

The Art of LBL

Below are the notes from the raw ideas, points, and discussions that were recorded on flipcharts during our afternoon group sessions, “Art of LBL”.

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Healing & Other Experiences

Facilitating Hybrid Souls

Clients Questions

Interaction with Council/Higher Wisdom

Interaction with Guides

Interaction Between Client and Client's Soul and

Loved Ones

Follow-up

Healing & Other Experiences

New techniques and variations used to introduce/facilitate healing and other transformational experiences during the session

- Helpers & guides
- Facilitator- aligning with client & guides
- Mirror Technique
 - showing soul self, bring out qualities
 - feel soul essence
 - spiritual mirror/earthly mirror- merge the two
- Support Anchors- recalibrate the system
 - energy download- forehead, shoulder, ankles
 - mudras- singing bowls, color, symbol, aroma
 - breathwork- picture/image
- Dual Processes/Healing
- Ancestral Healing
- Guides
 - healing gardens
 - client's contribution to their own healing?
- The Ultimate Healing is Intro to their Immortal Soul

Facilitating Hybrid Souls

New questions and techniques for accurately revealing hybrid souls and facilitating the hybrid client

Considerations

- “Council may be different from “Soul Council”
- May have guides who are different from “Earth” associated Guides
- May be several types of support
 - Soul Group
 - Council
 - Guides

Possible terms for “Hybrid”

- Starseed
- Traveler
 - Multidimensional
- Alien
- Visitor
- Group Consciousness “We”
- Spaceship Passenger/Crew

Suggested questions to ask

- Where is home?
- What was your original form?
- What is your environment like?
- Where did you first physically incarnate
- In what form did you first incarnate?
- Do you travel to other worlds?
 - How often/long?

Clients Questions

New Variations and techniques used to extend or introduce client's questions and to get them fully answered

- Answers come in words and energetic learnings
- Repeat every answer for reinforcement and for recording
- "Tell me more"
- Active listening, line up energy rapport

Pre-Talk

- Say "Trust process... you will only be given that which will benefit your highest good at this time."
Relax client
- Questions- Deepen and fine tune, Take the time through further inquiry. Be aware of underlying theme of questions. Ex: Self-love, forgiveness
- Organize questions by theme- Relationships, health

In-Session

- Follow the energy, be open and flexible to respond to your intuition, Guides, go off script if needed
- Ask, "Is this the appropriate place to ask client's questions?". Offer respect and acknowledgement to presence of Guides
- Be not afraid to be respectfully persistent!!!
- Don't close without checking, "Is there anything further that needs to be conveyed at this time?" or "Anything else you want to ask?"

Recap

- Main points- In trance- After

Interaction with Council/Higher Wisdom

New questions, techniques, and variations used to facilitate interaction with council or other places where wisdom may be obtained

- Negotiation with the Council for clarification
- Open, non-directive (let go/release our own expectations)
- Council as representatives of our wiser/more expansive aspects of us
 - Integrated into I (the oneness) over time
- Assessing client's perception of their own worth/divinity and their subsequent vision of their Council
- Create/hold space to enable silent interaction

For the client

- Invitation to explore the divine connection between themselves and their Council

Interaction with Guides

New questions, techniques, and variations used to facilitate interaction with guides or get the most out of their wisdom

- Guide = Soul's teacher (vs "Spirit Allies")
- Look past initial appearance ("true form"?)
- Practice of merging with the Guide to elicit more information
- Address the Guide directly at the Gateway for Guide's name and Soul's name
- Ask, "Is there more?"
- Engage the Guide throughout the session (by name)
- Ask how the guide communicates with the client in regular life
- Clarify: Is this a Jr. Guide or the Soul's primary Guide?

Interaction Between Client and Client's Soul and Loved Ones

New questions, techniques, and variations used to facilitate interaction with loved ones

- Ideo-motor
- Anchor
- Person-Guide-Soul
- Client's advocate
- Wrapping up at the end
- Client's Questions
- Follow the client's lead through the session, exploring and asking questions throughout
- Near the end of the session not which souls in the cast of characters were not interacted with, or any of their questions they did not address in their travels
- Ask the Soul if you can ask questions now about these souls (or other questions)
- Clearly stating the client's name in the 3rd-person and that the "client" wanted to know these things

Follow-up

New techniques and practices that enhance LBL clients' experience, track progress, and maintain contact, plus best use of new technologies for recording and sending sessions

PLR

- 2 weeks later
- Homework and questions

LBL

- Half-hour follow up questions
- 1-2 month impact
- Use of material

Prep

- Form letter with:
 - Info
 - Audio
 - Video
 - Payment
 - Online & email
- Research consent
- Reading list