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## Soul Talking technique™ with yourself

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### *A Soul talk with “you”*



**This is a soul talk; it's a meditation for clearing your own soul's energy. You can release yourself from negative patterns, thoughts and energy that are no longer needed.**

Since we are all made of energy - everything in the world is energy. Making equal energy exchanges are natural order. However, this order has been distorted with ***“entitlement issues among humans”***.

Since the 2<sup>nd</sup> shift occurred and is continuing to year 2021. We humans can re-learn how to make equal energy exchanges.

I heard from positive higher spirits clairaudiently that there are ***“new ways of clearing.”***

**This explains the true intention of performing a *soul talk*. Soul talking meditations are to release negative energy and then replace with positive energy. The purpose is to bring positive thoughts and feelings to make everything equal with all people and all existence.**

Galileo and these other spirits shared that ***“humans can heal themselves on many levels using energies of the cosmos and energies of light.”***

I was *and I am* still impressed with these messages.

Below is one of the self- healing ***soul talking*** meditations they wanted us to utilize.

Note \*Please repeat the words- if you are comfortable with them. Make sure you are using the intention of what you feel, project and desire.

Use the intention that **you**- which is *your* true soul and *is* the pure energy and essence of “you.”

It is important that you **accept and allow** the words you are thinking and verbally saying or visualizing and feeling in your body.

I suggest you print this out and read as you visualize. Another good idea: you can ask your friend to read this- so you can relax and really get into it. I can suggest you go to local wellness center and ask them to have a group session with this detailed information.

\*I have this meditation available on YouTube search -Jolie DeMarco titled soul talking” if you would like to follow my voice for this meditation.

### THE EARTH MOONS SHIFT MEDITATION:

## SOUL TALKING WITH YOU:

**The term “soul talking” is a process that teaches people how to cleanse all their unwanted habits, thoughts, and emotions from past, parallel and present.**

### **Step 1.**

I am ( say your full name)

I allow my true soul the energy of me-to engage with my human self, body and mind- to soul talk with my true soul energy- *all that I am energy, on all dimensions , all parallels, all that My energy exists-all energies of me in all locations.*

**Step 2.** Take 11 deep breaths in and 11 long breaths out.

**Step 3.** Now, if you can- try to sense or feel an energetic band of golden light from the center of your stomach (solar plexus chakra- represents ego of you)

**Step 4.** Then visualize connecting that golden light to your heart chakra. This is a golden light of healing energy. The heart Chakra is located in the center of your chest.

**Step 5.** Now connect that same energetic golden light to your third eye which is the 6<sup>th</sup> chakra located in-between your eye brows on the front of your face.

**Step 6.** Connect another golden light connected from the 3<sup>rd</sup> eye to the top of your head; this is the 7<sup>th</sup> crown chakra.

This is connecting your mind to the energetic golden light –the all *knowing you* or some call it “your higher-self”.

All of these points are energetically connected with a golden light.

**Step 7.** Imagine small arches from one point to the next. Try to feel or imagine a flow of light in this golden string of vibrations. Feel or imagine the gold vibes flowing back and forth.

All of these connected points are **“to “communicate, accept and exchange.”**

This is the “human- you” connecting with the “energy of you, also known as your true soul.”

I explain the *true soul* of “you “to clients being the energy of you- for an example: when a human passes into the light, passes away (deceases of life on earth) the energy of the soul continues on or elsewhere. Energy is infinite.

Whether you believe your energy goes to heaven, to another dimension, or is reborn- it is the energy of the soul that goes somewhere. If you agree to that- it helps you understand the way energy travels. Energy is vibrations that can be in “places.” As humans we cannot necessarily “see” with our human eyes. Vibrations do exist because they are a form of energy. Vibrations resonate over time and space.

***Okay back to the meditation...***

If you have a hard time visualizing the golden light- it is okay if you skip that part. After reading this last paragraph I think you understand the way of “connecting energy. “It was connecting the human *you* with the energy of *your essence*. Then communicating or placing “all of ‘you’ in sync”.

**Please continue...by stating:**

**Step 8.** “I am to be of pure energy. I, (Your full name) at this time 20\_\_ (year) earth dimension- I bring only love into my pure energy;

I release all blocks- all thoughts that are *other than* the light.

I release all judgments of me and others that are *other than* the light.

Any and all habits that are other than the light- **I release and Exchange with positive energy.**

**Step 9.** At this time specifically say what you would like to **replace with positive**.

It can be a thought, vision or pattern. You should feel or sense the exchange and visualize or state your specifics aloud the positive outcome. Make it something that replaces the negative you currently have.

**One example would be:** If I had a pattern of attracting people that take advantage of my niceness- I would allow myself to let go of that –release my pattern of attracting that into my life. I replace with attracting people that respect me and I respect them in all ways.

If you have more than one habit or pattern to release-you can do one at a time. Remember make it *your intention* that you truly ***change and exchange the negative patterns to be positive.***

**Step 10.** Once you have gone over your list- Replacing each of the negatives to positives- read and say this statement directing it at “you.”

“I only see myself as pure and high vibration energy which means happy, healthy and loving.  
“I only allow loving relationships in my energy.”

“I only allow loving energy around me.”

“I am always safe and protected by loving energies.”

*“I allow myself and I deserve to have only positive equal energy exchange with all beings of energies, and all that is energy, including myself.*

*I allow and accept these “Changes” in my life to be of goodness and advancement.*

I only allow the light within, around and in my thoughts on this 20\_\_ (year) earth dimension including *all* of where I exist, existed and reside- in all *my forms* human and beyond.”

**Step 11.** Once again take 11 deep breaths in and 11 long breaths out.

**Step 12.** Lastly, give gratitude to yourself and all energies of life.

***To complete this soul talking with yourself-***

I always advise you to drink a glass of water and place your feet flat on the floor or ground. This will bring harmony and help you feel stable after any meditation. Some people call this grounding yourself and being *back-* into your physical body.

Most people will feel a great. The emotional weight is lifted from their bodies. You may feel a bit tired, so rest and allow the body to relax.

I have had many people call and email me of the success in releasing old patterns from their life. It is amazing that taking a 30 minute talk to our soul’s energy can do for our current life!

If you want to share your experience, please send it directly to Jolie DeMarco @ [Joliemfa@live.com](mailto:Joliemfa@live.com) and permission to post or share it. Your story can inspire someone else to change in a positive way. Much Gratitude and Love