

CPP

DEVELOPMENT CIRCLE MANUAL

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Section 1: The CPP Development Circle and Agreements

The Conscious Psychic Program Development Circle

The Conscious Psychic Program (CPP) is a hybrid coaching program. You have private 1:1 coaching sessions with Angela. The CPP Development Circles are the group work component of this hybrid coaching program.

The Development Circles are where we gather to develop and exercise our individual psychic development processes within a group format. There are larger events throughout the life of the program where all members are present; you will receive calendar invites for those and they can also be found on the master calendar. All guidelines apply to additional circles as well.

We gather in the CPP Development Circle for the purpose of our individual development through the energy and power of the group. We meet in a Circle/Séance (a French word meaning 'meeting') formation for the purpose of connecting psychically, mediumistically, spiritually & vibrationally with Spirit.

Development Circle space is quite sacred. No one is here by mistake and all are here to learn and grow in this group container. Guidelines and boundaries are important to keep all members feeling safe, included, and supported in going deep into one's psychic development process.

I appreciate your trust in me (Angela Bixby) and this program (the CPP) to support you in growing and expanding your psychic skills. As we connect with Spirit in Circle formation, the following guidelines are to be considered, respected, and embraced.

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The Conscious Psychic Program Development Circle Agreements

Please take time to read, review, and understand all of the following guidelines and agreements for our CPP community. Meaning – own these commitments either by stating them to yourself, remind yourself of these commitments from time to time as needed, or perhaps posting them near where you circle so that you don't forget them as you move through this program and your psychic development growth process.

In any Development Circles, I agree to create an experiential, open, respectful learning environment and to adhere to the following community agreements:

I take responsibility for managing my own energy hygiene which includes grounding, respectful boundaries, and discernment.

I take full accountability for my energy and self-knowing which includes understanding my psychology, trauma, stress inputs, trauma responses, and triggers.

I will do my best to complete my own research and paths to explore the different energies, symbols, and guides that present themself from my peers during circle. (Afterwards, not during circle)

I will 'give as I get' messages. This is a psychic development rule of thumb. Deliver what you may discern is a small message or a large message. Once we show Spirit that we are working in tune with them and delivering what is brought to us – they offer more. If this doesn't occur immediately, it will over time with your personal process.

I commit to giving the message to peers. I will not interpret or attempt to overly interpret messages. I will allow the receiver to decide how to take it in and what to do with it.

I will use open, non-judgemental, and suggestive language and avoid "you need to" or "you should" messages.

I agree to not give nor offer any professional medical, legal, or financial advice. I will offer messages, not diagnoses. I hold the perspective that messages are for entertainment and development purposes only.

I commit to connect to Spirit in the best way possible for myself and I will not comment, judge, or appropriate how others connect to and communicate with Spirit.

I will put aside my ego, insecurities, desires for competition, etc. during Development Circle. I follow the thought that we as humans all come with our human-ness including emotional

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baggage, insecurities, fears, dreams, and desires, and we will all check our baggage at the door. I will do the best that I can to fully show up in this way during Circles.

I will not compete in Development Circle. I am fully committed to my psychic development and will allow myself to be guided where I am needed to go, for growth and development to support myself.

I will not contact CPP members in private messages. All communication will remain within the group texts after circles and any other channels that Angela may open up for group communications. This is a space for development, education, and personal growth. An exception to this is contacting members for practice readings. Angela will offer guidance on how to approach this as you are moving through the program.

I am willingly opening myself to being 'read' in Development Circles by my peers and Angela.

I commit to remain respectful of confidentiality & others' privacy as it applies to other members' business, as it comes up in Circles.

I will not read any of my CPP peers' business or personal information outside of a Development Circle, without their express consent to do so.

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Section 2: Preparation for Development Circle

Schedule of CPP Development Circles

Alumni Tier Students may attend one, weekly Development Circle. You will have chosen your preferred time windows for your weekly circle and you will be assigned to a circle that works for your schedule. The commitment to this circle is firm. If life circumstances change and you need to shift which circle you will attend, you and Angela can work this shift out.

