this belief from our family or origin and religious organizations.

**Midas Touch Recalibration and Reprogramming:** Helps you to manifest and create as if you were a hand of GOD. Adds the golden energy frequencies of creation to all of the projects you work with and raises their vibration. This only works I sense for people who are on cosmic ascension paths and thus are very clear in what they are choosing to manifest in this lifetime.

**Money Fears and Worries Profile Purge:** A lot of people either worry about money a lot or have many fears around money and usually both. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns associated with money fears and worries. Re-scripts a lot of childhood programming that planted the seeds for either fearing money or worrying about it in this incarnation.

**Money is the Source/Root of All Evil Profile Purge:** I was in a workshop on abundance once with lots of people and this was pretty much a universal belief held by everyone attending the workshop. Of course the actual quote is that the LOVE of money is the source of all evil but what our subconscious mind often hears instead is that money is the root of all evil. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns associated with the belief that money is the source of all evil. Re-scripts a lot of childhood programming that planted the seeds for this core belief in this incarnation.

**Money Stress, Anxiety and Tension Profile Purge:** This session is similar to the money fears and worries but it targets financial stress, anxiety and tension instead.

**Opening the Prosperity Channel Within You:** This powerful Practical Mastery™ session helps you to open a chamber within your multi-dimensional heart which is connected to the source of Universal Abundance.

**Practical Abundance:** When we asked the council of light and GOD for what the next step in abundance was we were given this session on practical abundance. It feels like a deepening of the abundance work accomplished in prior sessions.

**Resentment Toward and Envy For Wealthy People Profile Purge:** A lot of people resent or envy wealthy people and this pattern blocks them from becoming wealthy themselves. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns associated with resentment toward or envy for wealthy people. Re-scripts a lot of childhood programming that planted the seeds for resentment and envy of wealth in this incarnation.

**Risk Taking Profile Purge/Healing Profile:** Wealthy people tend to take more risks than other people. While many risks do not pay off, the ones that do usually more than over-compensate for those that do not. This Practical Mastery™ session helps you to clear, heal and release old less-than-love programming, genetic predispositions, triggers and patterns that prevent you from taking risks. Re-scripts a lot of childhood programming that planted the seeds for risk-aversion in this incarnation.

**Universal Mastery Abundance Package:** For this Practical Mastery™ session I connected with my future self who has reached enlightenment and mastery of abundance and got the encodements and frequencies from him. Also I worked with Melchizedek, Metatron, Divine Father, Divine Mother and GOD to download many abundance energies and frequencies from the higher dimensions. Like much of my other work what you receive is tied to your vibration and your love and light quotient. GOD usually does not entrust a lot of money to people before they are fairly clear energetically. For many people becoming wealthy too early would take them off of their spiritual path and plan with GOD for this lifetime.

**Upgrading Your Personal Program for Abundance:** We each have a personal program for abundance. When I ask to view my own - I almost always get an image of water. For example, if things are slow, I may get an image of a placid lake. I then add a waterfall to it to jumpstart my abundance. Basically what this Practical Mastery™ session does is upgrade your personal programming for abundance and add more flow to it.

**Web Site, Logo and Promotional Materials Blessing:** This Practical Mastery™ session imprints your divine ideal energy signature on your web sites, logo and promotional materials to assist people who view your web site(s), logo(s), letterhead, brochures and promotional materials to experience your energy clearly so that it is easy for them to decide whether or not they would benefit from your goods and services and to determine it is aligned for them to work with you and also helps them to select which items or services would be for their highest good. Preserves and maintains energetic integrity of your web site, logo and promotional materials. Cloaking and shielding for your web site, logo and promotional materials. Helps you to attract and magnetize clients who are aligned to your work and who will benefit from working with you.

**Working with the Creator to Get His/Her Work Out into the World:** Many of my friends are very gifted and powerful healers and teachers and leaders who are fulfilling their service plan with GOD but who also struggle with getting their work out into the world. I view everything that I do as GOD's work and it is Her/His responsibility to maintain an abundant lifestyle for myself and GOD always comes through for me. This powerful Practical Mastery™ session helps people to work with GOD to get GOD's work out into the world. A lot of what this session does is to take you out of the picture so that the little you cannot hold back the big you from fulfilling their contract with GOD.

# Emotional Mastery Sessions

When I asked the Council of Light that is responsible for Practical Mastery™ what is emotional mastery this was the answer I got.

*"The beings on your world focus on the physical and energetic mastery but what they tend to neglect is the emotional mastery that needs to be done in order to spiritualize the mind and body. Because you see when you are in human form you have certain confinements or restrictions on the human form and the human mind that deal with the emotions and that operate at very lower vibrations and lower densities that we need mastery over to bring them into the higher spiritualized mind which is the emotional mastery.*

*And what these emotional mastery profiles will do will assist the being in reaching into those higher levels by taking the denser lower emotions and bringing them into a higher more ascended form of expression of the love emotions - because there are only two emotions love and fear. So we want to transform those of fear into that of love so that the only thing that is expressed are those love emotions and that is emotional mastery.*

*That is why the profile purges are important as well because the profile purges will purge from the person's maps and blueprints and imprints - everything that they have experienced not only in this lifetime but every time they have lived this lifetime as that being of who they are from the beginning that provides more clearing on a deeper level than just rolling to the birth because it rolls back to the evolution of the soul as being you. And those profile purges are important because they are changing the maps and blueprints so that you can attain emotional mastery.*

