
The Six Primary Spiritual Gifts

THE GEO 1 HANDBOOK

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Read This First

This handbook is built from what I have actually taught in the GEO 1 gift reveals and Q&A calls from July 2022 through April 2026. It covers the six primary spiritual gifts I reveal in GEO 1, in the order I call them out:

1. Channel
2. Transmuter
3. Psychic
4. Hands on Healer (which I am moving to simply call Healer)
5. Akashic Records
6. Weather and Technology (also called Weather and Electronics)

There is a reason this document exists. Every group I have ever revealed gifts to has asked the same thing in the first ten minutes: "Is there a book on this?" And the honest answer has always been no. You cannot Google weather and technology. Nobody writes about it. The psychic books out there are one person's way of being psychic, and there are a thousand ways. The Akashic books teach you someone else's method for something you have already been doing unconsciously your whole life. So the material that follows is not pulled from other people's books. It is what came through in the room, over and over, across four years of students asking real questions.

Two things before you read.

First, use it the way it is meant to be used. Read the chapter on how gifts work, then read your own gift chapter, then read the rest when you are curious. The other five chapters will make more sense to you than you expect, because the gifts overlap and the source of your information is the thing that separates them.

Second, do not turn this into a manual you have to follow. I have said this in every reveal. The book will tell you what to do from the author's perspective, two steps, three steps. Your primary gift you have already done thousands of times without knowing. The fastest path is to figure out how it already shows up for you, then go all in on that way. This handbook shows you the patterns I have seen across hundreds of people so you can recognize your own. It is a map of the territory, not the territory.

Part One: How Spiritual Gifts Work

What a primary gift is, and what it is not

We all came here with a lot of gifts. Some are active. Some we have never stepped into. Some are a little out of control. Some are dormant. And some are just under the surface, running, and we are not conscious of them.

The primary spiritual gift is not the end all be all. It is not ·this is all you have.· It is not even necessarily your strongest gift. I have had to correct that idea many times, because the word ·primary· makes people think strongest. What I mean by primary is this: for whatever reason, at this point in your life, in this moment in time, this is the one that is most important for you to focus on and unlock. What is waiting for you on the other side, where you are heading, is going to require you to use this gift to get there. It becomes the foundation for all the others.

Here is why that matters. Every gift you have is vibration based. You can know how a gift works, read the steps, follow the method, and it will not open unless your vibration is where that gift can be accessed. That is the checks and balances built into this. It is also why people who would misuse these things cannot. The primary gift is the one that, for some reason, when you practice it, skyrockets your vibration the most and the fastest. It lets you house the vibration you need for the other gifts to even be apparent, let alone usable in a meaningful way. Work the primary and the others start becoming accessible. That is the whole design. It is the pathway, the bridge from where you are right now to the next reality.

So when you get a gift you did not want, or one you have never heard of, or one you are sure is your weakest, hear this: it can be the dormant one. It can be the one you have ignored all your life. It can be the one that, if you had been handed the cool gift you wanted instead, you could not have accessed anyway because vibrationally you were not there. I could have said ·here is the one you want,· and it would have been useless. The primary gets you there fastest.

It is fluid

The primary gift is catered to where you are now: what you are learning, your vibration, the season you are in and about to step into. If I had done your activation a year ago, or a year from now, it could have been a different gift. It depends on condition, situation, and your phase in life. Students who repeat GEO 1 often get a different gift the second time. That does not mean the first one went away. It means at that time that was what you were ready for, and this is a different time.

Getting weather and technology this time does not mean you are not a transmuter. It could mean you have mastered transmuting well enough that this one is what will take everything to the next level. It could mean this one stretches your frequency more. Keep doing what you naturally do, and put the highlight, the focus, on the primary. If there is a priority of things, this is the priority.

Everybody has multiple gifts

Yes, you have more than one. Yes, it is common to feel several after an activation. I do not know all of mine yet, and I have been doing this for twenty years. Things keep unfolding as you go to

different levels. Put about eighty percent of your attention on the primary and let the rest get some energy.

The way I look at it, you might be accessing ten percent of one gift, five percent of another, thirty percent of a third, two percent of a fourth. The higher your vibration, the more of each you can access, the more you can handle, and the faster it becomes. When you work the primary, it boosts your energetic body and your vibration, and as a byproduct the things that were dormant or inaccessible start becoming accessible. It is a vibration game. And when it happens, it happens like this, with no timeline. Tonight. Tomorrow. A few weeks. A few months. Vibration can skyrocket in a snap of a finger, and I have watched beginners do the impossible because of it.

After you have worked your primary for a while, something else happens that I see all the time. Gifts start spontaneously activating at higher levels. Nobody did an activation. They just start showing up, and people come back saying ·I did not ask for this, what do I do with it?· That is how gifts work. Be careful what you wish for, because you will get it.

The gift does not come from the mind

This is the part that trips everyone at the beginning, so I want it near the front.

Spiritual gifts do not operate from the mind. They are not controlled by the mind. They are not fueled by the mind. They operate independently of it, from the soul, on an energetic level. Think about your heart. It beats whether you think about it or not. You do not have to believe in your heartbeat for it to beat, you do not command it, and when you forget about it, it keeps going. Gifts are the same. They run under the surface, sometimes we are conscious of them, most of the time we are not.

So the mind, at the very beginning, has no context. No track record. No experience. It is a huge unknown, a big question mark, and the mind is always going to say ·I don't know.· That is correct. The mind does not know. Almost never have I met somebody who got their gift and said ·got it, I know what this is.· It is always ·I have a lot to learn.·

What you are doing in this program is letting the mind build a relationship, a context, a paradigm for how this unknown thing works. That is the whole purpose of the practice. You observe how the gift actually happens. You remember the things in the past that validate it. You take action that puts the gift front and center so you can experience more of it. And slowly the mind goes ·this isn't weird after all, actually it helps, I can't figure it out but at least I know this.·

The gifts are expressing, and the mind is judging. Both are true at the same time. When you notice the judging, you can say thank you, mind, for protecting me, and then ask, what is the data I am receiving? You do not need your mind to believe for the gift to work. All we are doing is catching patterns so we can understand them, replicate them, become more conscious in how it unfolds, and eventually direct it and use it at will.

One more thing about the mind. It is trying to be like ·I wanted it to be this.· That is not where the gifts come from. The mind is a little spectator in all of it. It is going to catch you off guard, because most people never knew they had the gift they were given.

You have been doing this your whole life

Every one of these gifts has been running unconsciously, thousands of times, before you ever heard the name. Psychics do not know they are psychic. Transmuters think they just have bad luck with people. Akashic people think everybody knows what they know. The gift is so unconscious it feels like normal. It is like telling a fish it is wet. The fish says, what do you mean, what is wet, what is a fish. There are layers of disconnect, and that is exactly what happens when we first become aware of a primary gift.

So a big part of the work after the reveal is looking back. When you learn your gift, over the next few days things come up. You remember moments. Things make sense. You go, wow, that has always been part of my life. That is the cool part.

How I read your gift

People ask me this in every group, so here it is. It just comes. When I look at a name, look at a face, or think about someone, the gift pops up. It is not exciting. It is not a big event. Boom, it comes, and then the next one. For me it is a knowing. For other people it would be a feeling, or they would see it, or dream it. It has evolved over time, but it has always been a knowing for me.

If I am being deliberate, like during an activation, I tap in intentionally and the moment I tap in, it comes. Early on I did not know I was activating gifts at all. People would just have their gift activated and over time I realized what was going on. Mandy was the one who pointed out that everyone around me was activating. I had to look back and realize she was right.

I can read it from a shortened name, from initials, from a photo. Because you are in this container, and I set the intention for this specific person, energetically I can follow the name to the one person in the class it belongs to. The mentors will tell you I go into the Akashic Records for it. That is true. Everything I know about spiritual gifts came from there.

And how did I learn the gifts existed? When I first taught GEO 1 there were no gifts. I was just teaching the healing. As I taught, everything came through as channel and Akashic, and I started seeing people and their gifts started showing up. Stories made sense. People said that's totally me. It came in pieces, step by step, and I had no preparation for any of it. The floodgates opened in the moment. Weather and technology did not even show up for the first years. The ones, twos, fives, fours came first. The sixes came later, and I toyed with making it a GEO 2 gift because it is more advanced, but something told me to put it in GEO 1. So here we are.

The source decides the gift

Here is the single most useful thing in this handbook for telling the gifts apart, because how a gift presents can look identical from the outside.

Picture someone in front of you who is sick.

If you picked it up through your third eye, by being around them, reading their energy field, sensing something is off, that is psychic.

If it dropped in as knowledge, you just know it, data with no emotion around it, that came from the Akashic Records through your crown.

If something came over you and told you, a presence, a voice, a being that is not you, that is channeling. Their guides, an archangel, a higher level being, coming through your crown and presenting itself.

If you sat next to them and said nothing and they left lighter, that is transmuting.

If you put your hand on them and the pain went away, that is the healer.

Same person, same information, five different pathways. The vehicle is the gift. Psychic is the third eye. Akashic, channel, and (done right) all healing come through the crown. So the source of the information and the energy center it uses tell you which gift you are using. At the beginning it is hard to tell and it blends. As you get more advanced you can tune in and go, okay, that was more psychic, that was more channel.

And at the end of the day, once you are doing the work, the source stops mattering as much. The information comes and you do what you are called to do. -I got a feeling, I'm here to serve- becomes the go to. It is good to know where things come from and put them in their place, but do not scatter your energy trying to label every hit.

Where each gift sits:

- Channel: crown, information and energy coming from above, down.
- Akashic Records: crown, information pulled from the library of everything.
- Psychic: third eye, information from the earthly realm, here and now, through the senses. Sometimes the crown, but typically the third eye.
- Transmuter: done right it is from the crown all the way down to the heart. What you feel when you transmute for someone mirrors whichever chakra they are blocked in, so it can be third eye, ears, throat, heart, power center, sacral, any and all.
- Hands on Healer: at the beginning it is the third eye and the heart, then it shifts to heart and crown. There are energy centers in the palms and the feet too. Involve the crown, because the third eye alone tires you and the crown fuels you.
- Weather and Technology: I have described this three ways over the years and I am giving you all three. It is the crown. It is also a center high above the sky and one below the earth. And most accurately, it is not any one center, it is your whole being, like a power plant, running the same frequency as the grids of the earth.

Vibration is the master key

If you remember one thing from this handbook, remember this. Every gift feels like a curse at a low vibration and a blessing at a high one.

At a low vibration, a psychic has nightmares and sees scary things. A healer drains because they are using their own energy instead of higher power, and they can get sick. A channel channels low, scary, draining stuff. A transmuter feels like a trash can. It is not the gift. It is the vibration. And at a high vibration the same gift is clarity, stronger signs, faster manifestation, a body that self heals sooner, energy instead of exhaustion.

Vibration is also your best protection. Certain things you were scared of as a kid simply do not show themselves at certain vibrations. If you turned your gift off growing up because it was scary, revisiting it now, in a higher vibration, is a completely different experience. The dark part of it does not exist there.

And vibration is honest. You can be super gifted, write a book, get famous, and then the ego gets in, or a grief you never processed sits in your heart, and your vibration drops. Now you cannot pull from the place you used to pull from. The messages change, the feel and tone change, you are not the same psychic or channel you were. Gifts are vibration based. You cannot fake your way through.

The bottom line I give everyone is ·stay in a high vibration.· It sounds simple. But look at everything that gets someone there: a lot of healing, removing blocks from environment, gestation, traumatic life events, generational lines, activating your gifts, the practices, going to the root. All of that, done right, is what elevates your vibration. That is why the whole program is built the way it is.

Practice hours are the activator

You will notice I answer almost every ·how do I develop this· question the same way. Do more healings.

Here is why that is not a dodge. When you are doing a healing, your crown is open. Energy is flowing through you from higher power. You are in the exact vibration where gifts are accessible, active, and apparent. So every healing you do is time under an open crown. Ten one hour healings is ten hours in that vibration. Imagine if I gave you a technique you had to hold for ten hours. That would be a lot. But when you are doing healings it is already embedded in the work.

While you heal, the psychic messages come. The Akashic downloads come. The channel starts streaming. The transmuting is happening under the surface. The healer-s hands heat up. You learn your gift by doing, the same way you learn swimming by swimming and not by reading about it. If all you did was the practice sessions we recommend, you would learn more than reading a thousand books, because the gifts are frequency based and do not require your mind to understand them.

It goes two ways. The healing energy that runs through you to heal others also heals you. It recharges you, gives you clarity, and further activates and strengthens your gifts. That is why the more healings you do, the stronger and more potent the gift. That is the direct correlation.

Service work does the same thing if it puts you in that space. When I am teaching, the channel is open. When my heart is open, it is open. When I am walking, in my zone, by myself, it is open. Find what opens it for you. The healings are just the easiest, most reliable way.

And the second half of GEO 1 is built to amplify all of this. The gold energy you learn through sacred geometry amplifies your healing ten to a hundred times and more, and it takes the load off your body so your human system is not the battery. For any gift that feels faint, the gold turns a weak signal into a strong, clear one. That is why it is a lesson after the reveal, not before.

Sacred geometry is the backward engineering

Every gift has a sacred geometry that backward engineers how to get there. That is how I teach it, step by step. I have to do steps to channel. Mandy takes three breaths and she is there. Sacred geometry gets me where she goes naturally.

So if you got the gift that we are all learning as a method, or if you are learning a method for a gift that is not your primary, understand the difference. The natural does it by intention alone. The rest of us do the steps, and the steps work. For an Akashic person, going through sacred geometry to access the records is like going from fiber optic internet back to dial up. You have it at the speed of intention. Do not add steps you do not need.

The first two weeks after the reveal

Knowing your gift is a big thing. It is not just information. It is a frequency, it is a lot of data, it rewrites history, it rewrites your identity. So the best thing you can do is love yourself through it, take it easy, let it unfold, and do not put pressure on yourself to figure it out. Most of the actual work of an activation happens within a week or two after.