Tier 1 Students may attend one, weekly Development Circle. You will have chosen your preferred time window for your weekly circle and you will be assigned to a circle that works for your schedule. The commitment to this circle is firm. If life circumstances change and you need to shift which circle you will attend, you and Angela can work this shift out.

Tier 2 Students may attend two, weekly Development Circles. You will have chosen your preferred time windows for your weekly circles and you will be assigned to two circles accordingly. The commitment to these circles is firm. If life circumstances change and you need to shift which circles that you will attend, you and Angela can work this shift out.

Tier 3 Students have access to three, Weekly Development Circles. You will have chosen your preferred time windows for your weekly circles and you will be assigned to three circles accordingly. The commitment to these circles is firm. If life circumstances change and you need to shift which circles that you will attend, you and Angela can work this shift out.

It is highly recommended that you create a consistent schedule and routine so that you can show up to your committed to circle(s). These development circles are a lot like your gym membership. It is the space that you go to exercise your intuitive and psychic muscles. Remember, the more that you join, the more that you practice and will be developing your psychic skills – thus expanding your consciousness and strengthening and growing your frequency. Said simply - we get more of what we focus upon! So the more that you practice the sooner and more solidly that your psychic skills will continue to evolve.

Weekly Schedule of Development Circles

By the time that you start the program, you will have your weekly development circle assignment.

The schedule is consistent and will only be subject to change if necessary. Know that any changes to our regular weekly schedule will be communicated ahead of time. Angela will add you to the calendar invites for the development circles that you've committed to.

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Preparation for CPP Development Circles

Before officially joining your first CPP Development Circle, it is important to create a space to be fully immersed and present in the experience. Know ahead of time where you will be joining the call(s) and gather what you need.

Zoom Access

You will need a strong and steady Internet or phone connection.

We meet on Zoom audio so that all can be cozy in their space for circle. This means there is no need to be on video camera, you only need to join the circle via Zoom audio (by phone or Internet).

All Development Circles are held on the same Zoom link: https://zoom.us/j/5422148631

This same link is used consistently across 1:1 sessions and for all Development Circles. Angela employs a 'waiting room' vs. a password on Zoom so having the meeting ID should be all that you need for your connection to work.

For instructions on how to download the Zoom app, please visit here.

It is recommended that you add the CPP Development Circle details to your calendar, including the Zoom link and phone number for an easeful process. Angela sends out a calendar invite to you with this information; you will receive it in email. Handling of your calendar (whether electronic or paper in nature) details is for your management.

Get Comfortable and Clear Distractions

If you like to wear an eye mask, or to have a glass of water or tea to drink, be sure to have those handy for our calls.

Plan to use your Intuition Journal or a notebook designated for circles. When we doodle, write, draw, or simply take notes during circles - it can serve to stimulate both hemispheres of our brain and can help to keep us from focusing too much on our mental field. Angela is a fan of a sketch pad and colored pencils for use during circle. Use whatever will keep you organized and feel the most fun for your circle experience.

Being clear of distractions for a circle is important for your process. As much as you can, please be in a quiet place without distractions. This supports your comfort and your capacity to go deeper into your process.