*Profile purges are the clearing work that is necessary to get to the emotional mastery. They change the blueprints and then the emotional mastery is about bringing in the good stuff that you want and the operating systems that you want to work from. So the profile purges are changing the old operating systems purging that from your archives and your files and giving you new blueprints and wiring so that those things can't stick anymore. And the emotional mastery are the new emotional mastery where you bring in those positive loving emotions and that you exist and operate from them and not from the lower levels of emotions. The profile purges, healing profiles and clearing profiles are the foundation work to the emotional mastery."*

- Ability to Give and Receive Love
- Abundance
- Acceptance
- Affectionate
- Alignment
- Alive
- Appreciation
- Assertive
- Authentic
- Balance
- Balance of Spirituality and Sexuality
- Beauty
- Being Here
- Being True to Yourself
- Belonging
- Body/Soul Balance
- Bold
- Boundaries
- Calm
- Cared For
- Caring
- Carpe Diem
- Centering
- Change
- Choices/Flexibility
- Christ Consciousness
- Clarity
- Cleansing
- Compassion
- Complete
- Confident
- Contentment
- Cooperative
- Courage
- Creativity
- Curiosity
- Daring
- Deserving
- Dignity
- Direction
- Discernment
- Divine Neutrality
- Divine Timing
- Divine Work Ethic
- Ego Balance
- Emotional Blockages
- Emotional Cleansing and Release
- Emotional Detachment
- Emotional Positivity
- Empathy
- Empowerment
- Endurance
- Energy Boost
- Integrity
- Intellect (IQ Booster)
- Intimacy
- Karma
- Kindness
- Knowing Thyself
- Learning Life's Lessons
- Letting Go of the Past
- Life Direction
- Liking Self and Others
- Listening: Inner Voice
- Love Thyself
- Loyal
- Magnetic
- Male/Female Balance
- Manifestation
- Mental Fluidity
- Meridian Balance
- Nature Awareness/Attunement
- Nourished
- Nurturing
- Oneness
- Open Heart and Mind
- Optimism
- Patience
- Peace
- Peace of God
- Peace of Mind
- Perfected Inner Child
- Perfection
- Perseverance
- Personal Power
- Positive Destruction
- Power
- Prosperity Consciousness
- Protection
- Psycho-Spiritual Balance
- Purification
- Purpose
- Quietness
- Receiving
- Receptive
- Rejuvenation
- Relationships
- Relaxation
- Release
- Releasing Old Patterns
- Respect
- Safety
- Saying YES to Life
- Security
- Seeing All Possibilities
- Self Acceptance

- Enjoying your Life
- Enlightenment
- Enthusiasm
- Etheric Body
- Expectant
- Exuberance
- Fair
- Faith
- Flexibility
- Flow
- Focus
- Forgiveness
- Freedom and Independence
- Fulfillment
- Generous
- Giving
- Giving/Receiving Balance
- Getting Out of Your Own Way
- Grace
- Grounded
- Growth
- Guidance
- Happiness
- Harmlessness
- Harmony
- Healthy
- Honest
- Hope
- Humanitarian Feelings
- Humility
- Humor and Laughter
- Imagination
- Individuality
- Infinite
- Inner Harmony and Strength
- Insight and Intuition
- Inspired
- Integration
- Self Actualization
- Self Esteem
- Self Healing
- Self Love
- Serenity
- Shadow
- Simplicity
- Soul Awakening
- Sovereignty
- Spiritual Balance
- Spiritual Connection to God
- Spiritual Fluidity
- Spiritual Journey
- Spontaneity
- Stability and Strength
- Subconscious and Super-Consciousness
- Subconscious Clearing
- Subtle Body Balance
- Success
- Support/Feeling Supported
- Surrender
- Tenderness
- Tough Love
- Tranquility
- Transcendence
- Transition
- Transparency
- Truth
- Trust
- Unity Consciousness
- Valued/Valuable
- Virtuous
- Vision
- Warmth
- Wholeness
- Will Power
- Wisdom and Understanding
- Youth and Vitality



## Enlightenment Sessions

**Antahkarana Activation:** An activation from GOD to help you to build the rainbow bridge of light to connect your personality with your soul.

**Ascension Healing Profile/Profile Purge:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear out any programs or profiles that is blocking your ascension and to upgrade the physical, etheric, emotional and mental bodies to help support your physical ascension process within a physical body.

**Christ Consciousness Codes:** This Practical Mastery™ session is a powerful transmission of the Codes for Christ Consciousness from GOD. This assists you to physically embody the frequencies of Christ Consciousness. Energetically rewires your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Clearing the Seals:** This Practical Mastery™ session helps you to clear the seals on each of your chakras so that you can access deeper levels of each energy center and chambers that resonate with the vibration of Christ Consciousness and unconditional love.

**Clearing and Enhancing Psychic Gifts:** This Practical Mastery™ session helps you to bring in, awaken and activate the psychic gifts and abilities that are aligned with your mastery path and the plan you made with GOD prior to incarnation.

**Clearing Your Genome:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear, heal and release DNA, RNA and ENA (emotional level of DNA) genetic coding, patterns and predispositions that are not aligned with the divine ideal for your specific genome.

**Clearing Your Life Path:** Helps you to release slow and dense energy associated with your life path, soul purpose, divine plan, contracts with Spirit for this lifetime. Helps you to understand to the fullest extent possible the truth of who you are and what you came here to do.