Some people get level ten external confirmation right away. Lights flicker. Electronics glitch. Synchronicities all day. Some people get nothing, and that is not a failure. Sometimes the lesson for the healer is to trust more, and if that is the more important lesson, the fireworks do not show up. Some people have seven days of migraines and nausea. Some feel an old wound come up. Some cry, some laugh, some want to give the gift back. All of it is normal. If you feel something surface, get curious rather than ashamed. Where did this come from? How long has it been here? Is it generational? Then use the modalities on it.

Document everything. As things come into your awareness, write them down. Nothing is too weird, nothing is too random. This is the period where you learn how the gift normally shows up for you, and if you do not write it down, the mind will negate it within minutes.

And ground. If you feel floaty, lightheaded, like you are walking through the day in a haze, you are around a lot of people finding their gifts at once and you are absorbing a lot. Balance it with extreme grounding.

Sacred information, love, and consent

More information requires more love. This is true for every gift and I cannot say it enough. Too much light and not enough love looks like the person who watches the news all day and is miserable. It looks like the Akashic geniuses who went nuts or drank themselves to death. Love is the lubricant of light. When there is a lot of love present, even the most difficult things get received.

So when something comes through that you feel you have to share, do this first. Fill yourself with love. Fill the room with love. Send them love. Overwhelm the situation with love. Then deliver. It will be received differently every single time. Channels and psychics get excited or overwhelmed by what is coming through and they blurt it, and the information hits the person before the love does. Information has energy. You can say one sentence and hit someone with ten thousand tons of energetic force and they are out for two days.

Not everything you receive is yours to share. Some of it is for you: your own evolution, your own journey, or context that helps you serve someone better. Sometimes you are being shown something so you believe the gift is real. Sometimes the person does not have the love in them yet to receive it, or it is not the timing, or it is not for their highest good to know. I could have known your gift before GEO 1. Sharing it then would not have served you, because you did not have the foundation to make sense of it. Hold yourself to that same standard. If you must share, it will become apparent. You will not be able to shake it. Multiple signs will push you.

Consent works like this. Light and love need no consent. You can send love through a song, a sunset, a phone, a hug, to a stranger on the street, whether they know it or not. Transmuting needs no consent because it runs on its own, through higher power, under laws of free will we are not fully aware of. That is like telling the sun not to shine. But active healing, removing blocks, clearing, the practices you learn here, that needs consent when the person is in their right mind and able to decide. If they are not open, blocks come back, or they purge hard without context. And when you are starting out, they need to know it is happening, at a set time, sitting or lying down, not driving, no distractions. I prefer people know so they can put two and two together with the patterns, images, and feelings that come up.

The crutch and the coping

I have seen this with every gift, so it belongs here rather than in one chapter. When a gift is too intense and you do not know what to do with the energy, you reach for something that weakens the connection. Sugar. Chocolate. Sweets. Alcohol. Heavy food. My detective friends drink whiskey because it turns the third eye down. Channels crave sweets after a big channel because it weakens the crown. The moment you eat it or drink it, the chakra weakens and you get a breather.

I do not judge it. The shame and judgment reaction is often more damaging than the thing itself. What I want you to see is that it is a coping mechanism for energy that has to go somewhere. Expand your options instead of making it wrong. If sweets is what your body learned, fine, sweets is still on the list. Add to the list: can I write, can I speak, can I create, can I move, where does this energy need to go? When you direct the energy, you often do not need the craving, because a craving is usually the crown trying to shut itself down.

And addiction, anxiety, and depression among gifted people: absolutely, one hundred percent. I look at the reason behind it. They are experiencing their gifts at a high level with no resources, and the substance is the only thing that works. The solution is more resources, not more shame.

Suppression makes you sick

Two buckets explain most chronic physical trouble I see in healers. One is an energy block: generational, gestational, from a life event, from the environment, ingested or applied. The other bucket surprised me over the years. It is the suppression of a gift.

A spiritual gift is oxygen for the soul. It is what fuels you. Suppress it, run from it, be afraid of it, and it starts taking a toll on the body. I have watched people get physically sick from turning a gift off, and I have watched physical conditions resolve the moment they stepped into it. Autoimmune patterns in healers, chronic pain in channels, jittery nervous systems in psychics,

migraines in Akashic people. Each chapter covers what unexpressed energy does for that gift, and each one ends the same way: express it, and the body starts self healing.

Crystals and tools

Crystals are a jumpstart at the beginning, not a requirement forever. They are a preference. I went through a phase of giving my power away to psychics, crystals, Sedona, all the external things. They were my crutches. Then it came to a higher level where the lesson was ·trust yourself, it's all within,· and all of it stopped working until I learned that. Then it all came back. That is the evolution: external, internal, then a blend.

That said, what I have seen work:

- Moldavite and labradorite open the third eye. Lay one on the third eye for a minute or five minutes a day. Good for psychics and channels.
- Amethyst helps channels connect to the angelic realm.
- Selenite sticks in the four corners of a room raise the whole room's vibration. Citrine and amethyst in the space help too.
- Dark stones ground. Smoky quartz and obsidian absorb.
- For transmuters, a three pronged set: one stone that absorbs negativity (obsidian, smoky quartz), one that clears it (citrine, selenite), and one that raises your vibration (amethyst).

And on technology tools, biofeedback devices, all of that: use them if they help. Weather and technology people will use them intuitively better than anyone else, because that is their gift. It does not make you less of a healer to like tools.

Kids

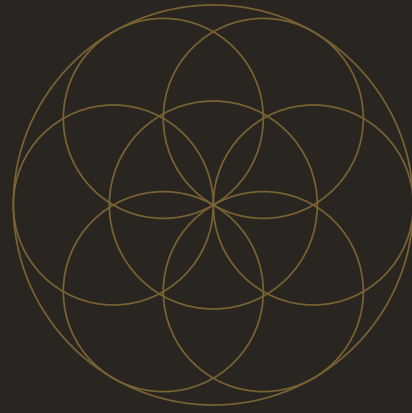
Kids come out of the womb activated. Most of them are extremely on. Everybody has their own unique way of clearing and kids have an affinity for it: shaking, running, playing in the dirt. If your child turned their gift off, they typically turn it back on when you become the role model and embody your own. So the basics: no fear response to what they tell you, self care for yourself, accept it, normalize it, do not make it weird, hold the space, house more love, and never let them feel guilty for who they are. You are the environment that either grows it or shuts it down. Mandy and I share the vision of helping kids not lose their gifts.

The healer's dilemma

You will rarely see the feedback. What people feel during a healing is about three percent of what occurred, and the rest unfolds over about seven days because of lag time. Some healings I did three years ago are still unfolding for people. You cannot measure how far it goes, how deep it goes, or who it reaches. When you send love through a song to twenty million people, you will never get a thank you note. That is the deal with healing at scale. The confirmation you do get is internal: the vibration you are put in, and what you can manifest from there.

PART TWO

The Six Primary Gifts



Six expressions. One path of
embodiment.

1

Gift One: Channel*What it is*

A channel is able to channel information and energy. Something from above comes through you and out to where it is needed. That is the whole definition, and everything else in this chapter is detail.

The information can be wisdom, messages, answers, knowledge. The energy can be healing energy, peace, an activation. Sometimes you are around people and you are not saying anything of consequence, you are just channeling energy, and that energy in itself is the healing. Words are not the point. ·Hey, how's your day?· can carry the whole thing.

Where does it come from? Above, through your crown, coming down. Who or what comes through? An angel, an archangel, a higher self, God, source, a collective, a being of light. It is like tuning into a specific channel, and then that source streams through you, sometimes for an hour or two, only from that source, as you speak it out. That is the difference from the Akashic, which is broader, a library you sift through. A channel is conversational. It talks to you and you talk back, like a human being.

I have seen two kinds of channels.

The full channel is what Mandy does, and what you see when you watch Abraham Hicks or other channels online. Consciousness is still there but it steps to the back, and the voice changes, the mannerisms change, everything changes. That is one form of it. It is not required. I can do it but it takes more energy, it is harder for me, and I do not like it, so I preserve my energy and do the other kind.

The conscious channel is what I do. I am talking right now and I did not know what I was going to say. Every time I go on stage people ask, what is the agenda, and I do not know. I open my mouth and it comes out. My voice stays the same. I am present, I am not getting out of the way, I am tuned into the energy and following it. I am listening to what I am saying as I say it, and I learn from it. That happens to me a lot. Your mind goes, what is the angle, where are you going with this, oh, yes, that works.

A conscious channel can be sitting across from a friend who asks for advice, say something, and have no memory of what they said, and the friend comes back a month later and says, ·That changed my life.· Coaches do it in every session and do not know it. The questions you ask, the directions you go: that is channeling.

The biggest evolution of a channel is the living channel. Not the stage, not the voice change. Energy flowing through you at every given moment, you grounding it, bringing it down to earth and sharing it, while you live your life as a father, a husband, a friend, a son. Whatever needs to be said or shared just flows through. It is not turned on and off. It is how you live.

How it has been showing up your whole life

- People tell you ·that was such great advice· and you have no memory of what you said.
- You start talking and the sentence forms ahead of your thinking.
- You write and read it back later and go, I did not think that, but it is true.

- You hear a voice or a presence that feels outside you, not inside like intuition.
- Pressure or a headache at the top of your head when you have been quiet for too long.
- You wake between three and five in the morning with things pouring in.
- You shake, your body moves, you need to dance when energy runs through you.
- Sweets, chocolate, alcohol after something intense.
- Physical illness or chronic pain that doctors could not explain.

Some of the best healers are channelers. When we heal, we channel it from somewhere. It comes from somewhere. Healers who use their own life force get drained or sick. Channels do not have to.

Intuition versus channel

Intuition is within. It is a feeling. Channel is information given to you and heard, seen, or felt as external, as coming from a guide or a source. One student had an inner voice she called by a name, who told her on a night walk ·you-re about to be skunked,· and there was a skunk at the neighbor-s trash can. That is channel. Her intuition, she said, was more internal. That is exactly the difference.

Every channel receives differently

Channeling is not one form. The message can come through hearing it, dreaming it, feeling it, smelling it, seeing it, knowing it, writing it, ideas, a feeling in the gut or the heart. Dreaming is one way, never the only way. A student who never dreamed of her late mother worried that meant she could not be a vessel. Meanwhile she was smelling things intensely everywhere she went, smells that took her forward to a house she wanted or back to a place she loved, and she was seeing shapes in a window between three and five in the morning, and she was feeling electricity in her arms lying down. She had a whole stack of ways information was coming through and had been discounting all of them because none of them was a dream. Find your stack.

Light language is a form of channeling. It is connected to higher level beings, dolphin energy is close to it, and the sound carries the activation. You do not understand the words. It is meant to be felt, like sound healing, not logically understood. It can come through channel or through the Akashic, and it kicks in at sacred sites, on chakras during self clearing, when your energy goes up.

Reverse processing

This is the biggest mental hurdle for a channel and I want you to hear it plainly. Since you were small you were taught to think before you speak. It is a survival thing. You do not want to be made fun of, you do not want to say something stupid. Channeling is the reverse. You speak, and your thoughts catch up. You feel the energy and you speak it, because it goes beyond your brain, and your mind is behind going, what am I saying? You almost think you are making it up. You are not. We are just not used to processing that way.

So the practice is to break the barrier. Say the first word that comes, even if it does not make sense. Write one word. Draw one thing. Then you can stop if you want to. That one word is you

hopping over a mountain. The perfectionist brain will pump the brakes, ·don't say it until you know it,· and you have to get over that mental processing. Once you beat it, you can channel on demand.

The rite of passage every channel goes through is ·am I making this up, is this just my mind?· You get used to hearing that and eventually it goes numb and stops mattering. The first thing that comes up is typically it. You doubt it because you cannot verify it. Where it needs to go, it will land, and you will see it in the person.

Channels forget

You will remember the tone and the essence of what you channeled. To recall it perfectly is very hard, because your body was busy holding the channel and retention takes a hit. The purer the vessel, the less sticks. It is like a dream that is vivid when you wake and gone in minutes. This is why I record everything. My phone voice memo is on constantly. Mandy and I record channels and messages. Have the person write down what you told them, because when they ask you to repeat it, you will not be able to.

Not remembering is the beauty of it. The person who needed to hear it, heard it.

There has to be a message

Clear downloads one night, radio silence the next. Normal. At the beginning there has to be a message. If there is no message, there is no need to channel. When you try to replicate yesterday's session to prove the gift to your mind, you are working from a different intention, and nothing comes, either because of that intention or because there is nothing to say right now.

So use a prompt. Channels need prompts. A question you want answered. A person in front of you who needs help and is open. Even their energy, before they say a word. Sometimes their higher self comes to you before they know they have a question, because it knows you are a channel. When someone in front of you needs it, you cannot help but channel. That is why the practice is more situations that require it, like coaching, like healing.

And no message does not mean no channel. The majority of channels are energetic exchanges. You are in the state, you receive something, and you do not know what it is. Days later it comes up as a letter, a piece of advice, a thought in the shower, a knowing while you jog, and it shows up in your conversations without feeling like channeling at all. The session that felt quiet was not quiet. The energy had to brew. Most channeling is undetectable to the naked eye.

Channeling is not the same every time. Sometimes information, sometimes energy, sometimes peace within yourself, sometimes you are activating yourself, sometimes it is one word because one word is all that is needed, sometimes you cannot stop. Have no expectation. ·Whatever needs to channel through for the highest good. If there is nothing, I am an open vessel.· It is like checking your phone: sometimes there are texts, sometimes there are none, and it means nothing other than nothing needs to come through right now. Enjoy the days when there is none. You are resting. When there is a lot, it is a lot.

The 30 day practice

Every night before sleep, five or ten minutes, lying down. Nighttime is more potent at the beginning because the logical mind is off.