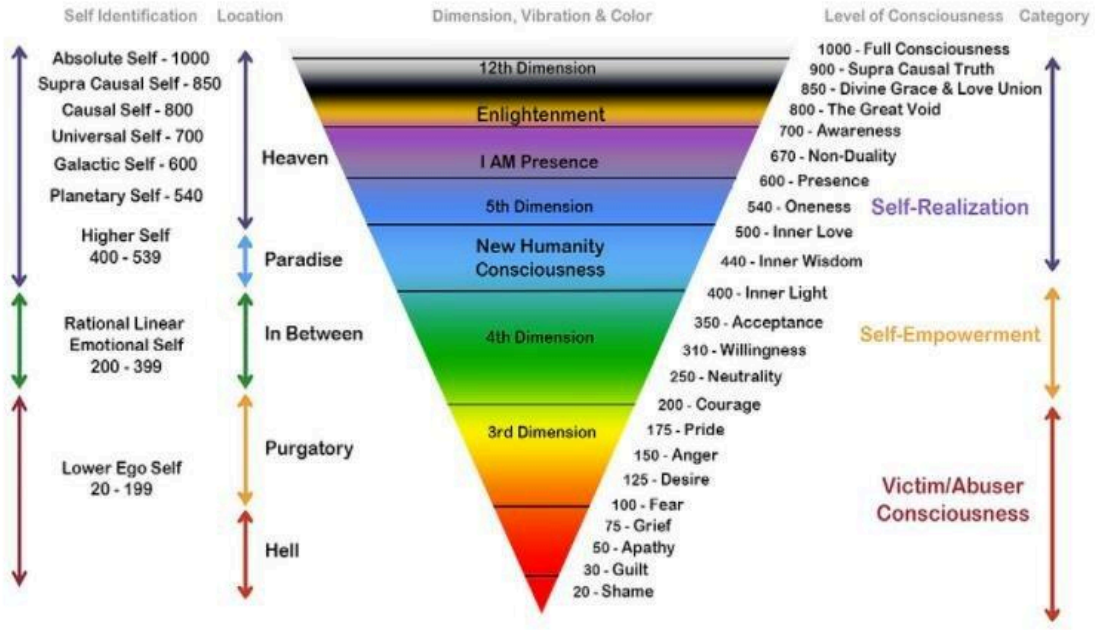
If you are able to create a consistent space (particular room, portion of a room, etc.) to circle from, it will support your brain and body to create these deeply introspective habits that you are learning. It will also help to cement these habits into both your conscious and subconscious brain.

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Energetic Hygiene and Wellness

If you aren't feeling well, or are dealing with heavy energies, or are moving through what feels like a stagnant time on any level — getting to circle can be helpful! I don't ask people to avoid circles for these reasons. And be prepared to be gentle with yourself and lay back and enjoy the energy and messages of circle as they support you.

As you decide whether to join a circle while feeling less than your best, remember to consider the vibrational/frequency scale. If you are open to moving the needle on your mood and heaviness then joining can be a good decision. If you are not in great energies and don't anticipate your being able to move out of the mood, skipping circle may be your choice. The group is supportive for all members, even when they show up in challenging energies.



No substance use prior to circle. Prescribed medications are fine! You want to have the capacity to be open to multiple dimensions in this process. Impairment of any sort can hinder the process and not only make you more susceptible to wonky energy but expose all on circle to that energy too. We all have the capacity to feel each other's tiredness, wiredness, intoxication, etc.

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Section 3: Guidelines During Development Circles

We never know how busy or quiet a Development Circle may be. These guidelines and tips for success apply to all circles, whether a 3-person or a 10-person circle is commencing.

Entering and Exiting Circle

Punctuality

Please arrive on time or a few minutes early to circle. We tend to get circle started right away. While sharing, offering prior message confirmation, asking questions about development or any of the larger energies that are playing out, and introductions of new members - these are all appropriate and DO happen at the beginning of development circles. And even when they do arise they don't tend to last very long. So counting on 'extra time' to get to circle wouldn't be a helpful strategy.

If you are running late please text Angela by 10 minutes prior to the circle start — this way she will be sure to see the message. She will either hold up the start of circle for you, or admit you during the grounding meditation.

If there is no communication and you are running late AND the second half of the grounding meditation is complete, you will not be admitted to the circle. This is due to the cohesion of the group energy during the grounding meditation.

Exiting early or losing connection

You are expected to be on circle for its entirety. If you need to leave circle early, whether planned or emergently, please text Angela to let her know, mostly so that she won't worry about you.

Be sure to re-ground and cut cords from all whom you were in circle with. If it's a connection loss and you reconnect, know that I'm paying less attention to this and you may wait in the waiting room for re-entry for a minute or two. If you have a planned, early exit from circle that you've alerted Angela to — please exit with no goodbyes or fanfare — as this can distract your peers.