**Clearing Your Monad:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear, heal and release old less-than-love programs from the consciousness of your monad. Very powerful session intended for people on a strong mastery path in this lifetime. (Prerequisite: Clearing Your Over-Soul).

**Clearing Your Over-Soul:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear, heal and release old less-than-love programs from your over-soul.

**Clearing Your Relationship with Spirit:** Helps you to release slow and dense energy associated with your relationship with Spirit. Heals the illusion of separation from Spirit, being mad at God, brokenness from feeling separated from Source. Helps to establish your divine ideal relationship with Spirit.

**Creator Crown and Scepter Activation and Initiation:** Empowerment Activation from GOD to assist each being to step into full empowerment so that they may fulfill the path and plan they made with GOD prior to incarnation.



**Creator Love Sheathe and Plating:** Rolls back to conception and places a fast moving, electrical sheathe or plating of unconditional love from the Heart of GOD around all energetic systems of each sentient being. When dense, heavy, slow, stuck and less-than-love energies try to enter the energetic systems, much of this energy will be transmuted by the love sheathe and the less-than-love energies that do get through will be broken up, fragmented and much, much diluted. Divine dispensation of grace from GOD to humanity at this time.

**Creator's Brain Expansion Activation:** As you expand and grow and move deeper into your mastery path, your brain expands as well and becomes attuned to the mastermind frequency and the Mind of GOD. This Practical Mastery™ session is a powerful transmission from GOD that assists you in expanding your brain capacity and abilities as you evolve and raise your vibration.

**Defragging and Recalibrating the Four Lower Bodies:** Much of the last fifteen years of my life has been about clearing out old energies and stuck energies and slow energies from my physical, etheric, emotional and mental bodies. But over time what this work does is that spaces develop because when stuff is cleared out and re-scripted, it is not always put together in the most efficient way. This Practical Mastery™ session empowers your Monad to streamline and reorganize your four lower bodies as well as to do so periodically in the future whenever it is required for optimal well-being and functioning of the four lower bodies.

**Divine Balance, Neutrality, Inner Peace and Serenity Filter/Beacon:** This Practical Mastery™ session helps you to stay in a state of divine balance, neutrality, inner peace and serenity at all times. It filters out internal and external thoughts and experiences that may pull one out of divine balance and radiates the trait of inner peace to others.

**Divine Child:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear, heal and release old less-than-love programming from your family of origin. The past is re-scripted to reflect the ideal childhood you would need to obtain mastery at the earliest possible age. Includes lots of programs to assist with inner child healing and development as well.

**Divine Father Universal Light Expansion:** Activation from the Divine Father to bring in the Universal Light to assist people on paths of cosmic ascension. Highly recommended to take the Divine Mother Heart Expansion at the same time as this one.

**Divine Ideal Axiatonal Alignment:** This Practical Mastery™ session helps you to always stay aligned with the love and light energy fields and grids of earth, the solar system, the Milky Way galaxy and our universe. As the energies are upgraded, you are upgraded as well.

**Divine Mother Heart Expansion:** Heart activation from the Divine Mother to assist beings to open their heart and to deepen their compassion, devotion and oneness to Source. Highly recommended to take the Divine Father Universal Light Expansion at the same time as this one.

**Downloading Sacred Codes and Geometries:** This Practical Mastery™ session is a transmission from GOD to you of the sacred codes and geometries that you need as part of your mastery path in this lifetime. When you do this session, it downloads all of the possible codes and geometries to your Monad that you could possibly require. The codes and geometries will not download for a person immediately, they will download over time as the person evolves.

**Embodying Your God-Self:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear, heal and release anything and everything that prevents you from embodying, anchoring and grounding spiritual energy from your God-Self into your physical, etheric, emotional and mental energy bodies, fields, parts and particles.

**Emotional Charge Rescripting:** This session empowers GOD to roll back to the moment of conception and to infuse the energies of unconditional love and divine neutrality into each sentient being's energetic systems as soon as they become emotionally charged around anything or anyone.

**Emotional Sovereignty:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear, heal and release stuck emotions and negative emotional programming. Helps you to feel more positive about your life and to be more fluid emotionally.

**Empowerment:** This Practical Mastery™ session is a powerful empowerment activation from GOD. This assists you to physically embody the frequencies of empowerment by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Enlightenment:** This Practical Mastery™ session is a powerful transmission of the energies of enlightenment from GOD. This assists you to physically embody the frequencies of enlightenment. Energetically rewires your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Free Flow of Energy:** This Practical Mastery™ session scans your four lower bodies (physical, etheric, emotional and mental) for blocked, stuck, stagnant or very slow energy and helps release these blockages so that your energy flows freely throughout your energetic systems.

**Forgiveness Healing Profile:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear old less-than-love energy patterns, templates and blueprints around forgiveness. Includes advanced clearing profiles from Buddha and an upgrade to your multidimensional heart from the Divine Mother.

**Gates of Evolution:** As you raise your love and light quotient and evolve on your path to mastery, you go through gateways of evolution where you are offered different contracts that will be of the highest good and the guidance and support you need to take advantage of these gates. Another very powerful session especially for people working on planetary ascension. The Stargates of Evolution session is aimed more toward people focusing on cosmic ascension.