Set the intention: ·I want to experience channeling. Whatever information or energy needs to flow through me, flow through me. Only higher level beings of light and love, for the highest good of all, that have a message for me.·

Imagine white or purple light coming down through your crown, filling you up. Breathe it in. Bask in it. Let it consume you for the full ten minutes. You may just feel a rush of energy at first. That is fine. At the beginning you are literally getting used to housing that much energy.

If you want to add breath: in for three, hold for three, out for three, seven to twelve rounds, each breath accessing a higher vibration until you reach the level you want to channel from.

If it gets uncomfortable, stay another minute or two. Push a little past what you are used to, then release. Channeling is stretching how much energy you can house and for how long. That is the name of the game.

Eventually you will feel it in your throat, or your forehead, or your head, and you will need to say something, write something, create something. Then do it. Write the first word. Speak into the recorder. That is the point of a channel.

Two warnings from students who did it right. One followed the light up and then brought it back down at bedtime and could not sleep, up until she moved enough to run it out. That is how you know you channeled. Energy brought from there to here has to be processed, and it comes as energy and as thoughts. If that is you, do the practice in the morning or the daytime, or plan to move afterward. Another went up in her merkaba every night for weeks and got lightheaded and started cutting electronics off wherever she walked. Ground harder than you go up.

Alternative for a channel who wants to reach the other side: the same practice, at a time the brain is not active, with the intention to channel the higher self of the person, for the highest good, and just see where it leads. It is the gentler way to start conscious channeling.

In a healing

As you do the healings, you will notice. Pressure in the head. An emotion. Ideas coming in. ·I have to say something.· Share it. When you are healing someone, ask to channel the energy the person needs for that healing, because a channel channels energy as well as information. Set the intention: ·I want to channel whatever healing energies are for the highest good. I am open as a vessel this session. Let whatever flows through me flow. Remove what needs to be removed, give them what they need.· You may be guided to do different things during the healing. Go with it.

And when you are sitting next to people, their higher selves and their guides will send messages through you, because you are the one who is connected and they are not. It becomes an information highway. Not all of it is yours to share. Some of it you are simply privy to because of your vibration and proximity.

Expression, and the channel's headache

If you do not exercise the gift, here is the sequence. First a headache or pressure at the crown. If you do not move that energy, angst builds, anxiety builds, too much energy. If you still do not express it, you get really sick or really tired. Your adrenals burn out and you knock out, and you wake up the next morning with the headache from hell. I call it the channel's headache, or the channel's hangover. You did not let the energy go through, so you are fried. I have seen it a lot.

The same energy that is unexpressed turns into anxiety, adrenal fatigue, migraines, concussion type head pressure that lingers, blood work that is off with no diagnosis, chronic pain after an injury that will not resolve, and in strong channels who suppress it, seizures. Seizures in channels are the body shaking because so much energy is going through and it must be released. Shaking is not bad. Some channels move their heads, shake, dance while they channel. That is expression. Rewire the association.

So the most important thing for a channel is expression. It does not mean telling someone. It means the energy leaves you. Say it into a voice memo, and the energy leaves your throat chakra; you never have to share that recording with anyone. Write it down: pen to paper is channeling and the energy flows from inside you onto the page. Draw it, even if the drawing makes no sense. Sing it. Move. If energy is stuck in your forehead, that is channel energy stuck at the final step, resistance right at the door, and the fix is to write, draw, speak, record.

Get ahead of it. Move before you channel: dance, jumping jacks, shake off the excess. Cut cords so nothing humanistic blocks a pure channel. And after, if you are tired: salt bath, grounding, something salty like crackers to ground faster, rest. Support yourself so you are not shot for the day.

Chronic pain in a channel, like a neck that never healed after an accident: two parts. Intentionally channel, because chronic stuff tends to go away the more you channel. And do a self healing every day for fourteen days with the intention ·any blocks related to this pain, for my highest good, release now.· The combination does magic.

Activation itself goes from the crown through the whole body and shows you your areas of vulnerability. A channel whose lower back went out a week after her back had been improving is not going backward. The lower back typically carries ·I carry so much for other people.· That is post energy surgery. Normal.

Grounding

The bigger the crown, the bigger the ground has to be. If your channel is big and your grounding is small, you have a bottleneck. You feel floaty, lightheaded, you cannot retain information, you live in the ethers. The best channels I know are extremely grounded, because that is what lets more flow through without imploding. Think of it as voltage. You can handle more electricity through you the more grounded you are. Grounding exercises before you channel, dark grounding stones, and rerouting are what let you go higher.

Parameters and boundaries

Channeling and psychic work are all about parameters. This world has light, neutral, and dark, and it is a free for all for channels on every spectrum. Vibration is your best protection and intention goes a long way.

Set the parameters before you start: ·Only for the highest good of all. Only beings of light and love. Everything else is not welcome.· When you tune into a channel, you choose what to include and what to exclude.

Set the parameters to close: ·Right now I am a closed channel. No messages can come through. If it is important, come in dream form.· Clear your crown, put a shield on it. Closing is completely within your control; it is stepping into your power. A student used to say ·cancel cancel cancel· and got overwhelmed to the point of using drugs to shut it up. The closed channel statement is what she needed.

Set the tone. The higher you channel, the more blunt it feels. Earth has love and emotions. Some places you pull from have only fact, only truth, and it comes out potent and matter of fact. It is not unloving, it is where it came from. You can modulate it with your own vibration: scared and it gets scarier, high and loving and it comes through casual and kind. Ask to channel with love and it softens.

Set the vessel. You do not have to be a puppet. You can be conscious, present, listening, and receive without a full voice change or eyes rolling back. You will never have to do the full trance if you do not want to. I do not.

Set who. Mandy and I have rules. We do not channel dead people. We channel the higher self of someone who has passed, the purest, highest version of them, never the human self. The human self carries the pain, the baggage, the trauma, and when you channel you embody, the energy goes into your body, and that lingers and is hard to shake. The higher self gives you the wisdom, the answers, the closure, without the baggage. Other channels break that rule. These are our personal parameters, and I recommend them. A Navajo student whose culture does not speak to the dead can skip that entirely and channel only angels, only God, only higher power. That is a valid choice.

And the test after any session: drained is normal. Feeling heavy or negative is not. If it left you negative, tighten the parameters.

What it looks like at higher levels

A word or a tune. Then a sentence. Then thirty minutes, an hour. Then you are answering before they ask. Then streams of information flow through you for long periods with no blocks. The higher the source, the more tired you are at first, and then you build up and you are not tired and you can go longer. There are infinite levels.

Directional channeling: ·Let me channel the energy needed to solve this problem, to create this solution.· General channeling: I bring this energy everywhere I go. Different gears.

And manifesting. When you are in the channeling state you are in one of the highest vibrations you can be in, so you manifest quicker whether you think about it or not. Often what you want shows up before you consciously ask for it. On a long flight, run energy.

Questions students ask

Can I use this to serve people without doing channeling? Yes. Whatever needs to be felt flows through you in a normal conversation. Start with what you are inspired to share. First thing that comes up, write it, record it, share it. There is a market for channels; look for people already looking for that guidance instead of convincing strangers.

Can I channel animals, plants, crystals, nature? Yes, anything. Build up to it.

I am jealous of people who channel books and meditations. Words have frequency and you channel what you vibrate on, so trade jealousy for curiosity and excitement. Then practice, because practice gets you there.

Is it safe to share what I know about my daughter's marriage? Meditate daily, come from the heart, bring the love first, and use discernment. Yes.

I only felt a change in the air and a static feeling, no words. Then that is where you are. Feeling first, then energy in the body, then energy in the throat or forehead, then things come. You are being eased in. Sit in it, get used to it, then start writing.

Stories from the room

A coach who works with survivors of narcissistic abuse kept saying things in sessions her clients were not expecting, and she was embarrassed, and they cried. She thought she was left holding the bag. That is exactly what a channel does. It bypasses your logical mind so the person hears what needs to be said. Their soul requested a message and you delivered it. You know it worked when they are better right away or shortly after, and when they cry, sometimes let it out is all there is to say. You have already done the work.

A student who muscle tested for years and then started channeling through writing after reading my book found her physical health issues improving the more she channeled. Her written voice was stern and abrupt, and when she doubted it the pen drew infinity loops. The higher you go, the blunter it gets.

A woman whose father passed found she felt closer to him now than when he was alive. When we cross over, we integrate back with the higher self, the whole version. She was connecting with the whole of him, not his human story.

A hypnotherapist who sometimes fell into a trance mid session and talked without structure got channel. A functional medicine nurse who could not finish sentences around groups of people got channel; interference is what a channel feels when several energies are streaming at once. A woman whose grandfather's name appeared in her calendar entries, whose hey was heard by three others on a call, who tasted copper and felt a copper cross on her heart when her uncle died: channel, plus a very open third eye and ears.

And the one everyone remembers: a student went up in her merkaba every night for weeks, walked past the TV and it switched off, lights went out during the activation, and her son called to say the microwave was dead. It was the third microwave she had killed. She can now say ·turn off the TV· and it works. She is a channel. Keep doing all of that, and add channeling to the list. Every primary gift amplifies whatever else is already showing up.

2

Gift Two: Transmuter*What it is*

A transmuter is a giant filter. You can be sitting next to somebody and not say a word. They come in heavy, negative, with something weighing on their heart, and they leave lighter and better. Your energy takes their energy, runs it through, and brings back something neutral, so they feel light.

It happens constantly, nonstop, under the surface. When you are awake, when you are asleep, when you are driving, when you are breathing, when you look at someone, when someone thinks about you. It is a machine that never stops. Ninety nine percent of what you transmute you will never know about, because your soul already agreed to it and it is doing it whether you like it or not. You can add to the list consciously, but you cannot turn it off. You meet somebody and you cannot say 'I'm going to transmute for them.' Too late. You already are.

Transmuting is always one way. You take excess or negative energy and neutralize it. A transmuter in a low mood does not drag the room down. You cannot do it wrong, and you cannot make it worse.

You transmute for the people next to you. For the people you think about and the people who think about you, because the moment that happens, cords attach and your energetic fields interact, even across the world. For your street, your block, your building. For your city. And when something big happens in the world, for a country, or the planet. That is why, when there is unrest or a planetary event, you feel it deeply before you even know what is going on. You are tapped into the collective consciousness and you are transmuting for it.

If there were no transmuters, society would implode. The only reason there are not more natural disasters is transmuters, because when collective energy gets to a certain level it affects the earth. Transmuters are doing God's work on earth. You bless every person you come across, and you can alter the course of someone's life without ever knowing their name.

Transmuters are empaths. To clear something, you feel it, and that is vibration based. In the vibration of a clear vessel here to heal for the highest good, you do not feel it. In a vibration of fear, you feel everything.

Transmuter versus healer

When we do the GEO healing, both are happening, but they work on different things.

Transmuters are typically emotion based and block based. Healers are typically physical pain and illness based, and they go to the root of it. A transmuter neutralizes what someone picked up today, and if they go back to the same negative person tomorrow, it is there again. A healer finds why the leg hurts and the limp goes away. Same expression of energy, your field becoming the healing thing, different targets. And as you evolve, that changes: advanced transmuters move more than emotions.

How it has been showing up your whole life

- People come to you for advice, to vent, to sit with you. ·Come sit next to me but don't talk. ·Can I come over for a hug, I'll feel better. ·
- People say they just feel good around you and do not know why.
- You attract people who drain you. Everyone you help seems to move on once they feel better.
- You need a lot of alone time even though you are social. ·Let's go out. Never mind, I need two days alone. ·
- You cry and cannot find a reason. Mood swings with no context. You think you are depressed.
- You feel world events in your body before the news.
- You are exhausted after a day with people and cannot say why.
- You are drawn to the ocean, to salt water, to animals.
- You have been in bed, holed up, unable to face the grocery store. I went through that stage myself, fifteen or twenty years ago.

When I first met Mandy we were dating and staying in a high rise in Miami. After dinner I looked around and she was gone. She was out on the balcony with one hand toward the ocean and one hand toward the city, sobbing uncontrollably, for two hours. It was not hers. She was transmuting for the city and feeling every bit of it. She had been doing it since she was a kid, and with no context you just think you are depressed and moody. That is what it looks like before you know.

The whole game is vibration

The biggest downside of this gift is that at a low vibration it affects you. You are tired, irritated, and everything they feel, you feel, for twenty minutes, two hours, four hours, the whole day, and afterward you do not even know why. At a high vibration you still transmute but you feel nothing. You might even be energized.

So the name of the game for a transmuter is getting to the vibration where you do not feel what you transmute. Mandy does not cry when she transmutes anymore. It is still happening. It is just happening at a vibration where she does not feel it. That is the number one objective.

Here is why higher vibration also means more energy instead of less. At lower vibrations you are using your own energy to transmute. At higher vibrations something higher runs through you to do it, and as it runs through you, it fuels you. So transmuting is meant to raise your vibration. It only takes a toll when your human needs are neglected.

The trash can myth: people say ·I'm just a trash can for everyone's energy.· That is a low vibration description, and at a low vibration any gift feels like a trash can. It is not the gift. It is where you are standing.

In the moment versus after

It is always hard to know in the moment whether the anxiety or the sadness is yours. It is always after the fact. ·I was bamboozled with energy, what happened?· When you are in it you

are swirling, not at your highest vibration, so you cannot see clearly. When you come out of the swirl, you can figure out what caused it. The only way to shorten the swirl is to do the things that raise your vibration. You cannot stop it. Strong people who tried to stop it had it backfire in many ways. Flow with it.

Two ways to catch it early. For the next seven days, be conscious of who you lend your energy to each day. You will start catching yourself. ·I got an email and it really got me, and now I'm tired.· ·That phone call.· Whatever number you count, it is probably three times more than that, because there are people by proximity, by association, and people thinking about you that you never know about. And when you feel something come over you and you are not sure, take an hour. Bath, outside, disconnect, remove every external thing that could be affecting you, and see if it is still there.

Self care is not optional

This is the biggest opportunity I have ever seen with transmuters and empaths. You are so good at helping others, and you have rules, shame, or guilt around helping yourself. You give more than you take. You get drained. You have guilt about refueling, or no time. Now you are emptier. It is a chronic cycle. Fix the receiving and it fixes everything, because you never have to be empty and you rarely overheat.