Sometimes an insecure technology connection is affected by our personal energies. If your connection isn't strong, focus on grounding in your energy, that of your connection, and see them all as stable and protected, energetically. Visualize the device surrounded in white light.

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See your electronics as being hugged by mother earth and perhaps see roots growing out of them.

Connect from a non-moving space - please do not connect to a circle while you are driving, flying, riding in, or on any sort of transport. The reasons for this are to keep you safe and to preserve the integrity of the group connection. You are entering an altered state for development circles. Driving while in an altered state is not anything that I condone. Furthermore - you are connecting to the energy of your peers during circles. Quantum Physics reminds us that energy is non-local meaning that energy can become coherent across miles. We can vibe, feel, experience, offer healing across great distances with simply the use of our thought and intention. By moving or driving on a development circle – it would be akin to packing the whole circle in the car with you. It could be distracting as well as potentially compromise the focus and integrity of the circle for everyone. Thank you in advance for being stationary (even if sitting in a parked car for the circle) during your circle.

Circle Grounding

Angela will lead a grounding meditation and a connection to Spirit at the beginning of every circle. She takes care of the cueing for grounding, centering, shielding, connecting to the higher realms and escorting your egos to the outside of the circle. You are to maintain this connection to Spirit in the best way for you. Connecting to Spirit occurs in many ways. One way is a cording between our energy and that of the Spirit. This is appropriate, as we set a group intention, raise our vibration, and then close the Circle at the end.

If at any time you feel yourself connected to the energy of another participant or a more negative spirit energy – you will surround yourself in white light and refocus on the vibrations of higher dimensional Spirit or your higher self. Release the felt connection and start again. How this may manifest or what you may experience:

- You may feel overwhelmed.
- You may feel a rush of emotion that doesn't seem to be coming from a message or a guide.
- You may hear peoples' thoughts.
- You may become extremely tired.
- You may hear negative or gossipy type speaking from a lower vibrational guide (4D or below) or a dead person (3D/4D in nature).

None of these are healthy or ethical uses of your psychic skills. This is where discernment comes into play along with boundaries. They are lower vibrational and rising above them and disconnecting from them is important for you as an individual, as well as important to the maintenance of the integrity and safety of the circle and its participants.

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Releasing the felt connection may go deeper than bringing in white light.
As needed:

- Reground yourself. Use intention, breathwork, stretching, and visualization.
- Cut cords from either the energy of the emotion,the thoughts, or the heavy feeling energy. If you know who you are connected to, visualize cutting cords from them.
- Bubble and shield yourself and reset your connection to your Higher Self and your Guides/Guidance team.
- Please ask Angela for help if you are feeling energetically connected to another circle member or a lower-vibed energy, after trying the above practices. Right there in the circle, ask me for help. It is appropriate and others will benefit from the teachable lesson and we will more quickly get the circle back on track. *This is a normal part of development and is a very important concept and practice to master.*

Members at times report feeling, 'less connected' or nearly 'disconnected' from spirit. If you are experiencing this in circle, whether due to quietness or due to being distracted by messages being offered – remember to use the following tools:

- Re-connect to your breath. Focus upon it as you picture yourself sliding down your own roots into the earth.
- Do some quick breaths to bring your energy into your chest as opposed to allowing it to hang out in your head.
- Put your feet on the ground and tap them on the ground.
- Do some gentle stretching to come into your body, turn down the volume to reduce distraction from messages being offered, and allow yourself to sink more deeply into your, inner process.

Offering Messages in Circle

After Angela completes the grounding exercise, the circle is organized into giving and receiving messages. You are expected to tune in and offer any intuitive insights or messages that you receive for each individual, as we focus upon them.

Please know offering intuitive messages is not something we all naturally know how to do and that is OK! ***You are in this space to practice and evolve.*** Drawing on my years of training and experience, you will be guided within the framework that I have developed for clients to offer and receive messages in an appropriate manner and for the greatest good of everyone involved.

Members have and continue to feel safe and vulnerable based upon this framework and these guidelines. It is because of the trustworthiness of this container - that this program continues to attract people to continue to grow in this fashion.

