

# Soul Talking technique <sup>TM</sup>

## Soul talking with others

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*“Talking to the souls of others. From a human/being true soul to another human/being true soul.”*

**The soul talking-** let’s get back to that. This is an energy clearing- an equal or positive energy exchange of true souls. It is similar to the energy exchange with the energy of “you.”

**Your soul is the infinite energetic / vibrational part of you.**

This particular meditation is your true soul’s energy with another’s person’s true soul. That is a person on earth or animal. And can also be someone whom has passed from earth.

### A MEDITATION WITH YOU & OTHERS

#### *SOUL TALKING*

IF YOU HAVE, HAD OR THINK YOU HAVE NEGATIVE ENERGY BETWEEN YOU AND ANOTHER PERSON OR AN ANIMAL THIS IS FOR YOU.  
YEP, THAT’S YOU, IF YOU ARE HUMAN, YOU HAVE SOMETHING TO EXCHANGE!

SO IT’S TIME TO MAKE A POSITIVE ENERGY EXCHANGE BETWEEN YOU AND THEM TO LET GO & REPLACE WITH POSITIVE!

*“Keep equal energy exchange and your life will complete as clean, cleansed and clear to advance continually. “Harmony and balance restored within self and the energy of ‘self’ as a true soul of light - energy. Soul talk- now.”*

## **The soul talking- is an energy clearing- a positive energy exchange of true souls.”**

**First step:** You sit make a list. This list is of all the people things occurrences, situations, experiences that you remember as negative (hurtful to yourself, by others to you or you to them! If you find your list is quite long, that is normal. It just means you are human!)

- Note the people or animals or energy you are making the exchange do not have to be physically present. This is an energetic exchange.

**Second step:** Once your list is done, you relax, breathe, and take 11 deep breaths in and 11 long exhales out. Breathing in – feel the love, exhaling the negative.

Now set a positive intention and feel that you *want and allow* this exchange to happen: say aloud or in your mind:

I, \_\_\_\_\_ (Your full name. First, middle, and last name. If you have a nickname or a married name add that too. Say all the names that are known as “you”!) Are here to make a positive energy exchange with \_\_\_\_\_. (The person’s name or visualize their face if you don’t know their name.)

You can visualize that occurrence, situation, or just place an actual picture or visualize the person (or animal) or the “energy of that situation.”

State the **way you feel**. Then state way **they made you feel**. With good Intention, Express fully of your emotions to release the energy of that situation. (Yes, you can cry, yell, be sorry, or all of the above and more.)

\* note this process of “this cleanse” can be very intense for some people. The situations or conversations can bring up anger, fear, sorrow or serenity. Please remember the spirit guides wanted me to state that **“this soul cleanse, is not about blame, it is about releasing and replacing energy of 2 souls for an energy exchange of the light.”**

If you are serious in completing this soul talking and cleanse, you will really truly

“feel” the energy exchange.

That is how you know it is “working.” Some people have felt it instantly during the soul talk. Many felt a sense of peace afterwards up to a few days.

Remember you can talk aloud or in the mind, this is telepathic energy which is basically the same as verbal.” ***Every thought is energy.***”

Then once you completed this step, continue onto

**Step Three:** Ask the person or animal, basically it is the “energy “of who or what you are directing this soul talking to. (Who knows, could be a tree you cut down and felt bad about it.)

Ask the energy of those souls to accept this new positive energy exchange of *light to replace the negative energy* that existed. Don’t worry; you don’t have to” hear “anything back, if you- do great. If not, keep going, it still is positive energy going out to that particular soul of that person...Please also note that if this energy is between a soul that has passed, a person whom has deceased in a human body, you can still “soul talk” to them.

You can make the energy positive no matter where they are “***over space and time, energy is on all dimensions and all levels; it exists “everywhere.”***”

During this exchange *feel or sense* the emotions of love, solace and peace. Strongly visualize or feel the energy of forgiveness or understanding in your heart chakra (the center of your chest) - when you sense this- feel a pull in the exchanged energy to you and know they have also received the positive energy into their existence-into their energy of their soul. The guides say: “***when humans “look through others eyes, all can be resolved.”***”

*Note \* when I personally did step 3, I visualized and drew a heart on a piece of paper and pretended I handed it to that person across from me and visualized in my mind that they accepted it and I then felt this amazing sensation over my heart and chest area, it then traveled through my entire body it was amazing.*

**Step Four:** Close out the conversation of energy by thanking them and give

gratitude for this opportunity with them to make amends and state that ***“both of your true souls have made an even and Positive energy exchange to be equal”***. Say your goodbyes and Breathe in and out fully for 11 breaths.

**Step Five:** Congratulations are in order, Know that you are successful in the exchange. Know that you deserve this positive energy as they do too. Take a break and do a few more on your list, if any.

You are on your way to ***“advancement of a true soul.”***  
You will notice in the next few days a ***“change”*** in your energy, the guides say: ***“humans will feel lighter- peaceful.”***

Note \* I have received many emails from people all over the world doing the soul talking & energy exchanges. They shared amazing results some were very extremes cases. One woman hadn't heard from her father in years, and a week after the meditation he called her on the phone, out of the blue, having a nice conversation that was not of the norm from him. The woman was happy just to hear from him.

Another received a message / omen from an animal guide that let her know her son was in the light. So many people have shared their positive exchanges and felt they too have shifted into a better place in their lives. I am glad they shared the information, gratitude.

**From the book *Soul Talking & Relationships*© by Jolie DeMarco**

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