If people knew how hard you transmute, they would tell you to take the year off. So, for a while, overdo it, because you have been under doing it. Overdoing it for you gets you to neutral. Every hour or two, set a timer, five minutes for you. Every other hour if need be. Double down, triple down. Be proactive, not reactive. Do it for fourteen days and see how you feel.

What works:

- Play. Lots of play, fun, silliness, laughing, light friends. Transmuters need more silly fun than most people.
- Alone time. A lot of me time. Sleep is your best friend; sleep is naturally clearing, and when you have slept enough you wake up and it is gone. If you wake up still feeling it, it was a lot and self care was low.
- Salt water. The ocean cleanses, clears, and heals transmuters. Salt baths.
- Animals. Pets do well with transmuters. Cats and dogs and horses transmute too; they take your excess and run it through their bodies.
- Movement. Transmuters love to dance and move. Sing loud. Play an instrument. More flows through instead of getting stuck.
- Purpose. Being in your purpose work is the highest vibration you can be in.
- Never sit in a low vibration for a prolonged period. High or neutral.

If you are fatigued, apathetic, in limbo, that is the biggest sign you are not doing enough self care. You are filling your own cup last, or not at all, and you have a hard time receiving. Put it at the very top.

Where the energy goes

Most transmuters run everything through their own body, and the body can do it. Your energetic body is built to take energy and clear it. But you do not have to carry the load alone. The earth can handle it; it clears everything. Involve the earth. Involve your crown and higher levels. Layer them, and the body is no longer taking the full load and it stops being strenuous. You go from a lot of things in very little space to a lot of things in an expansive space.

Once you learn the gold through sacred geometry, you use something outside you to fuel it, ten to a hundred times more potent, and your body is not the battery. I have watched body workers, healers, psychologists stop being tired the moment they started using it.

Two cautions. Alcohol does not slow transmuting much. It weakens the third eye so you do not feel what you are transmuting as intensely, and one student, drunk, threw the grief she had collected from several people across the room at her boyfriend. She had to clean him off afterward. And the 2020 pattern: many transmuters were called to another level in 2020 when the whole world's sentiment changed. Empaths who were used to being empaths for themselves and their friends were suddenly transmuting for a world they never signed up for. Healing, healing, healing through 2020 and 2021 with no self care to match, and then when everything calmed down in 2022, the lag hit the body all at once: body pain, purging, a year in the hospital with a spine infection nobody could explain. It does not have to happen. As you feel intense things, do the self care, the clearing, the self love, the grounding, in real time, and there are no after effects.

Intention runs this gift

Everything happens by intention. You are already transmuting unconsciously. Intention is how you get a say.

To transmute for someone on purpose: ·I want to hold space and transmute for this person, for the highest good, today.· Whether you are with them, near them, thinking of them, or simply intend it, it starts.

To transmute for a room: before you walk into the grocery store, make your auric field as big as the store, and everyone in it is being transmuted for while you talk about nothing at all. Or shrink it down to one person. More potent with intention, potent as is. Some transmuters push a bubble of energy out around a whole building before they enter it.

To transmute for the world: when you are seen, when you post the video, when you speak your truth, when you step into the limelight, the energy behind it transmutes for everyone who sees it. Nothing is too small and nothing is too big. Get out of your comfort zone to shine your light, because you do not know whose life you will save by being seen.

To stop: cut the cords, or unplug them like you unplug a device, or send love to yourself and love down the cord to the one attached, which removes the negative side effects the same as cutting. Whatever resonates. Say it plainly: ·I'm calling my energy back. I'm releasing the cords I have attached to this person. I do not want to transmute for them. I'm sending them off with love.· You can do this. Everything can stop happening based on your intention the same way it started.

And yes, you should stop sometimes. If you decided to transmute for someone out of guilt or obligation, you invited it in, and with no boundaries it is a free for all, no closing hours. If someone will not change and you are just a band aid or a drug in their cycle, lend your energy where it is needed. You do not have to wait for them. You did not do anything wrong. The best thing you can do for someone in a cycle is stop being the thing that lets the cycle continue.

Why they come to you, and why they leave

Your light attracts, at the beginning, a lot of people you might label toxic. They want your light. You become their drug. Around you they feel better and they do not know why, so they hang around, or they use you to take the edge off and then go right back to whatever they were doing. ·Why the hell am I attracting all these people?· Because you make them feel better. That is your gift, and your purpose work, not bad luck. It is like a light on at night. The insects come. Bees go to honey. Once you have that context, you stop asking why you are broken and start asking how to support yourself so it does not disempower you.

People also revert. You clear them, they feel great, and they choose to go back to what they know. That is free will. You are not doing it wrong.

Boundaries matter here, and the first time you set them there will be backlash. Someone with a lot of baggage who has been using you to remove it will not like it when the removal stops. That is fear of loss. Stick to it and the backlash fades. You can feel good, have boundaries, live a beautiful life, and still help people deeply. It is not one or the other.

Saying no is hard for us. I grew up Filipino: do not upset people, be nice, tiptoe, do not say what you mean. Mandy is the direct one. In any conflict I have to prepare my points, and she stands up, says it in ten seconds with truth and love, and I want to hire her as my emotional lawyer. What changed me was watching how successful people do it. They leave you on read and never respond to things they do not want to respond to. A friend told me in 2017 that the best part of success was no longer having to laugh at jokes he did not find funny. I read a book called *Disease to Please* and did not finish it, which is on brand. The transition script is finesse: ·Thank you so much for thinking of me, let me check my schedule and get back to you.· It buys you time so you do not say yes out of obligation. Then it gets faster: ·Thanks for trusting me, I can't this time, keep me in mind.· Eventually you just say no. That is the ultimate level. You do nothing you do not want to do.

Relationships and containers

If you keep attracting people with problems, healing them, and watching them leave, start a business as a healer. Your soul's need to heal gets met in one container, and your personal life is free to just be love. You are a healer. Honor it. Give it a container.

Intimate relationships are different from crowds. After activation you might be energized by big groups and then wrecked by one dinner with a partner or a parent. Crowds are impersonal. Intimate is personal, with wounds and baggage attached, and it puts you in a more human vibration where you feel more. Family gatherings that knock you out for two days are the clearest sign that the frequency work is the fix.

And for someone in your house dragging you down: the opposite is also true. ·Remove all the energy that is not mine from my son, anything I consciously or unconsciously transmute for him, with love, so my vibration can rise.· A high enough vibration pulls the people around you up whether they like it or not. They can react to it however they want.

Transmuters together

When transmuters meet, they both cry. I have watched groups of them cuddle up in the back of a workshop and transmute for each other. One takes some from the other, the other takes some back, and nobody carries the whole load. It is also a gauge: if your cup is already full, another transmuter is overload; if your vibration is high, it is calm. Find your fellow transmuters.

What it looks like at higher levels

One person. Your family. Your street. Your city. Your state, your country, the world. Transmuting gets deeper, not just bigger. Advanced transmuters become walking vortexes, like walking around Sedona: people's stuff starts tearing up around them and their biggest wounds surface to be healed. At that level you are moving more than emotions. Limiting beliefs, patterns, deep rooted stuff, diseases. And at that level it is not tiring. It recharges you. Mandy can transmute a room of a hundred in a blink, a concert of fifteen thousand.

Amma, the hugging saint, is the clearest living example I know. Her energy field is miles wide. People from every language and background walk into a room with her and start crying before she touches them. She hugs tens of thousands of people a day on her tours. Study her and you will see the gift at one of the highest levels.

There are two ways to heal: active and passive. Active is what you are practicing in this program, healing on people. Transmuters mostly heal passively, and that is a boundless gift with no borders. You might be transmuting for your city right now and not know it. The more you crave it, the bigger the responsibility you will be given, in the best of ways.

And manifesting: transmuters manifest fast because you are doing so much for other people that you sit in higher vibrations than you know. Just watch what you are manifesting. ·I want to get away from everyone· is still manifesting.

Questions students ask

Do I have to go to dense places to transmute? No. You are doing it in high spaces and low spaces and asleep and awake. You cannot compartmentalize it.

Is there a chakra for the difficult family member? No specific one. Only vibration.

If I get my energy back, will I lose my gift? No. Overdoing the self care is what makes the gift efficient.

Where do I get people to heal? You do not need to find them. Look for people who are looking for you. Do not push transformation on those holding onto dead frequencies.

My gift changed from Akashic to transmuter. Then this is what your soul needs now.

Stories from the room

A student was pulled out of a dead sleep the night before each of three explosive political events in 2020 and danced uncontrollably for hours. She was late for work, she had a flight, and she was too embarrassed to tell anyone. In between, anxiety, and one afternoon she burst into tears in a Whole Foods parking lot. She was transmuting for the country, and if she had not danced, it would have gone into her body. The dancing was the pressure valve. It does not happen every day. It happens when you are called.

A restaurant owner tells her restaurant in the morning whether to be busy or not, and it obeys. Her staff ·call in· customers they have not seen in months and they show up within a day or two. She once asked for a blast from her past and a junior high classmate walked in. Transmuters manifest fast.

A student who was ·trying to transmute· one person for months and felt like she was dying whenever she thought of him asked why it was not working. It was working. She was feeling it. And she had invited it in. She could decide to stop the same way she decided to start.

A beauty professional of three decades whose clients just felt better around her, and who was drained every day of it, got transmuter and finally had a name for it. A woman who worked in a pediatric office, absorbing the stress and presence of sick kids all day, got transmuter. A woman in South Beach who transmutes for verbally abused dogs on the street, ·your owner loves you,· asked where she would find people to heal. She already had a city.

3

Gift Three: Psychic*What it is*

Psychic is more than the Hollywood depiction, the crystal ball, ·beware of a black cat,· the neon sign outside the hotel that says forty five dollars for a reading. The way I look at it, a psychic is able to access different vibrations and what is in those vibrations. Time exists vibrationally. In the now, if you tap into the right vibration, you are accessing the past and the future in the now. When you can decipher energy there is no past, present, or future, and no veil between here and the people who have passed.

It works through the third eye, and the third eye is connected to the senses. A psychic sees, hears, feels, tastes, smells, knows, dreams, or all of the above, depending on what is dominant for them. Some see auras. Some see souls, other realms, people who have passed. Some know what is happening behind closed doors before anyone tells them. Some touch an object and know its history. Some shake a hand and know if the person is good or bad. Some remote view. Some walk into a location and get its story. Some dream things that come true. Some get a frequency two weeks before a death or a car accident. It is broad, and that is on purpose, because it can show up in any of those ways.

The everyday forms are the ones people miss. ·I'm just good at reading people.· ·I'm a good judge of character.· ·I always know what to say.· ·I know when someone is hurting and exactly how to get them out of it.· ·I know when they are lying, don't even try.· ·I know how every TV show ends and I'm not allowed to talk during movies.· That is all psychic. The lottery numbers and the deaths are the intense forms. The everyday forms are harder to catch because they feel normal to you. Psychics can be the best entrepreneurs, the best fathers, the best friends you have, because they know how you feel, what you are thinking, and what is possible for you, and they hold you to it.

And I will tell you what I tell every group: most psychics do not know they are psychic. They do not call themselves psychic. The gift runs automatically, unconsciously, all their life, and when someone finally says the word they go, really? It has been there the whole time. They just did not know how it unfolded or why it was even useful.

Psychic embodiment is a rare version worth naming, and I had never talked about it publicly until a student described it. Something knocks on her third eye like a door, comes in, moves her body, speaks through her to her kids, helps her find words when she is explaining something. It felt like being a puppet. That is psychic embodiment: being empathic at a very deep level with someone who has passed. It can happen with channels too. From the outside it looks identical; the difference is third eye versus crown. Very few people can do it, and a lot of the ones who can end up connected to law enforcement solving crimes. Set your parameters for it the same as anything else.

Psychic versus Akashic versus channel

Psychic is the third eye. You are around people, you are thinking about them, they are thinking about you, and your energy fields interact and exchange information. You pick up hits: how

they feel, what is in their past, what is coming. It is more humanistic, it is this realm, here and now, and because it is the third eye you can be empathic with it. It can hit you emotionally.

Akashic is the crown. It is the library of everything and it comes in as data with no emotion. ·Here is your message.· Channel is also the crown, but it is a being coming through and speaking, not information you pulled. So when a psychic tells someone ·something-s off with your liver,· an Akashic person tells them ·drink more orange juice,· and a channel says it in a voice that is not their own.

Your higher self and your guides are adaptable. If they know you receive better through the third eye, or through dreams, or through a feeling in your body, that is where they send it. Being psychic does not cut you off from higher messages. It just means they arrive in the form you are used to.

The clairs, clairvoyance, clairsaudience, claircognizance, clairsentience, are third eye processing modes, not gifts. Anyone with any gift can have them. If you feel it and know it through your third eye, chances are you feel it and know it through your crown too. It is just how you process.

How it has been showing up your whole life

Look at the last five times you were psychic and ask how it happened. Did you meet someone and just know? Did it come out of nowhere? Were you sleeping? Was it a dream that came true? A full body reaction? Goosebumps? A tightening in the neck and shoulders? That pattern is your wiring, and you want to lean on the way you naturally process before you try to build anything else.

I am a feeler. If something is in the room, I get goosebumps and I can tell you exactly where it is with my eyes closed. Mandy sees it. She wakes me at three in the morning, ·somebody-s over you,· I clear the room for thirty seconds with my eyes shut, she says thank you babe, and I go back to sleep. I never wanted to see, so my eyes stay closed. Your wiring is yours.

If you resonate with several of the sub abilities, typically one, two, or three are the big ones that come most naturally. Do the natural one. People want to skip the natural thing and do the hard thing, and with spiritual gifts that is backward. The natural one strengthens the third eye, and once the third eye is strong it can do what it previously could not.