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For your first circle, pay attention to how you are feeling, and what thoughts, messages, sensations, or visions are coming to you, and do not be shy. More often than not, what you feel may be random, holds a personal meaning to the one receiving the message.

As you learn to exchange intuitive messages with others, you will naturally become more vibrationally aware of the environment around you. It's common for those developing their intuition to begin to sense more from the environment around them. This can mean sensing new things physically, emotionally, and visually.

With this new awareness comes an energetic responsibility to handle this information with care. This will also keep your vibrational level high and channels flowing! This will ensure that you are providing messages for the greatest and highest good of everyone involved (that includes you!).

Give What You Get

The first rule of thumb is that you'll always want to 'give what you get'. This is extremely important in Intuitive and Psychic Development. When we give a message, we are clearing channels for more of that message to come through or for another message to come through. By providing the receiver with the exact intuitive message that we received we are remaining in the flow and strengthening our intuitive muscles. Because everyone senses the world around them in different ways, Intuitive messages come in many different forms. It can come as a visual in your mind's eye, a physical sensation in your body, a smell, or a sound in your ear, etc.

Intuitive Message: A musical note in your mind's eye
Appropriate response: "I am seeing a musical note for you."

Intuitive Message: A pain or twinge in your back
Appropriate Response: "I am feeling a pain in my back."

Intuitive Message: Smell smoke
Appropriate Response: "I am smelling smoke."

The Power of the Pause

It's important to pause after delivering intuitive messages. During this time, you may sense how the receiver is reacting to this information. You can watch, listen, and open up to what else may come through for you. Pausing allows space for you to process what you are sensing. Intuition comes through differently for everyone. In the pause, you will gain insight into whether to wait for more information or to go ahead and deliver the information piece by piece.

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Ego Management

Ego management and its involvement in this process is a serious consideration. Our egos are about dualistic thinking (right/wrong, good/bad, etc.). And — judgment, analysis, taking things personally — these too are ego constructs. Being attached to outcomes/messages and focusing on the timing of when something will come in – these too are constructs of our ego.

One of the reasons this program has such great success and affords all who enter such deep transformation — is that all members do a great job in checking their egos at the door.

If you feel yourself doubting, analyzing, or defending — I encourage you to pause, reconnect to your breath, lean back from whatever has your ego stirred up, feel your feet/re-ground, and intend that you are connecting to energies above your ego. Use practices such as breathwork, cord cutting, or asking another guide to play with your ego outside of the circle for the duration, etc.

Giving Advice

Giving advice is not what the CPP Development Circle is for and it is prohibited. Advice offering is only to be offered by the facilitator — Angela— in 99% of all circles. If you are receiving a lot of claircognizant (clear knowing) messages — ask Spirit and intend that Spirit bring you these messages through other pathways (hearing, seeing, smelling, etc). This way, to avoid advice offering, you can say — I'm seeing this as a potential solution, I'm hearing xyz as a method to try if it feels right for you, etc.

By asking and intending Spirit to bring through a second or third way of experiencing a claircognizant message – you are being directive within your process and intentional! These skills will bring the other pathways forward, over time. All of our psychic skills ARE developable.

Back to the clear knowing – if you have a knowing message - work with language that is neutral and not pushing the message on someone. Example, "I know you are supposed to go to this event!" Not an appropriate delivery. Try this instead, "The guidance comes in fast and hard. It seems to indicate a huge YES for you to be at this event. The choice is yours – and I'm experiencing a big YES for you!"

We come to this group with all levels of past and prior experience. This is valued and respected! While in Circle this 'sharing of methods'/teaching by group experience will be kept to a minimum unless Angela is leading. We will have a few minutes before and after Circle to share these pertinent experiences/methods. These can also be shared in the group texts, the Facebook group, or during the office hours.

No one in this circle (including those with graduate degrees) is offering professional medical, legal nor financial advice. No one is diagnosing anyone. ***Messages are NOT to be taken as deterministic nor diagnostic.*** Hold the perspective that they are for entertainment and development purposes only.