**Grace:** This Practical Mastery™ session is a powerful transmission of the energies of grace from GOD. This assists you to physically embody the frequencies of grace by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Grounding Into the Divine Heart of Gaia:** This Practical Mastery™ session assists you in staying grounded at all times into the Heart of Gaia. Helps you to remain steady during these intense times of change and helps you to ascend by grounding you into the highest frequencies of earth energies.

**Healing Fragmentation of the Heart and Soul:** This Practical Mastery™ session helps you to heal soul and heart fragmentation on many levels. Almost everyone holds soul and heart fragments in their energy fields that belongs to others and other people hold soul and heart fragments that belong to you. This Practical Mastery™ session helps to accelerate this process and to heal the imbalances created by heart and soul fragmentation.

**Heart Communication:** This Practical Mastery™ session helps you to communicate from the heart at all times.

**Highest Vibration Rescripting:** This session empowers GOD to scan each sentient being to identify the moment where their spiritual vibration was the highest and most loving and most beautiful and most aligned to divine truth in the eyes of GOD. And then GOD will take this level of vibration and re-script from conception the life of each sentient being to match this very highest vibration.

**Holy Spirit Shekinah Baptism and Gifts Activation:** A transmission from the Holy Spirit Shekinah to each sentient purifying their energetic system and awakening the gifts of the Holy Spirit within each being that are related to fulfilling the plan and contracts they made with GOD prior to incarnation.

**Holy Spirit Shekinah Wisdom Expansion:** An activation from the Holy Spirit Shekinah to help each person to embody wisdom from GOD at all levels of being as well as to balance the powerful love, compassion, light and power energies from the Divine Father and the Divine Mother.

**Infinity:** This Practical Mastery™ session is a powerful transmission of the energies of infinity and unlimited possibilities and expansion from GOD. This assists you to physically embody the frequencies of infinity by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Innocence and Purity:** Transmission of the frequencies of innocence and purity from GOD to each sentient being. This activation contains blueprints, mappings, etc. to assist each sentient being to embody the divine attributes of innocence and purity.

**Integrity Alignment:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to realign all of your thoughts, words and deeds with the energy of divine integrity.

**Joy:** This Practical Mastery™ session is a powerful transmission of the frequency of joy from GOD. This assists you to physically embody the frequencies of joy by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Kundalini Activation:** As you grow spiritually the kundalini energy in the base of the spine begins to rise up to the crown chakra igniting the energy centers. Often this kundalini awakening can be very hard on the physical body and very ungentle. This Practical Mastery™ session rescripts kundalini awakenings and activations throughout the lifetime to the divine ideal.

**Lightness of Being:** Helps each sentient being to lighten up and to become more lighthearted. Also contains blueprints, mappings, etc. to assist each sentient being to lighten up and to embody the spirit of lightheartedness.

**Living in the NOW from the Heart:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear old less-than-love energy patterns, templates and blueprints that prevents you from both living in the NOW as well as living from the multi-dimensional heart.

**Living Magically:** One of the guides I work with the most is the universal level of the Merlin energies. This great guide of mine is very interested about bringing forth a system of enlightenment through me on alchemical magic and mastery. This Practical Mastery™ session is an introduction to alchemical magic.

**Living with Passion:** One of the keys to living and working with the new energy is living from passion. I am passionate about what I do and if what I do no longer feels passionate, I stop doing it. This Practical Mastery™ session helps people not only to live with passion but to become more aware of what areas of their lives are not lived passionately so that you can bring more passion into every aspect of your life.

**Love and Compassion:** This Practical Mastery™ session is a powerful transmission of the frequency of love and compassion from GOD. This assists you to physically embody the frequencies of love and compassion by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate these divine attributes out to others.

**Mary Magdalene DNA Upgrade:** Helps each sentient being to bring the energy of Divine Love into the EMA or emotional layer of the DNA/RNA.

**Medicine Buddha Activation and Initiation:** A download of powerful healing frequencies from Buddha and many other high level ascended masters who work a lot with healing modalities. Many of these healing frequencies support accelerated, powerful self healing.

**Melchizeek Recalibration Sequences and Resequences:** A brain activation from Melchizedek to assist people in opening new pathways in the brain and connecting to the Mind of GOD.

**Merging with the True Essence of GOD:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to clear old less-than-love energy patterns, templates and blueprints where your will diverged from God's will. Helps collapse the multiple parallel realities created when your will diverges from divine will.

**Merlin Wand Activation and Initiation:** Helps each sentient being to embody the energies and frequencies of White Magic.

**Meta-File Release of Blocks:** Helps you to release slow and dense energy and suppression energy patterns carried in the genetics and from past lives, alien genetic stuff, etc. Clears mind locks and governors. Very powerful session since it clears out a lot of deeply imbedded huge suppression energies that are hard to get to from other modalities.

**Metatron Brain Expansion:** In this Practical Mastery™ session, Archangel Metatron brings the gifts of illumination in the form of sacred geometry containing knowledge. Metatron anchors and activates a matrix for brain expansion, aligning the mind to the universal mind to bring that knowledge forward for service work. Archangel Raziel then comes forward to provide the keys to understanding the knowledge with the provision that one must first exercise the right use of power to unlock these gifts. His keys remove mind locks and governors that block the higher mind expansion and clears self-sabotage.

**Metatron Recalibration Sequences and Resequences:** An activation from Metatron which helps prepare and upgrade the physical body for ascension.

**Oneness:** This Practical Mastery™ session is a powerful transmission of the frequency of oneness from GOD. This assists you to physically embody the frequencies of oneness by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Opening, Clearing, Healing and Activating Your Holographic Mind:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to open, clear, heal and activate your holographic mind.