If nothing on the list feels like you, the clues are usually dreams and empathy. Look at the family line too. It is probably bloodline related. Look for tiny signs in your parents and grandparents. My mom dreamed things that came true, every single one, in a strict Catholic household in the Philippines where the word psychic was bad. I told her, ·Mom, you-re psychic.· ·No no no, I-m not.· The label did not fit her identity. The gift was still there.

The mind will fight this one hardest

Of all six, this is the gift people push back on, sometimes with repulsion, and it is usually the word. Hollywood made it inaccurate and incomplete. Religion slapped a judgment on it. If you were raised by nuns, or in a house where seeing things was demonic, or you were punished for saying things your father did not want to hear, you may have shut it down young. One student

shut down after seeing someone's death as a child, believing she had caused it because she saw it first. Another remembered turning it off around age five out of shame after upsetting her mother with something she said. Shame shuts it down, and revisiting is painful, because it is not just the gift, it is a wound.

Two things about that. First, the activation and the clearing already handled a lot of it; you do not have to go dig. Second, you can measure your resistance with one question: if you told your friends and family 'I'm psychic,' how would they react? Judgment, ridicule, rejection? That reaction is your resistance, and now you know what to heal. A student who rejected the word out loud on the call had a sore throat and a mild fever by the next morning. Activated, but rejecting it. Psychic unexpressed spreads to everything near the third eye: the head, the eyes, the throat.

And it is normal to think 'did he make a mistake?'. The mind wanted it to be something else. Give it a week or two of documentation and it becomes very apparent.

Nothing shown early is yours to change

The first few times a psychic gets shown something big, a death, an accident, a house fire, it is never for them to change. It is showing you it is real. It is proving to your mind that this is a gift and not a coincidence. The biggest heartache for psychics and Akashic people is thinking 'I was given this and I should have done something.' You could not have. Think of it as a sense that just got switched on. A kid gets glasses or a hearing aid for the first time and it is sensory overload. At the beginning you are just perceiving things you never perceived before. As you progress, it becomes 'how do I use this for the highest good of all?'. That is the second phase, not the first.

Two more principles that go with this. The future is fluid. It is vibration based and nothing is set in stone. See a future you do not like, change your vibration. I have had psychics tell me opposite futures on the same day and both were true from different vibrations. And having the information does not give you control of the outcome. Free will is involved. Your responsibility is limited: comfort, love, presence. Being right and it turning out badly does not make you a failure.

Like an adult who does not explain the whole adult world to a five year old, some of what you know is for you to hold. Share only when you are pushed, you cannot shake it, and multiple signs say so. Most of the time it is not the time. Scan before you tell someone what is on your mind. Sometimes it is for you and only you.

The 30daypractice

- Clear your third eye every day, and cut anything attached to it. When you are in a lower vibration, the third eye tunes to lower things; when you keep it clear and stay high, the classic psychic problems become non problems.
- Daily self healing, ten to fifteen minutes, for thirty days. This is for everyone, but especially you, because it removes the noise. In a workshop full of high vibration people the signs are easy to read. Back home it is noisy, and you cannot tell a sign from everything else. The daily practice brings you back to that high point so the signals get extremely clear and you do not miss them.

- Every night: ·For the highest good of all, I want to use my third eye to explore whatever messages I need,· or a specific person-s situation if they have come to you. Dreams are the safer starting place because they are not jarring. You dream, you wake up, you have a message.
- Keep a journal all day. What do I feel from this person, this room, this text message? Write it. Do not judge it, do not discount it. The first answer is right; the second one is your mind. ·I don-t know, I might be making it up, but I think it-s the ear and throat and sacral.· Good. That is it.
- Do more of how it already works for you, daily instead of weekly, until it is automatic.
- Optional jumpstarts: a crystal on the third eye a few minutes a day; face down cards you sense before turning; holding an object and reading its history.

Confirmation comes later. Two weeks after you had the hit, it happens, and you go, wow, it was true. That limbo period, where you do not know if you are making it up, is the hardest part, and the only way through it is to document and follow through. Over time, as the gifts keep being right, you trust yourself and the mind falls in line. It becomes second nature. Your stomach grumbles and you know you are hungry; you get a psychic nudge and you follow it. Mandy and I live in divine synchronicity that way. It comes up, we do it, even when it is hard.

After activation the gift progresses over two or three weeks and starts showing up every single day. Keep going with it.

In a healing

Practice healings are one of the fastest ways for your psychic ability to switch on in a way you are conscious of. Set the intention: ·As I do this healing, I am open to any messages, whether I see, hear, feel, or know them, during or after.· Then pay attention while you work with each chakra. You will get something. Your mind will immediately say never mind, that was nothing, and kick it out. That is the pattern. Note it and keep going. Your rib starts to hurt while you work on their heart; that is psychic translating into a physical sensation, and it tells you where they store energy. Ask them about it later. A word pops up, jot it. Nothing is too weird.

The specific stuff is what deepens the healing. One of my psychic healers sees a red book during a session and mentions it, and the person starts sobbing because that was the book they had when they were four. That release adds to the healing in a way nothing else does.

When it is unexpressed

If you block it, you get intense headaches. It is a pressure cooker in the third eye. The information is not being listened to, so it builds and builds in the third eye and spreads. Move the energy. Express it, work out, or better, open the gift and follow it. Pressure or pain at the third eye that comes and goes is telling you there is more psychic activity than usual; clear it, and pay attention.

Ignoring it slows your life down. Psychic hits show up to speed you up, to help you avoid unnecessary pain, to guide you. ·Wait a second before I go in,· and you avoid the accident. A bad feeling about someone you did not listen to, and you got burned. Ignore it and you experience the pain that was avoidable.

Third eye running wild since the activation, always something clogged? It was closed a long time, or you resisted it out of fear, and fear tunes the third eye to the vibration of fear. Clear it and raise the vibration and only light shows.

I have seen a correlation between conditions like a constant nervous system jitter, unexplained tremor, strokes, ·God plays Pictionary with me but now I can't see the pictures,· and gift energy that is flowing but blocked or ungrounded. Ground it, express it, and see.

Parameters

You are more in control than you think. You set the time and the terms. ·If you are not a being of light and love for the highest good of all, you are out.· ·I'm a closed psychic medium right now; if it's important, send it in dream form.· ·I only want messages of love, for the highest good, nothing low.· That boxes in what can come through. A massage therapist called to clear properties did not want to see lower entities. She does not have to. Mastery means you do what you are comfortable with. You can be psychic and never speak to the dead. Your grandmother's seances are not your obligation.

When your intuition is inconsistent, the cause is usually external influence. Too many people, too much entanglement, and everything blends and you cannot tell one from the other. Get to a vibration where only the signs exist. Do not make decisions in the soup. A real estate broker refuses to name a price at the table. She goes home and waits for the number to come. That is energetic clarity.

What it looks like at higher levels

Your psychic gift gives you a leg up on manifesting. Everyone manifests. The difference is deciphering the signs and following them. Follow them and it comes faster; ignore them and it takes longer. Psychics read signs better than anyone.

Psychics and Akashic people and channels are all guided. Reading energy also means tapping the energy of what is already successful, and your guides throw guidance into the energy you receive. A student who struggled to get Cs in school opened a children's consignment store in six weeks knowing nothing about retail and ran it for ten years on instinct. That is what guided looks like.

And the honest rule about lottery numbers and casinos, since someone asks every time. I factor in the highest good of all, and that gets you bonus points. One student used a shield to be invisible to a cop while speeding. Another put sacred geometry over her email so nobody could email her for three hours at the front desk. I said, put it toward the highest good, please. And the people who dropped the lottery question and just did the healing work came back later winning at casinos and lotteries anyway. Energy, abundance, and blessings go to those who support life itself at the highest levels. Make it not your goal, and you will be taken care of. That is the surest way in my book.

You do not have to build an identity around it. I do not walk around saying I'm psychic or I'm a healer. I say, I'm Oliver, what do you do. The label gives context. The gift is you using your third eye to read energy, understand energy, and translate it in a way that helps you and, if you choose, others. That is a superpower in life whether you ever say the word out loud or not.

Questions students ask

Can I do all of it, auras, souls, the other side? Lean on the one or two that are already natural and let the third eye strengthen into the rest.

Does psychic mean I am an empath? Empathy usually comes with it. The difference is a psychic can decipher what the feeling means. ·That person is angry, and it's about their dad.· Most psychics stop at the emotion. Explore past it and there is data.

How do I know when it is fear versus truth? Time and space. An hour, a bath, outside, disconnect from everything external, then check if it is still there.

Am I more prone to anxiety and depression? At a lower vibration you tune into that, and psychics feel everything more intensely, like turning the radio up. Some psychics are talking to the dead without knowing it and feeling their unfinished business. The fix is the same. Vibration.

Is animal communication or medical intuition psychic? It could be psychic, channel, or Akashic. Once you are doing the work, the source stops mattering. I got a feeling, I'm here to serve.

Stories from the room

A woman got a specific frequency two weeks before her husband died, thought ·he's going to die,· dismissed it, and he did. The same frequency came two weeks before someone hit her from behind at a stoplight. She asked what the point was if she could not change it. The point, the first few times, is that it is real.

A student dreamed she saved a dog on Saturday. On Sunday a dog slipped its leash into the street and she was out of the car before she thought about it. ·I was here before, I know what to do.·

A woman managing a Christmas store days after her grandmother's funeral watched a customer walk toward the counter and morph, feature by feature, into her grandmother, right down to the crooked little finger her grandmother had broken and told no one about. No veil.

A lead detective, a friend, drinks a lot of whiskey and had never heard the words third eye. As a kid a voice told him to duck and something missed his head. The voice was his second father, a Native American shaman. Detectives walk into a room and taste what someone overdosed on. The whiskey turns it down.

A coach who runs workshops hears ·how did you know that, I didn't say anything· constantly. Her family calls her a smartass. Same gift.

A student saw a super bright white light with blue edges approach in meditation, pulsing, heart racing, hot, hard to breathe, thirty seconds, twice. Rewire the meaning while it happens: my body is being rejuvenated, healed, upgraded, downloaded. It comes in when the mind is off.

4

Gift Four: Hands on Healer (Healer)*What it is*

A hands on healer naturally makes people feel better, even physically. Your hugs are healing. You heal people just by being in their presence. You have a huge heart, you want to help everybody, you would give the shirt off your back, and that healing heart is the gift.

The natural healers I meet can house more potency than anyone. Many of them are so skeptical that they do not believe they are healers at all, and then their very first healings knock out the toughest illnesses. They send me screenshots: this person was scheduled for surgery, I did a healing, the doctors found nothing, the surgery was cancelled. Chronic, intense, terminal. I have seen hands on healers work wonders when that is the gift, midway through GEO 1, while doing the normal healing, not planning it, not knowing it is about to happen.

The name is deceiving, and I am moving to simply call it Healer. It came out as hands on because it is visual and because it does happen through the hands. But you do not have to be in the room and you do not have to touch. The most potent hands on healers I have ever had sit in a dark room with their eyes closed, listening to shamanic music, while the person they are healing is thousands of miles away with a terminal diagnosis, and the before and after screenshots come the same. My best healings have been remote. Touch is a topical way of transferring energy; it is not more powerful than distance, just different. In person, the person might feel more in the moment. The outcome is the same through and through.

What a healer has is an energetic field that heals. Looking at someone, a conversation, a hug, a thought, an email, proximity: people feel better around you. Expand your auric field, your energetic skin, so the person sits inside it, and the same exchange that happens through touch happens without it.

Where does it come from? At the beginning, the third eye and the heart. Then it shifts to heart and crown. There are energy centers in the palms and in the feet. Involve your crown, because working from the third eye alone tires you and the crown fuels you.

Healer versus transmuter

Transmuters are emotion based and block based. Healers are physical pain and illness based, and they go to the root. A transmuter neutralizes what someone picked up today. A healer knows why the leg hurts, addresses it, and the limp goes away. Healers may take on physical pain in their own body while working on someone so they know what to work on; transmuters take on emotion.

Healing is also more on and off than transmuting. Transmuting is always on. Healing, at the beginning, is more environment based: you walk into a room and healing energy gets called into it. As you expand it becomes who you think about and who thinks about you, and if your soul agreed, you may be healing someone right now without knowing. But healers get more of a break.

How it has been showing up your whole life

- People feel better after hugging you. Better after touching your hand.
- You can look at someone and sense there is a health issue.
- People in pain, or negative people, are drawn to you because they want to feel better.
- You have a huge desire to help, a big force running through you. You are a fixer.
- Your hands get hot. Sometimes you sweat more or feel energy in your hands.
- As a kid you laid hands on people or wanted to. Maybe you did it in church as a teenager and were treated badly for it.
- You are a nurse, a massage therapist, a bodyworker, a physical therapist. Nurses are very often healers.
- If you do not use it, it shows up as physical conditions in your own body.

What a healer feels is less the point than what other people feel around a healer. Early on, what you feel is the care, the love, the pull to help. What they feel is the change.

The healer's confidence problem

Very few people feel confident about healing in GEO 1. It is normal, you are right on track, and there is only one way I have ever seen confidence get built: the feedback loop. You do healings, people tell you what they felt, and the mind gets its proof of concept. More healings, more feedback, until the mind believes you are competent. Then confidence follows.

You do not need to feel the block to remove it. My early healings had no visuals and I could not read what I was clearing. It did not affect the results, because I still did the thing. If what is stopping them is a block and I removed it, it does not matter whether I understood it was generational, karmic, from a trauma when they were young. What helps them is the removal. Understanding makes you comfortable and confident. The doing makes the healing. As your psychic senses come online you will understand more of what you clear, but understanding is not a prerequisite.

And healing does not come from the mind, the body, or the emotions. It comes from outside, from high, through us. A skeptical mind, a body that feels nothing, a foggy day, none of that decides whether the healing works. Blocks affect how long you can hold the energy, not whether it works, and that is why we remove them, so you can channel more and hold it longer. If you did the steps with a negative mind the whole time, the person still got a good experience. There is nothing you can do to mess it up when you are cutting cords, sanitizing the energy, and calling on higher power to run it.

