

Lesson Seven: Multi-Dimensional Clearing - Becoming a Spiritual Detective

Up to this point, you've already explored your Radiant Energy Field - the vast, luminous field of consciousness you truly are. To reiterate - this field is like an immense cosmic hard drive, storing impressions and imprints that go back far beyond this lifetime. Within it resides your brilliance, your virtues, your superpowers - and also the unresolved parts of your shadow self, including aspects so deep they may be beyond ordinary comprehension.

The chakra balancing methods described above can be highly effective for helping clear this field. It contributes to positive results with most clients, even those with highly challenging conditions. But some imprints are woven so deeply, or originate in such unusual dimensions, that they require a different approach. That's where Multi-Dimensional Clearing comes in.

I often describe Multi-Dimensional Clearing as spiritual detective work. People usually arrive aware of their symptoms. They know something hurts physically, emotionally, or spiritually. They sense they're caught in repeating patterns of behavior or limitation. Some can even identify likely causes - childhood experiences, family trauma. A smaller number are aware of karmic or soul-level patterns.

For years, I listened to these stories and used every method I knew to uncover the root causes so they could be cleared. My results were mixed. Eventually, after working with hundreds of clients, a series of clear patterns emerged. Most dysfunctions traced back to twelve primary patterns I encountered again and again.

Many healing systems address one or two of these. But I wanted a simple, direct way to identify and address any of them in a short amount of time, without needing to guess. This led me to refine and teach Multi-Dimensional Clearing. And I can honestly say: In my own case I've personally worked through almost all of these imprints (yes, even the weird ones).

Think of these patterns as burdens from the past - what I sometimes call "residoo - doo." In some cases, though, they originate from other timelines or realities that don't fit our normal ideas of "past."

The Twelve Core Patterns of Multi-Dimensional Clearing

1. Energetic Cords

Definition:

Channels for passing energy between people, often draining energy. Cords are usually unacknowledged and hidden.

Case Story:

A client who had ended a long relationship many years ago still found herself replaying arguments in her mind and unable to bond with a new partner. We identified a cord still linking her to her ex and used the cord-cutting process with Archangel Michael's sword of light. She described feeling "ten pounds lighter" afterward and within two months felt open to new love.

2. Vows

Definition:

Intense declarations that persist lifetime after lifetime.

Case Story:

A healer came to me struggling with money blocks. No matter how hard she worked, she never seemed to get ahead. Through clearing, we uncovered a vow of poverty from a past monastic lifetime. When she released this powerful energy and affirmed, “I am free to thrive in abundance and serve with joy,” new income opportunities opened up within months - and she was more open to them.

3. Agreements

Definition:

Subconscious deals, often made in childhood, that quietly shape life patterns.

Case Story:

A man believed, without realizing it, that “life is dangerous” because of constant warnings from his fearful parents. This unspoken agreement kept him anxious and hesitant to take risks. By surfacing the agreement, updating to his adult level of confidence and replacing it with “I am safe, guided, and free to explore life,” his anxiety eased, and he finally took the leap to start a business he’d been dreaming about for years.

4. Lack of Forgiveness

Definition:

Unreleased grudges that hold people stuck in repeating cycles.

Case Story:

A client carried bitterness toward her estranged sister for decades. It showed up as tension in her chest and recurring depression. In a clearing session, she was finally able to forgive - not to condone her sister’s actions, but to free herself. She later said, “It feels like I got my heart back.” Her depression lifted, and her physical health improved noticeably.

5. Entities and Possession

Definition:

Foreign energies or non-physical beings in a person’s energy field that amplify fear, confusion, or negativity. In shamanic practice removing entities is called “extraction.”

Case Story:

A man with recurring intrusive thoughts insisted, “It’s like something inside me wants to sabotage my life.” In shamanic work, I perceived a dark entity in his field, which we cleared through shamanic extraction using a special crystal. Immediately after, he reported a sense of clarity and calm he hadn’t felt in years, saying, “For the first time, I know those thoughts weren’t really me.”

6. Ancestral Burdens

Definition:

Imprints of inner pain, fear, or self-sabotage that a child agrees to carry forward from their ancestors. Healing comes when the client realizes these patterns are not really “them” and that they can break the agreement to keep living them out.

Case Story: Myself. I grew up feeling emotional heaviness and fear that didn’t seem to have any obvious cause, since I had kind parents and was not externally abused. Eventually I realized I had taken on the pain from my recent ancestors who were crushed by the German Nazi Holocaust. After a lot of deep work acknowledging and releasing identification with these feelings my emotional state became considerably more positive and my creative energies flourished. I still occasionally feel the shadow of the suffering my ancestors endured, and it helps motivate my own inner shadow healing.

7. Negative Memories

Definition:

The burden of past traumatic experiences that keeps a person locked into fear-based thinking or inhibition to do the things that would fulfill them. This is a form of post-traumatic stress disorder, or PTSD, with its origins in this or possibly past lifetimes.