**Opening, Clearing, Healing and Activating Your Multi-Dimensional Heart:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to open, clear, heal and activate your multi-dimensional heart.

**Perfected Words Profile:** Rolls back to conception and sweeps throughout your life clearing any creation energy around less-than-love words, thoughts, dreams, images from media, etc. so that you do not manifest things that are not aligned with your highest good. Also goes after and clears profiles and programming that generate the less-than-love thoughts, dreams, words, etc.

**Perfecting Your Emotional Body:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to re-script your past to bring in and anchor the perfected blueprints and templates for the emotional body.

**Perfecting Your Mental Body:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to re-script your past to bring in and anchor the perfected blueprints and templates for the mental body.

**Physical, Emotional, Mental and Spiritual Clarity Filter/Beacon:** This Practical Mastery™ session helps you to stay in a state of clarity at all times. It filters out internal and external thoughts and experiences that may pull one out of clarity and radiates this trait to others.

**Positive Mental Attitude:** This Practical Mastery™ session rolls back to conception and sweeps through your life helping you to maintain mental fluidity and a positive mental attitude at all times.

**Quan Yin Mercy and Compassion Boost:** A transmission from Quan Yin to help each sentient being to embody more compassion and mercy.

**Recalibration of Words:** Some words weaken us and some words strengthen us energetically. Even words in other language or from other civilizations can weaken us energetically. This session recalibrates each being's consciousness so that they are energetically strong to all words in all languages in all dictionaries on this planet and universe.

**Receiving Your Crystalline/Ultra-Violet Body of Light:** This profile is an important upgrade to receive the crystalline or ultra-violet body of light. An important step in the process of ascending with a body.

**Releasing and Rescripting Manipulation:** Very few things I have found lower one's love and light quotient and overall spiritual vibration than manipulating others – even if the manipulation is done to “help” the person. This is one reason why I am so insistent that when people order sessions for others that they get the other person's permission and consent first. This session rolls back to conception and sweeps through the lifetime releasing and rescripting to the fullest extent possible incidents of manipulation.

**Releasing Emotional Armoring:** Transmission from the Divine Mother to help each sentient being to remove armoring around the heart as well as walls around the heart.

**Renewal:** This Practical Mastery™ session is a powerful transmission of the frequency of renewal from GOD. This assists you to physically embody the frequencies of renewal by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Rescripting All Energy Work for the Entire Lifetime:** Most people who are on enlightenment paths are healers, teachers and leaders. Many of these folks have been drawn to alternative and traditional healing modalities to clear themselves so that they can assist humanity and the planet to evolve and ascend. Unfortunately many healing modalities were brought in via the matrix on earth and a tad off energetically from the divine ideal. This session helps people to rescript all energy work that they have received over their lifetime to the divine ideal, free of matrix programming and profiling.

**Resurrection:** This Practical Mastery™ session is a powerful transmission of the frequency of resurrection from GOD. This assists you to physically embody the frequencies of resurrection by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Sacred Sexuality:** After you clear the less pure frequencies around human sexuality with other sessions (Clearing Your Sex Life, Lust, Jealousy and Possessiveness Profile Purge, Sexual Addictions Healing Profile, etc.), then you are able to bring in the new blueprints and mapping for sacred sexuality.

**Sacred Work, Work Product and Client Files Protection, Shielding and Cloaking:** This Practical Mastery™ session helps you to shield and cloak all of your sacred service work and work product from any less-than-love energies. Also it will be offered to the god selves of your clients to encompass any information that they have given to you as well. An important session for most spiritual healers, teachers and leaders on the planet at this time.

**Saint Germain Upgrade:** Aligns your personal power and manifestations with the highest principles of divine truth so whatever you create is aligned with divine will and divine timing.

**Solar Activation, Initiation and Recalibration:** With the intense solar flares over the last few years, a lot of people are actually drained energetically from exposure to the sun. This solar activation, initiation and recalibration helps people to harmonize with the energies of the sun in a balanced manner. It assists one in beginning the process of using light to energize the physical body rather than food. Helps promote immortality, vitality and physical well-being.

**Sovereignty:** This Practical Mastery™ session helps enable you to be sovereign in your energy fields and the master of your realm. This transmission of sovereignty from GOD assists you to become sovereign by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Star Gates of Evolution:** As you raise your love and light quotient and evolve on your path to mastery, you go through gateways of evolution where you are offered different contracts that will be of the highest good and the guidance and support you need to take advantage of these gates. This session was developed primarily for people working on cosmic ascension. The Gates of Evolution session is aimed more toward people focusing on planetary ascension.



**Surrender:** This Practical Mastery™ session is a powerful transmission of the frequency of surrender from GOD. This assists you to physically embody the frequencies of surrender by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Synchronicity:** This Practical Mastery™ session is a powerful transmission of the frequency of synchronicity from GOD. This assists you to physically embody the frequencies of synchronicity by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Third Eye Activation:** This Practical Mastery™ session helps you to open, clear, activate and awaken your third eye. There are an infinite number of third eyes that become activated as your light and love quotient increase but for most people who select this session, the focus will be on opening the first six. My personal experience was that I was at four before this session and after I am operating from six levels.

**Tools for Enhancing Personal Relationships:** This Practical Mastery™ session provides you with a set of tools from the fifth dimension that helps you to create and enjoy fulfilling personal relationships with everyone around you.