The path to purpose will eventually call your mind to complete surrender. Where you are going, the mind cannot follow and cannot plan. It would limit you.

Naturals skip steps

If someone in front of you has knee pain, a hands on healer can set the intention to heal the knee, put a hand over it, and that is it. The steps get skipped. Those of us who are not naturals do the steps, and the steps work, because every gift has a sacred geometry that backward engineers how to get there. But you can also just do it with intention and not know you are

doing all the steps already. Intuitively you put your hands on an elbow and you do not know why. You are being led. Flow with what you are led to. Practice tonight: set the intention, fill yourself with white light, intention in the hands, and have at it. It is in your blueprint.

If you had a tool like Reiki or Kundalini before, and symbols, spirals, mudras started showing up in your hands that you were never taught, that is the gift surfacing. Triangles entering and leaving your hands, floating: the energy centers in your hands are being activated, and you can expect more ability to scan and perceive as you run your hands over people.

Sensing before the session

If you feel a client's stuff in your body days before you see them, that is not a mistake. It is how you prepare. It tells you what you are here to work with. One healer knew her best friend was pregnant because her own period came nine days late and started on the day her friend's was due. Enjoy that information. It only becomes disempowering when it is chronic and it affects your sleep, your next day, your health, and spirals. Then address it. Until then, you have to know what you are going through to know what to heal.

When a client's life blows up

You do a gentle level one healing on someone who said they were ready, and their relationships explode that week. Your healing worked. When people know what is involved, everything that comes up means everything is about to change. Out with the old they do not need, in with the new. What is being filtered out is what held them back. I get excited when it happens. It is uncomfortable for a few days, maybe a week, and in the long run they are happier, which is what they truly want. Purging is part of the healing.

Look at it this way. Option one: they carry that exact pain several times a day until they die, and you never see it because you are not there. Option two: seven days of it and they are free. You are doing them the biggest favor. You have a big heart and you do not want them in pain; that is love, compassion, and empathy, and it is your gift. Do not lose it. Just keep the bigger picture.

Entities are energy

A pregnant healer sensed an entity on a client and referred him out to protect her pregnancy. Good instinct, and here is how I think about it. I do not look at entities. I look at energy. It is the same thing: stuck energy. The word entity carries fear (-is it going to stick on me?-) and fear is how you lose your power. When I look at somebody I see energy, energy, energy, and anything in the energetic body that does not belong, that is draining them, that is impure or lower, has to go, and it goes as I clear. People have told me they felt it leave and it was never my focus. Boil everything down to energy.

The 30 day practice

The practice for a healer is the healing itself, on yourself and on others, as often as you can. The exercises in the second half of GEO 1 are built to strengthen this gift, and the gold energy is the biggest amplifier of it. The gift was given to open the channel and grow your energetic capacity over the next thirty to ninety days.

Before the session, if you plan to touch: frame it. ·During this time I might touch where energy needs to be released.· Then go where you are led: the head, the back of the neck, a joint, the foot, wherever energy is stuck. Or do not touch at all. Follow your calling. If you are pulled to do an in person spree, do it. If you are pulled to remote work, do that. My first few thousand sessions were in person; now the majority are distance. Both were right for their season.

Healing family is harder than healing strangers, because in front of family you are in your human self: fearful, attached to the outcome, feeling like it has to happen. That is a human vibration and it limits what you can channel, so it might take thirty healings instead of one. To heal effectively you have to be high and detached. When my family is in front of me, I am not a father, not a husband, not a brother. I am a healer. I see a soul. I detach from every humanistic thing and give it to God. The empty vessel. Your friend with stage four cancer has to be open, and you have to be detached. Then you can channel.

Pregnant clients are fine with parameters: ·only what is safe for mom and baby, for the highest good.· Intention keeps every healing safe. Acupuncture and energy work can be done together. Pets can be healed and pets purge; they are also healing you more than you know, so do not lock the cat out of the session.

When it is unexpressed

A healer-s mother was a hands on healer and it wrecked her health, so the daughter was afraid to step into it. Her mother did not have the tools. Healers take it on when they do not clear themselves, when they are too attached, when they are super empathic and never clear, when they are using their own life force. The gold energy makes sure the healing is not something your body facilitates; the sacred geometry houses the energy so your body can self heal. I looked at all the reasons people take it on and addressed each one so it does not become an issue.

Suppressed, the healer-s gift shows up as physical conditions in the healer, and I have seen autoimmune issues in healers more than in any other group. Two buckets: an energy block, or a suppressed gift. Step into it and watch things resolve.

And self care is capacity, not weakness. The more you refuel, the more people you can help, the faster, and the more you can go all in on what you love. Healers with big hearts need to hear that.

What it looks like at higher levels

One person. Then a room. Then everyone in the mall. Then everyone you are around. Then the world. A one hour healing happens in a minute. A minute healing happens by intention. Potency, reach, speed, and ease all elevate as your frequency elevates. I know people who can stand silently in a room of ten thousand and everyone feels it. Yes, you can heal someone through your auric field sitting next to them.

For my first ten thousand healings I did the basic method for everything, every issue, and it handled financial problems, emotional problems, everything. It gets so good you do not need extras. Rainbow energy, the physical healing modality that came through me, is GEO 2. Hands on healers tend to get physical results in GEO 1 anyway, because it is what their energy carries.

Healers at a high level trigger people's shadows just by being in the room. Their stuff comes up. Hold the space, keep your integrity, stay with the potency, serve when it surfaces, and pour more love into yourself and them when it gets intense. That is part of what we do.

Every healing you do can be the last one before something changes completely.

Questions students ask

Do I need to start a practice? No. A healer is who you are to your kids, your colleagues, your clients, the person at the grocery store. There is no compartmentalization. Start a practice if you want one; you can also do this inside your existing profession.

What should I charge? It is an open market. Some very low, some very high. Start donation based if you want.

Should I do one healing a day, or more? One person at a time at first, because healing one person plus working your primary gift is like a second full time job energetically. Over weeks to three months your vibration rises and then group healing is fine. How often on the same person? Scan for it. It depends.

Can I heal friends and family after the weekend? Yes. Your father's weak knee, yes. Do the regular healing you learned. The gift translates into it.

Is this the same as what everyone learns? Everyone here can heal. The primary gift is an additional layer, a flavor through which you heal. For you it is the natural, root level, physical potency that others learn.

Stories from the room

A nurse, massage therapist, and trauma release doula worked on her very skeptical Filipino father in 2013 with off the body energy work, felt something wrong at his stomach, palpated a strong aortic pulse and a mass, and pushed for a scan. It was a 5.3 centimeter abdominal aortic aneurysm. The surgeon told her, 'I don't know what you're doing, keep doing it.' He recovered. Energy work is preventative as well.

A student in a spiritual retreat was told by spirit to lay her hands on a woman's back. The woman said her hands were like hot coals and the back pain was gone. 'Are you a healer?' 'No, I just followed instructions.' That is how the gift is given, even just for a moment.

A student put her hand on the chest of a singer whose throat had been choked shut for three months with no diagnosis and said, 'It will be fine.' The next day the singer could sing.

A student who sees patterns in other people's chakra blocks that point straight to the root cause asked why she sees them. Because she is a healer. Abilities are given for purpose work, as data, not to punish you. I see patterns too, and part of why I am here is to change the system so people thrive instead of spending their lives healing.

A student's hands felt like marshmallows during the activation, light and fluffy and full, and she said 'son of a gun' when the reveal came. The gift gives you Easter eggs before you know what it is.

5

Gift Five: Akashic Records*What it is*

Think of a library of everything. Everything on this earth that exists, that already happened, that is yet to happen, and information that has not even been shared here yet. That is the Akashic Records, and an Akashic person pulls from it.

It comes as information. You just know. You know the answer and you do not know why, and you cannot back it up, but you are right. People have called you a know it all your whole life. You get downloads when you sleep. You get downloads walking through your day. Then you just know stuff.

Akashic is solutions, cures, answers, things not born yet, ideas that are not here yet, new sacred geometry, new concepts, new remedies. Everything from GEO 1, 2, and 3 came to me through the Akashic once I was activated, and it never stopped. Every sacred geometry we use for healing came from there. The solution to any problem humanity has is in the Akashic Records, whether it arrives through healing or through an invention that does not exist yet. So the question for an Akashic person becomes: what vibration do I need to be at to access higher and higher information, for humanity, for myself, for my loved ones?

It also houses the sacred side: life, death, calamities, world events. That is the part that scares people, and I will come back to it.

Where does it come from? The crown. Not the third eye. Alcohol and an open third eye have nothing to do with it; Akashic is all crown.

Akashic versus channel versus psychic

Akashic and channel both come through the crown and both register the same way, so they get confused. The difference is the source. A channel is an energetic source from the other side, a being, giving information through you, conversationally, sometimes for an hour from that one source. Akashic is a library. You pull raw data from information that already exists and you sift, decipher, analyze. It is broader. It comes in ideas and forms. Both can be dreamed, seen, felt, or known. Same pathway, different source.

Psychic is the third eye, the earthly realm, and can carry emotion. Akashic has no emotion around it. It is just data. ·Here's the message.· A psychic tells someone something is off with their liver. The Akashic hands them the fix.

When you channel Steve Jobs to figure out your new laptop, or tap ascended masters, you are most likely accessing them through the Akashic, because their consciousness is recorded there. People use the words interchangeably and it does not matter. Same information, different medium.

Old words for this gift: seer. ·Nostradamus.· If seer has context for you and Akashic feels weird, use seer. Do not let the language throw your mind. Divine guidance, intuition, Akashic: all one and the same. You ask through your crown, it travels to the records, which exist in a higher

space, and the answer comes back as guidance you see, feel, hear, or know. The most important thing is that it works for you, not what you call it.

What it feels like

It feels like you are connected to a thousand terabytes downloading at once. You ask a question and it is like, oh, short answer. It is a non event. When a channel channels, someone's eyes roll back and their voice changes and you know something is happening. Akashic is fiber optic, not dial up. Always connected. No buildup. Fast and quiet. Which is the trap: Akashic people think nothing is happening, because they have been doing it so often it feels insignificant, so they go research something they are already extremely good at.

The certainty is unshakable. ·I don't know how I know, but I know, and I'm standing by it.· When it is not that firm, it is because your mind has no context for what came, a shape, a symbol, an image you have never seen, and self doubt creeps in. It is still from the Akashic.

The sensations: cold. The Akashic is far up, beyond earth, and it is cold up there, so you get chills, cold tingles, cold hands, and then a truth bomb. Sometimes heat too, a burning face, and when you feel both cold and heat it usually means you are grounding while you receive, which is a great place to be, because you retain what you receive when you are grounded.

How it has been showing up your whole life

- You know everything, Mom. You're a know it all. How do you always know the answer?·
- You use a word correctly that you never learned.
- Ideas come in the shower when you have nothing to write with, in the gym, dancing, watching a movie, driving, calm and not forcing anything.
- You wake at three in the morning and could write an entire book. That is me. I am a three a.m. Akashic.
- Cravings to learn, to research, to gather information. You love data.
- You knew a house was going to be your home. You knew when people were going to die. You painted your son two years before he was conceived.
- Animals come to you. You are an animal whisperer. Animals are very gifted, exist in many dimensions, and just know things; once you tap into the Akashic you just know like they know.
- As a child you thought everyone could see what was obvious to you, and you could not understand why people did not have brains.

Every Akashic person does it differently

I have never read a book on the Akashic. If you have been doing something unconsciously your whole life, why relearn someone else's method when all you are trying to do is uncover what you already do? You could each write your own book on it. Put a hundred Akashic people in front of me and they all do it differently and they all do it correctly. Books are inspiration, not a manual. And the moment you hit a higher vibration you will unlock a level the author never reached and fifteen new things will show up that the book cannot explain.

So find your pattern. When do the ideas flow? Dozing between dreamland and awake? Before sleep? Waking? Three a.m.? Moving your body? Once you see the pattern you can prepare for it, study what makes it happen, and do it on demand. Go all in on the one way that already works, because the way it opens naturally is the fastest way to turn it on. A twenty seven step method might not get you close to what you get for free.

It opens automatically. It has a consciousness of its own. Your body knows when, how much you can handle, what is the best time. You cannot turn it off yet; eventually, but not now. So when it happens, ride it fully, and put your questions in during the flow. You will get answers.

The head and the heart

The biggest challenge for Akashic people: too much head, not enough heart.

Akashic is light and love, and when you have too much information and not enough love it burns you out, tires you, and makes you cranky. It is also not where you manifest from; that is the heart. When you have more love, the information is more manageable, less intense, more of it flows, and higher information you never had access to starts flowing. Look at the Akashic geniuses through history, the inventors, Einstein, Van Gogh, people who went nuts or drank themselves to death. Study their lives and you see it: so much information, so much light, not enough love. Work on increasing the love and it increases everything else.

Students ask how to turn the brain off because manifesting goes great until they start thinking. Do not think in terms of turning the brain off. The brain is processing information; that is its job; do not restrict it. Add heart. Open the heart more, in the moments you can, and the process gets smoother, easier, less suffering, and then the brain is perfect because it is balanced.

Living in New York and isolating, needing nature? Get out of the city at least monthly, to water, to trees. A little goes a long way. But the city's fast pace mirrors how Akashic works, and you can handle it. What makes it hard is a lack of love in the heart, because without love everything is a level ten. Self love and self care work anywhere: set a timer every hour or two, five minutes for you, in increments, and put yourself above everything else in that moment.

The 30-day practice

- Before bed every night for fourteen to forty days: imagine white light coming down through your crown, then follow it up, all the way, as far beyond as you can go, and stay. ·I am here to absorb whatever messages the Akashic Records have for me, through what I see, hear, feel, or know.· Sleep with that energy and intention. Sleep is when it downloads most fully.
- A variation: put a figure eight, an infinity sign, at your crown instead of your third eye. Spin it, either direction, imagine it opening and light coming down, and sleep with it.
- The infinity sign helps with time and dimensions; it is a powerful jumpstart. Learn what the frequency of Akashic energy feels like so you can tell ·something is coming through· from a random thought.
- Ask to be taught. ·For the highest good of all, I want to receive downloads and messages relating to my gift of the Akashic Records.· You can use the Akashic to learn about the Akashic.

