



Energetic
Key
Exchange



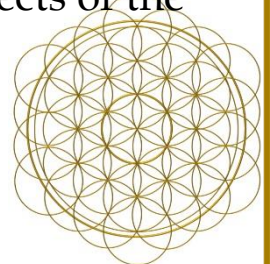
Something interesting happens when we get together with others and express the intent to lift each other up...

Now that we have crossed the threshold into the new (Unity) paradigm, the barriers of separation are beginning to disintegrate. Energetic connectivity is more fluid and organic than it has ever been. The energetic atmosphere we have stepped into is completely supportive of information exchange between and among living beings on multiple levels.

As we exchange energy, we serve as catalysts to one another's growth, divine remembrance, and vibrational upshift. When we manage these exchanges with consciousness, we are effectively able to activate ourselves and others at will by intentionally trading energetic keys which unlock divine remembrance. Once the energy is unlocked, we can then amplify the energy of the exchange if we so choose.

The exercise on the following page delivers a short protocol for consciously upshifting energetic exchanges with others and amplifying the effects.

State the intentions first, followed by the affirmations. Then do the suggested visualization and tap to amplify the effects of the exchange as instructed.



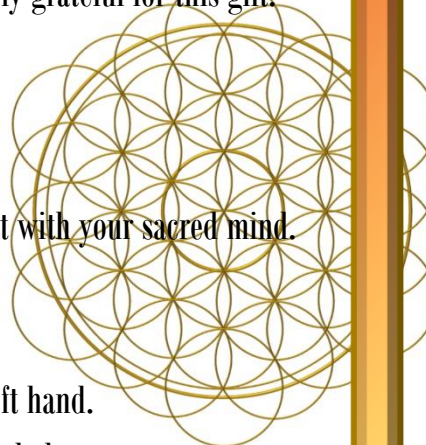


Energetic Key Exchange

Intentions: With oversight from my inner Spirit, I choose to offer keys of divine wisdom held within my sacred heart to another if it serves higher and greater good. For each key I offer, I invite keys of wisdom and love to be delivered to me through divinely secured channels from others if those keys honor my highest good. I choose to receive in equal measure for what I give.

Affirmations: I am delivering keys of wisdom to another with love. I am open to receive keys in exchange for what I have given if it honors my highest good. I am deeply grateful for this gift.

Visualization:

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- ❖ Feel your heart open.
 - ❖ Put your tongue on the roof of your mouth to connect your sacred heart with your sacred mind.
 - ❖ Visualize a golden energetic key emerge from your sacred heart.
 - ❖ Take that key in your right hand and offer it to another.
 - ❖ As you deliver the key, visualize a different key being placed in your left hand.
 - ❖ Integrate the energy of that key by imagining your sacred heart as a keyhole.
 - ❖ Plug the key in and turn it to unlock the energy within you associated with the key.

Take a minute to feel the energy unlock within you.

Circulate and amplify the energies unlocked in you with this key by tapping...



Tapping Sequence:

**Heart Chakra, Hairline, Thymus,
Forehead, Thymus, Forehead, Top Back of Head**