**Transcending Duality Matrix Consciousness and Behavior:** This Practical Mastery™ session assists you to release a lot of duality and mass consciousness programming and profiles from the matrix-like energy fields and grids around Earth.

**Transcending Judgment and Criticism:** This Practical Mastery™ session helps you to clear patterns, profiles and programming that promotes judging, being judged, criticizing and being critical.

**Transformation:** This Practical Mastery™ session is a powerful transmission of the frequency of transformation from GOD. This assists you to physically embody the frequencies of transformation by energetically rewiring your four lower bodies (physical, etheric, emotional and mental) so that you can hold and radiate this divine attribute out to others.

**Transforming Your Energy System:** This Practical Mastery™ session institutes a clearing and healing for all of your energy bodies, energy centers, energy channels, nadis, parts and particles. Helps to upgrade your energy fields for physical ascension.

**Transparency Shielding and Rescripting:** This PM profile will roll back to conception and rescript each sentient being's life so that they are largely transparent energetically to the dense, slow, heavy, stuck and less-than-love energies and frequencies prevalent on this planet.

**Tree of Life Activation and Clearing:** An essential element of the Jewish esoteric tradition called Kaballah is work around the tree of life. There are a number of centers in the etheric body that are cleared and activated in this Practical Mastery™ session. I sense that there are many, many levels of trees of life and that many of them are impacted by this session depending on your evolution.

**Unconditional Love and Compassion Filter/Beacon:** This Practical Mastery™ session helps you to stay in a state of unconditional love and compassion at all times. It filters out internal and external thoughts and experiences that may pull one out of unconditional love and compassion and radiates these traits to others.

**Universal Christos Activation and Initiation:** A realignment and recalibration of each being's energetic systems and consciousness with the energies of the Universal Christ.

**Universal Michael Excalibur Activation and Initiation:** In this powerful session, Michael installs the sword of Excalibur into the being's energetic systems which provides a powerful protection for the individual from the adversary of light.

**Upgrading Your Ka Templates, Centers and Chambers:** This Practical Mastery™ session works with the Ka energy wiring and circuitry. There are a series of Ka templates and centers and channels and even chambers that are needed to activate to establish the electrical circuitry for the higher dimension light bodies. The Egyptian mystery schools worked a lot with Ka frequencies.

**Veil and Filter Purge:** This Practical Mastery™ session rolls back to conception and sweeps through your life clearing veils, filters, profiles and programs that distort your ability to see clearly through the eyes of your soul.



## **Practical Mastery™ Spiritual Healing and Enlightenment: Defragmentation Recalibration Sequences**

It has always been a great mystery to me that I clear so much in myself and I have great shielding and yet it seems that there is always more debris to clear out. I have been working intensely with a healer who works on recalibrating people's energy fields so that the energetic doorways, openings, portals and gateways on the planetary, solar, galactic and universal levels across time, space, dimensions, angles, directions and vectors, etc. are closed down. I have felt a huge difference from this work. I created a whole line of sessions called Clearing the Energetic Spaces to get at these areas at the causal level.

I asked GOD if there was any way that I could incorporate some of this work into Practical Mastery™ and I was shown that I could add some Defragmentation Recalibration Sequences into the modality to go after things at the effect level. It is a three step process really. For example, if you wanted to run the Practical Mastery™ Defragmentation and Recalibration Sequences for your aura and electromagnetic energy field, initially GOD and your Monad scan the energetic spaces of your aura and electromagnetic energy field for energetic gaps and anything and everything that is not divine ideally aligned with the evolution of your being at that time. Then after all the energetic gaps and misaligned points in the aura and electromagnetic energy field are identified, GOD and your Monad would then defrag your aura (closing the energetic gaps) and then recalibrate everything to align it with your divine ideal evolution of being.

I also asked GOD to create a trigger word for these sessions so that after you receive them you can rerun them for yourself in the future using the trigger word. The trigger word is "I now align with GOD. GOD please defrag and recalibrate my \_\_\_\_\_." The templates that I have downloaded and perfected so far are for **Defragmentation and Recalibration for the**

- **Aura and Electro-Magnetic Energy Field**
- **Brains/Minds/Neuronets**
- **Cellular Memory**
- **Chakras, Meridians, Nadis and All Other Energetic Systems**
- **DNA-RNA-Genetic Codes**
- **Ego/Negative Ego Programming**
- **Emotional Body**
- **Genetic Archives, Imprints, Memories and Holograms**
- **Inner Child/Wounded Inner Children**
- **Mental Body**
- **Over Soul and Over Soul Matrix**
- **Pain Bodies**
- **Past Life Archives, Imprints, Memories and Holograms**
- **Personality (includes sub, multiple and split)**
- **Quantum Field, Parts and Particles**
- **Random Inner Dialog/Negative Self Talk**
- **Soul and Soul Matrix**
- **Spiritual and Light Bodies**

## Appendix B: New Practical Mastery™ Sessions

If you have some ideas for PM profiles that you feel would be of universal interest, please email me at [Bill.Austin@Prodigy.Net](mailto:Bill.Austin@Prodigy.Net) and I will ask if that is appropriate.