- Get prompted. Have an accountability partner ask you anything. ·Hmm, I don't know.· Thirty seconds later, ·oh wait, something came.· The pings and the prompts are what let you tap in; you go there because you were asked. If you cannot get into a high state, take a few minutes, bring purple light up through your crown, and get the answers from there.
- Move. Moving the body releases the excess energy that drowns out the signal, so what was always there gets louder. Pen and paper during a workout. ·For the next seven days I want to learn about this specific topic from the Akashic.·
- Release while you receive. Same as channels: do something to let it out in the moment so more can come in. Stagnant energy blocks the flow.
- Do not research. Reading about the Akashic is reading about swimming. Get in the water.

When it starts escaping the three a.m. slot and showing up randomly through the day, that is how you know it is integrating with your life.

In a healing

The best beginner way to use the Akashic is during a healing, because the crown is already open, energy is already flowing, and the person's angels and guides are already involved. You are already connected. So add the intention: ·Akashic, I want to tap in and see what I'm supposed to know for this person, for myself about this person, or to share with this person. I'm open.· Images, words, things you hear during a healing: that is all Akashic. Pay attention to it. One student got a whole download about a person on the first day of practice and asked what it was. It was already in play.

You do not usually need to ask permission to access. Whatever is presented to you is what is available to you; the records have levels and you get what your vibration can reach. Discernment is about sharing: is it for the highest good for this person to know, do they have the love to receive it, is the timing right. Some of what you get is only for you, for your own evolution, or to help you serve them better without ever saying it.

One healer who always got a knowing while working on people, and told them, asked if that was the Akashic. One hundred percent.

The sacred side, and vibration

Akashic activates when there is a need. A soul needs help, and as you attempt the work, higher information flows to assess it. That is also why the doom and gloom shows up for some people early. A student cried telling me that as a child she dreamed of a fire, saw the house and the street, and days later watched it on the news, verbatim. Then earthquakes. The last straw was a school bus accident with a license plate, and then the newspaper. ·I'm done with this.·

It is vibration based. Sometimes those events show up because your vibration is where it can pull them. Sometimes they show up because you are high enough to handle it and you requested it. At higher vibrations it stops being catastrophe and becomes gifts, modalities, healing answers, solutions coming fast. You tune to that signal. Nobody is required to keep

experiencing the painful version. You are given information; you are not given control of what unfolds. Free will is in play, and your responsibility is limited to what you can offer with love.

And you will witness a lot that means nothing. When you are in that realm there is a free flow of information, like driving down the freeway seeing every car and every building. What does the building mean? Nothing. What matters will repeat. It will keep showing up, in your face, until you pay attention. Otherwise you are just witnessing data, and as you grow into it you will know the difference.

The Akashic is like Google. Endless. You can go anywhere your mind takes you. So be intentional about what you search.

When it is unexpressed

Headaches since signing up, off and on all day, gone during the healing, back when you sit and talk? That is crown pressure. A headache or pressure for an Akashic or a channel means too much unexpressed, or a block. It is common and it is not permanent. Practice, and it goes away. A lot of information is coming through and it is not moving.

The manifesting amplifier

If getting what you want takes a million energetic volts, human effort gives you thirty thousand volts a try until you reach a million. Running Akashic energy through you can hit a million in one go, because what channels through you is far more than your human cells produce. More energetic output, faster manifesting. Time bends. So explore the gift even when it seems unrelated to what you want, because it supports everything you want.

To develop it deliberately: intention, ·I want to experience more Akashic, I want to run it through my body,· and when it feels intense, sit a few more minutes. Get used to holding a lot, then a lot more, then longer.

Questions students ask

Where should I start, which books? Instead of the default Akashic urge to research, do the nighttime practice and the healings. Later, Nostradamus is the one Akashic name I have known since childhood, but I do not study other people's gifts, and I would rather you did not either until you know your own way.

Can I read people's past lives and generational history? You do not have to tap into generational stuff to heal it. Set the intention ·any generational stuff holding me back· in your own healings. And even with no intention at all, working on yourself and stepping into your gifts raises your vibration until the pattern breaks anyway, because what is in you is in them, and when you shift, it shifts in them.

Do I answer only yes or no questions? For some people, yes. For most, no. It comes as images, dreams, intuition, a whisper, a knowing, a premonition during the day, a feeling, words as they leave your mouth. It looks different every time and for every person.

How do I know it is Akashic and not my stubbornness? When it comes. Highly stressed, humanistic, in the middle of drama, the odds are slim; that is probably programming. Relaxed,

sleeping, with the animals, driving, and you cannot shake it, more likely Akashic. Is your response coming from fear or from higher guidance? Is your mind over analyzing? Also notice whether you are a feeling Akashic, a thinking Akashic, or a knowing Akashic, and check your past for which.

Is light language Akashic? It can come through the Akashic or through channel. If you intend it, you are tapping the place it exists and bringing it down: Akashic. If it takes you over out of nowhere: channel.

Stories from the room

Anthony William, the medical medium and a good friend, is completely Akashic and channel. He taps into each illness and knows the food and nutrition that will prevent it or clear it. That information is rich in the Akashic because the records contain everything on this earth.

A Costco cashier got Akashic and asked how she would ever tap in. She was doing it fifty or a thousand times a day already.

A social worker in a psych unit said things to patients that sounded so good she did not know where they came from. Completely Akashic. It is dropped in your head, in your knowing, in your being.

A woman raised in orphanages in war torn Lebanon, who came to America alone and was on a Harvard board in her twenties, had been told she was Akashic by a prominent reader twenty years ago and reacted with repulsion when we said psychic. Psychic is third eye, Akashic is crown, and she has both. She had also been giving her power away to psychics for years and it was time to own what she knows.

A dog trainer who trains protection canines started doing healings on dogs and was not exhausted because she asked higher power to use its energy, not hers. Keep practicing; it strengthens the pathway.

A woman told me a bug she saw earlier in a week showed up again at the house she and her husband were meant to buy. That is how the Akashic confirms.

6

Gift Six: Weather and Technology*What it is*

I call this one the gift that shall not be known, and I am half joking. Nobody writes about it. You cannot Google it. It is not in any book, including mine, where it has the least amount of information. YouTube will talk about empaths and healers and psychics all day, and you will never hear this. Gifts like this one have been held by lineages and tribes and passed by initiation and word of mouth, and they did not want them in books. So when I say it in a room full of people who have never heard of it, it flies over heads, and it needs context to be understood. Here is the context.

At the beginning, your emotions and your energy affect the weather and affect electronics. Lights flicker when you are upset. The printer goes off by itself. No phone or laptop lasts with you; they glitch. The wifi drops when your energy spikes. Or the reverse: things fix themselves when you walk in, lights come back on, the internet returns when you send it light. And the weather reflects your mood. Storms when you are sad, sun when you are up. At first that is all it looks like, and you think, what does this even mean?

What it means is this. Weather and technology are distribution centers. Everyone the weather affects, you can affect. When it is gloomy people are depressed; when the sun comes out it clears them. Everyone connected to a phone, a wifi signal, a radio wave, a song, a screen, you can reach. Ten million people are listening to a low vibration song on the radio right now. You can listen to that same song, send healing energy into it, and override its vibration for all of them. Your energetic field can interact with the energy that weather and technology exist in. So when you step into this gift, it is mass healing. You are a healer on a scale that reaches tens of thousands, hundreds of thousands, millions, because everybody has a phone and there is always wifi and radio waves, and when it hails or rains, everyone under it is affected.

That is why I have called it the most powerful of the six at its highest levels, and why it is not for the faint of heart. It would not be given to you if you could not handle it. You were born for it.

Weather and technology means the elements, sun, wind, fire, water, earth, cloud, moonlight, and technology, wifi, sound waves, electromagnetic waves, radio, phones, screens, electricity, light bulbs. Corporations and church networks are not it. It is the elements and the electronics.

Where it comes from: I have described this three ways over four years and all three are true at different levels. It is the crown. It is also a center high above the sky and a center below the earth, one for the weather above and one for everything under the earth. And most completely, it is your entire being. Someone told a student you build a charge in your hands and send it out. It is not your hands. You could have no hands and it would still happen. You are like a power plant. A lot of electricity flows through you, and it runs at the same frequency that connects to the grids of the earth, the same frequency that can receive, decipher, and output into wifi, radio, electricity. You are a receptor and a producer of a very specific frequency.

It goes both ways

Just as you affect it, it affects you. Solar flares, the moon, the sun, the weather, radio waves: it is one big network that absorbs, carries, and houses information. You can decipher that information in your body the way a psychic or an Akashic person would; only the source is different. You are tapped into the Google of the planet through the weather and everything you are connected to. So the gift is a way to impact the world for your purpose work, and it is a mode of transportation for learning and receiving downloads.

A student froze on Zoom the exact moment she asked me about solar flares. She had connected to it, pulled that energy, and overloaded her wifi. Solar flares carry a lot of information.

On social media and radio you are also receiving, empathically, from everyone on the network, because you know how to decode it. It is a lot of external stimuli. A song on the radio is not just a song; it is everything attached to it and everyone listening. So the first big step is making sure the distribution areas, sound and internet, are not affecting you more than you know. Then flip it. I spend ninety percent of my time in technology giving and using the gift, and ten percent receiving. Get your ratio right. When you are always receiving, you absorb everything sent to you. When you are giving, you put a vibration in that does not let it affect you as much.

And you are not more vulnerable to EMF than other people. You are less. Electromagnetic fields only harm when they cause disharmony in your electrical system, and your system is wired for this. You can handle far more than normal folks. What overwhelms weather and technology people at the beginning is not the radiation, it is the data, so much coming through that they do not know how to process it, so they get confused and overloaded. When other people try to send through weather or electronics, they get tired and their system blows out. Yours is built for it.

How it has been showing up your whole life

- Watches always ran slow on you as a kid.
- You have killed three microwaves and never connected the dots.
- Your team knows you are stressed because the lights flicker and the printer acts up.
- A song you were just singing starts playing on your phone. Your phone switches apps by itself to a song that turns out to be a message.
- The gas pump does not work for you when everyone else-s does, or only yours works.
- FaceTime only works with the people you truly want to talk to.
- Every time you go outside for sun, it clouds over. Or you love storms, you hope for one, and it storms.
- You had a huge typhoon at the airport the day you did not want to leave your childhood home, and you felt the sky did not want you to leave either.
- You are extremely logical. Go figure. Many weather and technology people are.
- Your voice holds people. When you talk, they are glued to it and you do not know what you are saying.
- You are a musician whose music lands on people in ways that feel like transformation.
- That is this gift. The greatest musicians infuse energy into sound and it creates healing.

The reactions are normal

Most people who get this gift are shocked, or upset, or want to give it back. ·I feel like I got the short end of the stick.· ·That's the least amount of information in the book.· ·This is out there, like Pluto.· ·I don't even listen to the radio.· My coach Stephanie got it twice and the first two times she looked like she wanted to strangle me. The woman in the reveal video who wanted to give it back had every flight home delayed that day. A lead coach cried at her GEO 1 reveal and cried again at GEO 2.

Here is what I say. Just because I did not hand you the other five does not mean you do not have them. And this one does something the others do not: it channels a tremendous amount of energy through you, and as you practice it, it expands your energetic capacity, so the other gifts you have go from a one or two out of ten to a ten out of ten, because now more can flow. It also builds patience, which is a core value for healers. I am a recovering impatient person. I am still a little sore about waiting several years to learn some of my own gifts. But I have learned there is a reason this one is given first: it opens the door wide for everything that comes after.

The reaction itself matters. If you resist it, or fear it, your reaction is what spirals the electronics. The moment you embrace it, ·this is who I am, this is my gift, I won't be afraid of it, I'll lean in, this is confirmation, this is unlocking my purpose,· it calms down. Love mixed with light, which is what the gifts are, stabilizes the gift. Develop more self love.

Once you know, you cannot unknow. You walk under a streetlight and it flickers and now you notice. Look back over your life, get curious about how often this has been the case, and let it click. Within days you will remember things and go, that has always been part of my life.

The stages

First, awareness. Watch how weather and technology respond to you, your emotions, your intentions. Not even believing, just open. ·Hmm, what's going on?· One of two things happens: either it starts happening everywhere, or you realize it has always been a thing and you start putting two and two together.

Second, intentional practice through technology. Start with electronics, not weather. Electronics is more immediate and will start giving you signs during the day.

Third, weather. Once the technology practice is moving, you will start seeing the correlation between fluctuations in your energy or emotions and the weather. It is weird at first. Then you start to see the interconnectedness.

Fourth, the gold. The sacred geometry you learn a week or two after the reveal amplifies everything, and for a gift that feels subtle, it is what makes the signal strong. That is when it takes off.

And it evolves. If you got it strongly on the electronics side and never noticed weather, or the reverse, that is normal. It starts with one and the other unlocks through the practice of the first. They go hand in hand. A student in a remote Alaskan village with the worst internet in the world sent light to her frozen screen and it came back; and then I told her the next stage is that you can pull internet from other people. That village is in trouble.

The 30 day practice

Seven days to start, then keep going.