Case Story: Several women I’ve worked with felt disempowered in relation to employment and intimate relationships. After going through Quantum healing sessions and getting in touch with the weight of past traumatic experiences and then releasing those, each reported feeling “lighter” and freer to develop themselves further.

8. Implants

Definition:

Repeating loops of self -defeating thinking or behaviors, like buggy software in a computer. It can be very frustrating trying to heal issues based on implants because the dysfunctional experiences keep seeming to “grow back”!

The Greek myth of Hercules trying to kill the Hydra monster exemplifies this well. Each time Hercules cut off one head of the Hydra, two more snarling heads grew back in its place. He had to find a different way to defeat it, which he did by ignoring the heads and plunging his sword into the beast’s heart. This symbolizes the deeper approach needed to permanently remove troublesome implants.

Case Story:

A woman constantly battled the inner voice: “You’ll never succeed.” It was like a broken record in her mind. In clearing, we identified it as an implant - a mental loop lodged in her energy field. We first had to uncover the source of this self-defeating message, which were messages she heard from her mother during childhood. Testing revealed that additional clearing was needed, and that there was a deeply embedded implant. Using visualization and higher light infusion, we dissolved it. She later reported her mind felt “quiet” for the first time, and she began writing the book she’d been procrastinating writing for years.

9. Karmic Burdens

Definition:

The “instant replay of the soul” - echoes of past choices creating blocks until resolved.

Case Story:

A man came in heartbroken after his third failed relationship with a controlling partner. Same story, new face. This karmic replay revealed itself as a soul pattern of giving away his power. I guided him to look at his own controlling patterns he was not acknowledging. After facing his own patterns he broke the cycle, affirming: “I choose relationships of equality and mutual respect.” He resolved to give more generously in his relationships. Within a year he joyfully reported he was in the healthiest partnership of his life.

10. Curses

Definition:

Strong negative, destructive thoughtforms, sometimes inherited across generations.

Case Story:

A healer in her 40's suffered with multiple health issues – fatigue, candida overgrowth, thyroid dysfunction and recurring back pain. She had also been through numerous injuries from accidents. Even though she received a lot of appropriate medical and energy healings she never seemed to get fully healthy. Multi-Dimensional Clearing tests reveal the presence of a curse that had been put on her from a healer claiming to be a high-level shaman. That misguided healer put the curse on this client to try to control her. Once it was identified I guided this client to request clearing from Divine source in a sacred ceremony. The curse lifted and this woman's health significantly improved over the next six months.

11. Neglected Inner Child

Definition:

The innocent, playful self that, when ignored, sabotages adult life.

Case Story:

A high-achieving executive came to me exhausted and burned out. His “inner child” was acting out - tripping him up with illnesses and accidents whenever he pushed too hard. In clearing, he met and embraced his inner child, promising to nurture him with play and rest. The shift was immediate: he felt lighter, laughed more, and said, “For the first time in years, I feel whole.”

12. Anything Else (Unexpected Influences)

Definition:

Patterns outside the usual categories, sometimes from other lifetimes or realities.

Case Story:

During a session, a client kept describing a “foreign” feeling, like she didn’t belong on Earth. My intuition showed an imprint from a difficult extraterrestrial lifetime. When we acknowledged and released it, she burst into tears of relief. “I always thought something was wrong with me,” she said. “Now I realize I just came in with extra baggage.” Afterward, she reported feeling far more at home in her body and on this planet.

In this Lesson, I’ll introduce how to detect and help resolve two of these patterns. The others are addressed in my live courses and advanced training.

Two Examples of Multi-Dimensional Clearing

Example One: Cord Cutting

When two people share a deep emotional or sexual bond, energetic cords naturally form between them. Some of these are healthy and supportive, fostering intimacy, empathy, and mutual growth. But when one person is giving far more energy than they receive - or when both are grasping at each other out of need - the bond can become toxic, draining vitality instead of nourishing it.

Healthy boundaries allow us to move fluidly between intimacy and autonomy. Codependence happens when those boundaries are damaged or blurred. This often leads to depression, anxiety, low self-esteem, and dysfunctional relationship patterns. (Basically, it’s like being on a seesaw with someone who won’t get off - you’re just stuck bouncing up and down.)

Clients who carry unresolved feelings from past relationships often still have cords to the other person. Part of their energy remains tangled in the old bond, leaving them drained, anxious, and often unable to fully connect with a new partner.

One client of mine, for example, had been divorced for several years but still found herself emotionally “stuck” with her ex. No matter how much she tried to move forward, she felt pulled back into old resentments and pain. When we identified and cut the energetic cords between them, she felt a wave of relief - like a weight she didn’t realize she was carrying had finally lifted. Soon after, she was able to open her heart to a new relationship from a far healthier, freer place.