### Practical Mastery™ Abundance:

- **Connecting with Your Power Animals, Plants and Crystals** Purpose of this PM profile is to help you clear, heal, align and connect with your power animals, plants and crystals. It is much easier to create abundance if you are aligned with these magnificent co-creators. (07/06)
- **Connecting with Nature and the Devic Kingdom** Purpose of this PM profile is to help you clear, heal, align and connect with Nature and the Devic Kingdom. It is much easier to create abundance if you are aligned with the natural world and the devas of creation. (07/06)
- **Calibrate Me to Succeed** Purpose of this PM profile is to help you clear your energetic spaces of any blocks to abundance, prosperity and success and to calibrate your quantum fields and energetic spaces to magnetize the people, events and circumstances that can help you to succeed and prosper in all areas of your life. Trigger words are either “**Calibrate me to succeed or Calibrate me for success.**” (07/06)
- **Internal Value Profile Purge:** Purpose of this PM profile is to help you establish a strong internal value so that you may manifest more externally. (07/06)
- **Quickly and Easily Making Money Profile Purge** (06/06)
- **Clearing Blocks and Obstacles to Setting and Achieving Goals (05/06)**
- **Blasting Financial Interference** – Purpose of this PM profile is to clear and blast any less than love interference with money and abundance flows. Trigger word “**Blast or Clear Financial Interference.**” (04/06)
- **Envisioning Yourself as a Millionaire** (04/06)
- **Blasting Financial Neediness** – Trigger words are “**Blast Financial Neediness.**” (02/06)
- **Saying YES to Money** (02/06)

### Practical Mastery™ Emotional Mastery:

- **Joy** (04/06)
- **Saying YES to Life** (02/06)

## Practical Mastery™ Clearing:

- **Clearing the GOD Self Shadow** This PM profile helps to clear the shadow side that operates at the GOD Self level.
- **Web Site Clearing, Shielding and Maintenance Program** This PM profile helps clear any less than love energies from your web sites and to shield them from interference. Trigger word is “**Run Web Site Maintenance Program.**” (04/06)
- **Clearing Alternate/Parallel Reality Bleed-Through** (04/06)
- **Clearing the Pain Body** (03/06, inspired by *A New Earth* by Eckhart Tolle)
- **Violet Flame Clearing for the Quantum Fields** (03/06)
- **Clearing the Punisher Self** - This PM Profile clears out the effects of the punisher self that people create in order to punish themselves and to compensate for any wrongdoings that they perceive themselves as making. (03/06, Inspired by Sajith Salgunan)
- **Removing Blocks to Receiving Physical Healing/Healing Myself** (03/06)
- **Removing Blocks to Working with Others to Assist in their Physical Healing** (03/06)
- **General Clearing Profile** - Can be done for self or others multiple times. (02/06)
- **Blasting Emotional Neediness** – Trigger words are “**Blast Emotional Neediness.**” (02/06)
- **Clearing Blocks to Intimacy** (02/06)

## Practical Mastery™ Enlightenment:

- **Embodying One's Highest Potential** (08/06)
- **Expanding and Enhancing One's Bandwidth with Spirit** (08/06)
- **Enhancing the Potential to Elevate Yourself** (08/06)
- **Removing Blocks to Seeing Possibilities** (08/06)
- **Clearing Blocks to Expressing GOD** (07/06)
- **GOD Rewiring and Recalibration of Energetic Systems and Spaces** (07/06)
- **Golden Liquid Love of GOD Infusion:** This powerful activation from GOD helps you to hold and anchor and radiate the golden liquid love of GOD. This activation helps people to embody the love of GOD and to heal and to restore their hearts back to the pristine, original blueprints of the Creator. Trigger word is "Liquid Love of GOD Infusion." (06/06)
- **Clearing Blueprints, Maps and Imprints of Sacrifice** (04/06)
- **Clearing the Empathy Pain Collector Disk** (When I was working with Eloiwa DeFreitas we healed and cleared this empathy pain collector or disk that was sitting in my energy field to absorb and transmute planetary and human pain and suffering. Trigger word is "Clear EPC." I felt FABULOUS after we cleared this thing out. (03/06)
- **Seeing through the Eyes of GOD** (03/06)
- **Align with GOD for Non-Practitioners** - This profile is a more diluted version of the Align with GOD PM session for Practitioners. It differs in intensity because practitioners have the first four levels of Crystalline DNA Activations. Trigger words are "I now align with GOD." (03/06)
- **Divine Love Wash** – Session from angelic realms that bathes the energetic systems and quantum fields and particles with unconditional love every time you say or think the trigger word "Love Wash." (02/06)
- **Central Channel Clearing** – Clears the central channel that runs down the center of the body from around six inches above the crown chakra to six inches below your feet. All of the chakras are connected to the central channel. Trigger words are "Clear Central Channel." (02/06)