- Every day, live, with your phone, TikTok, Facebook, the radio, the TV, whatever is on: imagine light coming through you and out through the device to every single person on the other end. ·I'm sending love and healing to everyone listening to this song right now.· ·To everyone on this platform.· Distribution is intention. Because this is your gift, you are connected to the whole network, all the hubs, at once, and it distributes faster for you than it would for anyone else.
- Pick a song and send love through it. Sing and send through your own voice. Post a video knowing it carries energy; the recordings and replays we make are infused, and that is why people can feel them on the second watch.
- Receive from the elements. Stand in the sun: ·Let me breathe in whatever information, energy, healing, activation the sun is ready to give me. What do I need?· The moon: ·anywhere the moonlight hits, I'm sending love.· The wind, the earth, the rain: ·I want it to rain love.· Go through the elements to receive, and through technology to give. Try a different element each day for five or ten minutes.
- Before you enter a room that always sets you off, a house full of tablets and screens and dysregulated kids: cut cords, clear, release the excess, take the edge off, then walk in. Then use the tablets. Set an intention in the music in the classroom and it heals the whole room. Send it through Zoom when you coach; you handle groups and technology better and more potently than anyone.
- Ground. When the studio glitches during a big event, I ask my weather and technology staff, ·did you ground?· They ground, and everything is fine. Grounding makes this gift less intense and turns it into a strength.
- Report back to your group after seven days. It sounds underwhelming until you do it, and once you do, you realize it is no joke.

And notice what it does to you. Channeling healing to reach twenty million people requires a lot of your body, and you are rewarded with an outpour. It catapults you into a vibration where your thoughts become things very quickly, negative or positive, and intentions you set manifest fast. So watch what you think about.

In a healing

This is not a one on one gift, and you do not bring it into a one on one healing. It is separate. It is one to many. Two uses: a vehicle to reach more people quicker, and a way to enhance the flavor and tone of your healing by sending the energy of an element into it. A student was guided during a partner healing to go outside, ·use the sun,· and pour sunlight into her partner; she got weather and technology that afternoon. When I healed friends who were weather and technology, without ever telling them, the twenty minutes went from sunshine to rain, thunder, and wind so strong they thought the house would blow away, they cried and released, and when they opened their eyes the sun was out. Short stormy moments during healings are this gift.

What can you send? Light and love need no consent, ever, to anyone, whether they know it or not, and that is the umbrella this gift lives under. Removing and clearing for a specific person still needs their consent, because of free will. Send love, send healing frequency, send the message you have, and let it land where it is needed.

The advanced version

At higher levels you facilitate weather for the highest good. I have seen it many times. A predicted tornado does its work and skips over the town where GEO students were doing theirs; that is common. Workshops that were supposed to be rained out, and the weather folks hold the intention and it does not rain. Our vortex tour in Sedona with a lot of weather and technology students was scheduled to be rained out, and it was dry. On the heartland where we hold events, when we have a lot of weather and technology people, the weather goes crazy, snow, rain, stops, based on their mood, and we have it on video. The time we left group six for last in a two hour reveal, it thundered and stormed until we got to them, and the moment they calmed down it was sunny.

One person fully developed can do what a group does. At the beginning, the group snowballs it, so find each other; we started grouping people by gift in GEO 2 and 3 and it is a good idea in GEO 1 too.

There is a scientist in Norway, a friend, who removes clouds. I watched him do it and I could not believe it. There is a man in Europe the football teams pay to stop the rain and gloom before a match; he goes in and it is gone. That is his only job. A wedding in Bali in the rain, and the hotel said someone was coming to control the weather, and half an hour later it was sunny. ·It's a real job.· Government weather modification, HAARP, hail suppression in Canada, all of it was backward engineered by studying people who do this naturally. You are the original.

An electrical engineer in one of my groups shifted Hurricane Ian away from Tampa, and it followed him to Orlando, then to his condo in North Myrtle Beach, then to Raleigh, and he shifted it each time. He brought Carolina weather with him to the event. That is what this looks like when someone has been doing it for years.

At the very highest level you tap intelligence that stays in the weather itself, and you use the elements, sunlight, wind, cloud, as transport mechanisms for energy to uplift consciousness on a mass scale. Anyone in sunlight right now, you can reach. Anyone watching my videos, I can reach. That is the gift.

Questions students ask

How do I get validation if I will never see feedback? Welcome to the healer's dilemma. The feedback is internal: the vibration it puts you in and what you manifest from there.

Is it weather and electronics, or weather or electronics? Both. One leads, the other follows.

I am electromagnetically sensitive; wifi makes me sick. Then your system is feeling the energy in the network at full strength. Ask me how to harness it, ground it, and switch from receiving to giving. Sensitivity is proof of the wiring.

Do I need to affect the weather to count? No. Seeing signs in clouds and sending love to everyone watching the same sunset is one of the many forms.

Are there resources? The team has posted my talks on this from the Q&A replays over the years. There is more from me on this gift than from anyone, because there was nothing.

Stories from the room

A dental practice owner's whole team knew when she was freaking out because the lights went on and off and the printer fired by itself.

A woman walked into an Airbnb during one of our events and appliances shut off and could not be turned on until she left the room. While I taught, the jacuzzi outside turned on and off from her room.

A student mowing the lawn kept saying ·hold off until I'm done,· and the second she turned the mower off, downpour. Next time she will add ·and until the bag is emptied and the mower is put away.·

A student with a plug that shot out of the wall and hit her foot without touching it, who as a child felt the sky talking to her through a typhoon, got transmuter last year and weather and technology this year.

A mom hiding in the garage from the erratic energy of a living room full of screens and a dysregulated son learned to clear before she walks in, and to use the same devices to send him love.

A software company employee with computers all over her house said, ·How am I going to be a healer if I'm all about weather and electronics?· You are a global healer. Everyone in this room heals. Your primary just adds the scale.

Part Three: Reference

The six gifts side by side

	Where it comes from	What it feels like	When it is unexpressed	Best first practice	What it looks like at the top
Channel	Crown, from above	A presence or stream that is not you; speak first, think second; forget afterward	Head pressure, anxiety, adrenal burnout, the channel-s headache, shaking, chronic pain	Ten minutes nightly in light, then say or write one word; record everything	The living channel; streams for hours from a single source; heals by channeling energy
Transmuter	Crown down to the heart; mirrors whatever chakra the other person is blocked in	People leave you lighter; you feel what is not yours; push and pull with people	Fatigue, apathy, mood swings, illness after a heavy season, feeling like a trash can	Seven days of noticing who you lend energy to; self care every hour; salt water, play, sleep	Walking vortex; transmutes for a city, country, the world; moves beliefs and disease, not just emotion
Psychic	Third eye; the earthly realm, here and now, through the senses	Knowing, feeling, seeing, hearing, tasting, dreams; can carry emotion	Third eye pressure and headaches; life slows down; avoidable pain	Clear the third eye daily; thirty days of daily self healing to remove noise; journal every hit; dream intention	Reads energy, people, and vibration as a superpower in every area; the signs lead the manifesting
Hands on Healer (Healer)	Third eye and heart at first, then heart and crown; palms and feet	Hot hands, a big force to help; others feel better around you	Physical conditions in your own body; autoimmune patterns; burnout from using your own energy	The healings themselves, daily; set intention, light, hands, go where you are led	One person, then a room, then everyone you are around; heals the root; a minute healing by intention
Akashic	Crown; the	You just	Crown	Nightly light	Solutions,

	Where it comes from library of everything	What it feels like know; no emotion; fiber optic; cold chills then a truth bomb	When it is unexpressed pressure and headaches; burnout and crankiness from too much head, not enough heart Overwhelm from data; glitching that spirals with your reaction	Best first practice up the crown and stay; infinity sign; get prompted with questions; move and write	What it looks like at the top cures, new geometry, ideas not born yet; manifesting at a million volts
Records					
Weather and Technology	Crown; above the sky and below the earth; your whole being, like a power plant	Devices and weather answer your moods; you receive from the elements and the network		Seven days of sending love live through your phone, a song, the TV; receive from the sun and moon; ground	Mass healing through distribution centers; facilitates weather for the highest good; reaches millions

What the books add

My books, *Spiritual Activator* and *Do This Before Bed*, cover gifts in neutral terms, and a few points there fill in this handbook.

- The core pattern in the books is the one I have repeated in every call: people who put their gift down get sick. The energy meant to flow through them does not stop. They stopped. The body gets tired holding energy that needs to move. The way forward is the path they walked away from.
- The books list a few more gifts than the six in GEO 1. Medium, communicating with souls who have passed, is a small part of psychic. Projector, sending energy outward at a distance, is more advanced and connected to remote healing. *Spiritual Activator*, my own gift, is gift number eight, a GEO 2 gift: being around one turns on the dormant gifts in other people, at a distance too, which is why this work scales. I do not just heal individuals. I turn on healers.
- Weather and electronics is rare, around five percent of people.
- Historical channels: Edison said his inventions came through him. Einstein, Aristotle, Napoleon Hill. Historical Akashic: Nostradamus.
- My grandfather channeled deceased relatives directly; his head fell back, his voice deepened and slowed, and his mannerisms shifted to mirror the soul. My grandmother's perfume shows up on the anniversary of her death no matter where I stand in the room. My mother's prophetic dreams about deaths in the family are the same lineage. So when I tell you to look at your bloodline, I am telling you what I did.
- Mandy walked into a hotel room in Miami that had heavy energy, slept, and the room was clear the next day. She dreamed an Airbnb owner's trauma and was processing it

for him. And during her pregnancy with Zion I had morning sickness, weight gain, and kicks in my belly, because a transmuter shares the physical experience.

- The Akashic Records hold every soul's purpose, soul families, incarnations, karmic ties, soul contracts, cures, soulmate information, and life lessons. They are guarded by a Record Keeper and your guides. You receive what you need, not what you want to hear.
- The eight clair senses, clear knowing, feeling, seeing, hearing, empathy, touching, smelling, tasting, are channels for intuitive information that any gift can use. Most people have one or two dominant.

Where my own descriptions differ across the years

I teach live and I channel while I teach, so some things have been said more than one way. Rather than pick one, here is each with its date, so you know what you are working with.

- The energy center for weather and technology: ·also crown· (March 2023); ·crown, plus one high above the sky and one below the earth· (September 2023); ·not your hands, your whole being, like a power plant· (January 2024). All three describe the same gift at different levels of detail.
- My own first gift: ·when I first started out it was definitely Healer· (October 2025); ·the very first was Transmuter, shortly followed by Hands on Healer· (January 2026). Both are true to how I remember it in the moment. Transmuter and healer came first, then channel and Akashic kicked on when it was time to channel the GEO methodology. Today the blend depends on the situation: at a Q&A it is channel, transmuting, and Akashic; during an activation it is Akashic, healer, channel, and transmuter. Weather and technology I can do, but Mandy has it stronger and I have no preference for it.
- The name of gift four: hands on healer in every reveal, and my stated intention (September 2024) to rename it simply healer, because it is not always hands on.
- The chakras for transmuting: ·third eye and heart, also throat and ears, sometimes sacral· (March 2023), and ·from the crown all the way down to the heart· (October 2025). The first is what you feel when you take on someone's blocks; the second is where the transmuting energy should come from when you do it right.

What the mentors add

Kimberly, Melissa, Stephanie, and Cindy have run reveals and breakouts with me, and they answer a lot of the first questions. A few of their practical notes, marked here as theirs and not mine:

- Kimberly on transmuters: take it in with one hand, let it go with the other, send it up to the heavens, down to the earth, or out to the water to be purified. Be the lightning rod that protects the house. Do not embody it. Nurses are very often healers, and healers and transmuters cluster in the helping professions. Horses are outstanding transmuters. Burping and yawning during a healing are transmuting signs.
- Kimberly on channels: put your hand on your heart for a minute a day and come back to the heart, so you are present enough to hear. If you dream a lot and wake early, get up and write every day; you will channel as you write and not remember writing it.

- Kimberly on weather and technology: emotions drive it. Her own audio, and a student-s, failed the moment their gifts activated, and she laughed, because it happens every time. The woman in the reveal video who wanted to give the gift back had every flight home delayed.
- Melissa-s snow: -I-m done shoveling, all the snow to the mountain, and that whole season the snow stayed in the mountains and none fell in the valley. She also denied being a channel when she got it; she wanted healer. On the massage table she just says whatever comes and lets people resonate or not.
- Melissa on psychic practice: cards face down, sense before you turn them; hold an antique or a passed relative-s jewelry and read it; set parameters or things show up that scare you.
- Stephanie recommends the channeling series on Gaia for the types of channels, and coaches students through the -I-m giving this gift back- phase because she lived it.
- Cindy to a transmuter being blamed by her daughter: it is not yours, it is hers. Shield, do not absorb, and keep working on yourself.

How to use this handbook

1. Read Part One once, all the way through, before the gift chapter.
2. Read your gift chapter twice. The first time for recognition. The second time with a pen, marking every line where you thought -that-s me-.
3. Do the thirty day practice in your chapter. Not perfectly. Consistently. Five or ten minutes counts.
4. Keep the journal. Every hit, every synchronicity, every glitch, every download, dated. Nothing too weird, nothing too random. You are building the mind-s track record.
5. Do the healings. This is the activator for every gift. The direct correlation is more healings, stronger gift.
6. When the gold energy lesson comes, use it on your gift and expect the faint signal to get strong.
7. Look back. Within a few weeks you will remember moments from your whole life and understand them for the first time.
8. Find the others with your gift. Groups snowball at the beginning.
9. When another gift shows up on its own, and it will, keep the primary in focus and let it come.
10. Love yourself through all of it. More information requires more love. That is the whole game.

What this handbook was built from, and what was not available

Every teaching, practice, story, and quotation in this handbook is drawn from twenty two GEO 1 recordings transcribed between July 2022 and April 2026: six dedicated gift breakout Q&As from September 2023 (Channelers, Transmuters, Psychic, Hands on Healer, Akashic Records, Weather and Electronics), and sixteen gift reveal and virtual event Q&As. Three of those sixteen turned out to be separate transcriptions of the same September 2022 reveal, so the corpus is nineteen distinct sessions. The gift definitions in the reveal talk were checked across the 2022, 2025, and 2026 versions and are the same talk. The Oliver Niño Knowledge Base built from

Spiritual Activator and Do This Before Bed was read for the gift sections and is reflected in. What the books add. Mentor answers were separated from mine and appear only in ·What the mentors add.

Student names have been removed. Public figures and my own family are named as they were in the sessions. Nothing in the definitions or practices was invented; where a recording cut off mid answer, that answer was left out rather than completed.