The good news is that once a person recognizes these cords and is ready to release them, the process of cord cutting can be surprisingly straightforward and deeply liberating.

Here is a straightforward method:

Dialogue with Your Client. Learn which past relationships may still be affecting them. Ask what symptoms they’re experiencing - drainage, fatigue, obsessive thoughts.

Check for an Active Cord. Use your body pendulum, intuition, or simply ask the client. (Clients are often shockingly accurate at naming the person they’re still corded to - usually the one they swore they were “totally over.”)

Confirm Readiness. Ask if they’re ready to cut this cord permanently. Some may need more counseling before they’re ready.

Locate the Cord. Ask the client where they feel it in their body, or scan with your hand or pendulum. Holding your tracking stone (see above) can help you tune in. Cords are often connected to one of the chakras, but could be anywhere.

Create a Sacred Space. Have the client visualize standing inside a pyramid of light or other sacred geometry shape. Explain they're totally safe in this space and can make deep shifts here.

Visualize the Other Person. Ask them to imagine the person they want to cut the cord with standing in front of them, only for communication and release - no harm can occur.

Call in Archangel Michael. Describe Michael entering the pyramid with a blazing sword of light. Have the client take the sword and use it to decisively cut any cords front, behind, left, right, above, and below their body. Then imagine the sword briefly becoming a vortex clearing their entire field before returning to sword form.

Complete the Release. They may wish to speak aloud: "I cut this cord with you. I end this relationship on all levels. I wish you well." Then have them hand the sword back to Archangel Michael.

Seal the Space. Use burning palo santo incense (or virtual energy if on Zoom) to cauterize the area where the cord was in a cross pattern around the site where the cord was. (Pro tip: never set your client on fire. Wave the incense near them so they feel the heat, not on them.) Humor aside, always stay grounded, slow, and attuned to your client's nervous system during this process.

Coach Them Post-Session. Help the client re-establish healthy priorities and boundaries - remind them they have the right to open or close the doors of their inner self at will.

Most people feel lighter, freer, and more grounded in their own energy after this. Many can then move forward into new relationships from a healthier place.

Example Two: Clearing Old Limiting Agreements

We all make agreements throughout life. Some are conscious - contracts, household chores, curfews. Others are subconscious - beliefs and rules we absorbed in childhood or previous lifetimes. Positive agreements ("I'm loved," "I can succeed") empower us. But negative agreements can severely limit our life.

A child might unconsciously agree with messages like "money is scarce," "the world is dangerous," "I wish you were never born - you're a burden to me" or "always give in to men." These subconscious agreements then shape adult behavior in relationships, career, and self-worth - even when a person no longer remembers making them.

Here is how to help clear them:

Identify Limiting Agreements. Use your body pendulum or intuition to ask: "Are negative agreements a significant limiting factor for this person now?" If yes, discuss the areas of life where they experience recurring limitations or frustration.

Dialogue and Trace Back. Through intuitive questioning and client dialogue, trace the limitation back to the likely agreement. Confirm with yes/no pendulum testing if needed.

Break the Agreement. Coach the client to decisively break the agreement they identified. This is best done by speaking out loud. For example, if the old agreement was "money is scarce" or "if I become wealthy poor people will be deprived", guide the client to speak something like: "I break old, limiting agreements about money. There is plenty to go around."

Create New Decrees. Once the old agreement is identified, help the client speak new decrees that reprogram their subconscious. Start with “I am” or “I now choose...”

- Old agreement: “Money is scarce.”
- New decree: “I am part of the unlimited abundance of the Universe. Everything I need comes easily. I think big and create beautiful, successful things.”
- Old agreement: “Always give in to men.”
- New decree: “I am a powerful and confident woman. I choose what I really want and thrive. I share power in relationships on an equal basis.”

Anchor the New Reality. Have the client visualize standing inside their pyramid of light while breathing deeply and speaking the decrees several times. (It’s like hitting “refresh” on their inner operating system.)

Confirm the Shift. Test the chakras or their energy field before and after. A balanced or lighter feeling confirms the work is done.

Give the client the “homework” of repeating the healing decree at least 10 times a day for a week or more after the session. Ongoing coaching may be supportive.

This process blends seamlessly with coaching, therapy, acupuncture, massage, or other healing modalities. When combined with your existing methods, it creates a powerful synergy.

Moving Forward

These two examples - cord cutting and clearing limiting agreements - are just the beginning of what’s possible with Multi-Dimensional Clearing. Used with skill and intention, these tools don’t just resolve symptoms. They help your clients reclaim sovereignty, dissolve the “residoo-doo,” of the past and embody more of their radiant Avatar self in everyday life.

And remember: healing doesn’t always have to feel heavy. If you can laugh while clearing cords and rewriting agreements, you’re already halfway home.