## Practical Mastery™ Profile Purges:

- **Aging, Death and Dying Profile Purge (08/06)**
- **Angry with GOD Profile Purge (08/06)**
- **Annoyances/Annoyed Profile Purge (08/06)**
- **Approval/Need for/Disapproval Profile Purge (08/06)**
- **Authority Profile Purge (08/06)**
- **Avoidance Profile Purge (08/06)**
- **Belonging Profile Purge (08/06)**
- **Childish/Immature Profile Purge (08/06)**
- **Clutter Profile Purge (08/06)**
- **Dental Phobia/Dentists Profile Purge (08/06)**
- **Desires Profile Purge (08/06)**
- **Disappointment Profile Purge (08/06)**
- **Expectations Profile Purge (08/06)**
- **Heaven-Hell-Purgatory Profile Purge (08/06)**
- **Hypochondria Profile Purge (08/06)**
- **Hypocrisy Profile Purge (08/06)**
- **Identity Profile Purge (08/06)**
- **Incompetent Profile Purge (08/06)**
- **Incomplete/Missing/Lost Profile Purge (08/06)**
- **Indignance Profile Purge (08/06)**
- **Inferior/Superior Profile Purge (08/06)**
- **Insane Profile Purge (08/06)**
- **Integrity Profile Purge (08/06)**
- **Intimacy Profile Purge (08/06)**
- **Intuition Profile Purge (08/06)**
- **Misfit Profile Purge (08/06)**
- **Misunderstood/Mistaken/Not Heard Profile Purge (08/06)**
- **Overreact Profile Purge (08/06)**
- **Persecution Profile Purge (08/06)**
- **Public Speaking Profile Purge (08/06)**
- **Safe/Unsafe Sex Profile Purge (08/06)**
- **Secrets/Secretive Profile Purge (08/06)**
- **Sexual intimacy/Guilt Profile Purge (08/06)**
- **Shadow/Dark Side Profile Purge (08/06)**
- **Social/Antisocial/Sociopath Profile Purge (08/06)**
- **Turbulence/Turmoil Profile Purge (08/06)**
- **Ugly/Unattractive/Fat Profile Purge (08/06)**
- **Unable/Unwilling Profile Purge (08/06)**

- **Brainstorming Profile Purge** (08/06)
- **Mental Prison/Jail Profile Purge** (08/06)
- **Self Pressure Profile Purge** (07/06)
- **Cowardice Profile Purge** (07/06)
- **Attachment Theory Profile Purge** “Attachment theory is a theory (or group of theories) about the psychological tendency to seek closeness to another person, to feel secure when that person is present, and to feel anxious when that person is absent.” (07/06)
- **Multi-Tasking Profile Purge** (06/06)
- **Letting Life be Easy Profile Purge** (05/06)
- **Integrating and Absorbing Bliss Profile Purge** (05/06)
- **Self Sacrifice Profile Purge** (04/06)
- **Peter Pan Syndrome Profile Purge:** Helps people who do not want to grow up and people who fall in love with people who do not want to grow up. ( 04/06)
- **I’m Not Good Enough to Be in a Relationship Profile Purge** ( 04/06)
- **Doubting Spiritual/Healing Gifts Profile Purge**
- **Feeling Connected to the Divine Creative Energy Profile Purge** (04/06)
- **Bitchiness Profile Purge** (02/06)
- **Pettiness Profile Purge** (02/06)
- **Catch 22 Profile Purge** (02/06)

## **Practical Mastery™ Healing Profiles/Profile Purges:**

- **Adrenal Glands Healing Profile/Profile Purge (03/07)**
- **Liver Healing Profile/Profile Purge (03/07)**
- **Enzymes Healing Profile/Profile Purge (03/07)**
- **Testosterone and Estrogen Healing Profile/Profile Purge(03/07)**
- **Fear of Flying/Planes (09/06)**
- **Post Traumatic Stress Disorder(09/06)**
- **Schizophrenia(09/06)**
- **Expanding an Enhancing Life Force or Chi Energy Healing Profile/Profile Purge (08/06)**
- **Etheric Body Cleanse Healing Profile/Profile Purge (07/06)**
- **Social Anxiety Healing Profile/Profile Purge (07/06)**
- **Self Destructive Healing Profile/Profile Purge (07/06)**
- **Fear of Drowning Healing Profile/Profile Purge (07/06)**
- **Fear of Heights Healing Profile/Profile Purge (07/06)**
- **Fear of Snakes Healing Profile/Profile Purge (07/06)**
- **Fear of Spiders Healing Profile/Profile Purge (07/06)**
- **Kleptomania Healing Profile/Profile Purge (05/06)**
- **Pyromania Healing Profile/Profile Purge (05/06)**
- **Multiple Drugs Interaction Healing Profile/Profile Purge (04/06)**
- **Chronic Fatigue Syndrome Healing Profile/Profile Purge (02/06)**

**New PM Sessions listed on the [www.PracticalMastery.com](http://www.PracticalMastery.com) web site (06/06):**

PM Clearing the Energetic Spaces:

- Ruby Red Ray
- Emerald Green Ray
- Cobalt Blue Ray
- Violet/Gold Flame
- Platinum Ray
- Rainbow Ray
- Ultraviolet Ray
- Angelic Councils of Light
- Elohim Councils of Light
- Holy Spirit Shekinah
- Throne of GOD

PM Energetic Help for Addictions: (PM Healing)

- Alcohol Abuse or Overuse, Alcoholism & Drinking Healing Profile/Profile Purge
- Prescription and Non-Prescription Drug Abuse Healing Profile/Profile Purge
- Sexual Addictions Healing Profile/Profile Purge
- Smoking Healing Profile/Profile Purge

PM Healing Sessions: (PM Healing)

- Aids Healing Profile/Profile Purge
- Cancer Healing Profile/Profile Purge
- Hepatitis Healing Profile/Profile Purge
- Herpes Healing Profile/Profile Purge
- Obesity Healing Profile/Profile Purge
- PMS Healing Profile/Profile Purge
- Sexually Transmitted Diseases Healing Profile/Profile Purge

PM Clearing Sessions:

- Fear of Aids Profile Purge
- General Clearing and Balancing

PM Profile Purge:

- Allowing Abundance, Prosperity and Success Profile Purge