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Might some of them be true, accurate, and helpful? Of course. Don't neglect seeing the appropriate professionals as needed, for your health and wellbeing on these topics. Angela will weigh in as best that she can on medical or health messages – she is neither a diagnostician nor a physician.

Channeling - 3rd Party Channeling vs 1st Party Channeling

The term 'channeling' is thrown around to mean different things to everyone. As its base – yes channeling is the process of gleaning a message from spirit/the unseens.

Third Party channeling is what we are doing in the development circles. When you are dialoguing with a guide, energy, message during your process – you are third party channeling. You are recounting what the energy is communicating to you. You are not welcoming them into your body to speak through you. You are either repeating what you are being told/shown/hearing or you are synthesizing through your process – to then deliver.

A critical, first step upon dialoguing with a guide, energy, image or message – would be to vet it/them. Ask: what dimension are you from? Even if it isn't a guide showing themselves, if it is simply a voice – get in the habit now of vetting what dimension your hits and messages are from. This will ensure that you're creating those new, neural pathways of habit to work from. If the guide/message/energy/image/etc. Doesn't respond with 5d or above (6d, 7d, 8d, etc) then:

A) Dismiss them
B) Ask them/it to come through at 5D or above
C) Accept the message, dismiss the guide/energy/vision and thank it, then deliver the message to your peer citing an attempt to vet but having not received an answer you are simply delivering the message as is.
D) An exception to this would be if you are talking to a passed on loved one – mediumship with passed on humans. They will likely cite 3D and 4D and in this case ask them who they are here for and what the message is and feel free to deliver it. I do not advise that you allow passed-on humans to trance channel through you, in any capacity.

The only person to trance channel/first party channel will be Angela in circles. There are many reasons for this - integrity of the circles & this container, how much energy that it can pull from others along with effects to the channeler's system. Furthermore, many new, trance channelers may not be aware of the energetic effects and residue and what else could be riding in with the energy.

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Receiving Messages in Circle

Just as each person has a turn to offer messages, each person also has dedicated time on most circles (full circles may not allow for all to be read) to receive messages. You are welcome to raise specific questions or remain open to general messages that each of your peers receives.

When it is your turn, it is important to stay grounded and open-minded. Messages can be delivered in a variety of forms and may not be understood for us at that exact moment. It could be a day, week, or month before you fully understand the meaning of the intuitive message.

Make a note of messages received in your intuition journal. You will also receive a recording of the circle that you can review later. If something that someone intuited for you doesn't resonate with you right now, leave it on a shelf. You need not take it too deeply, something that doesn't make sense to you. It may make sense later or may not have been meant for you in the way that it was delivered.

Always thank the person offering the message. If you would like to validate or confirm their message for their development process, you are welcome to do so. Know that you do not need to comment on each message delivered. Allow the messages to be fully received, noting them down in your Intuition Journal for review later.

Suggested Phrases to Use in Circle

Phrases to support you and others in Development Circle include sharing how you are receiving the message, where you may be feeling a certain sensation in your body (i.e. as I say this my left hand is tingling, I feel heat in my lower back, etc.), and describing in as much detail as possible the messages, vision, words, or images as they come through.

Here are a few prompts to use in Development Circle:

Is there a message for (member's) highest good?

Is there a message from a loved one in spirit?

Is there a message about (member's) work? Personal life? Family? Spiritual development? Business/work?

Is there a spirit guide that would like to present for (member)?

Show me a symbol of (member's) energy signature, please?

Is there a supportive message that would like to come through for (member)?

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What energies are affecting (member) now?

What is coming up this week for (member)?

What message might support (member) today?

Spirit please fill in the blank. (Member) is _____ .

Spirit please bring me more visions for (member).

Spirit please bring clairallience/a psychic smell for this (member).

Spirit please show me the energetic web behind this situation and useful information from it for (member).

Spirit please help me understand which dimensions are at play in this situation for (member).

Please help me understand this situation for (member) differently.

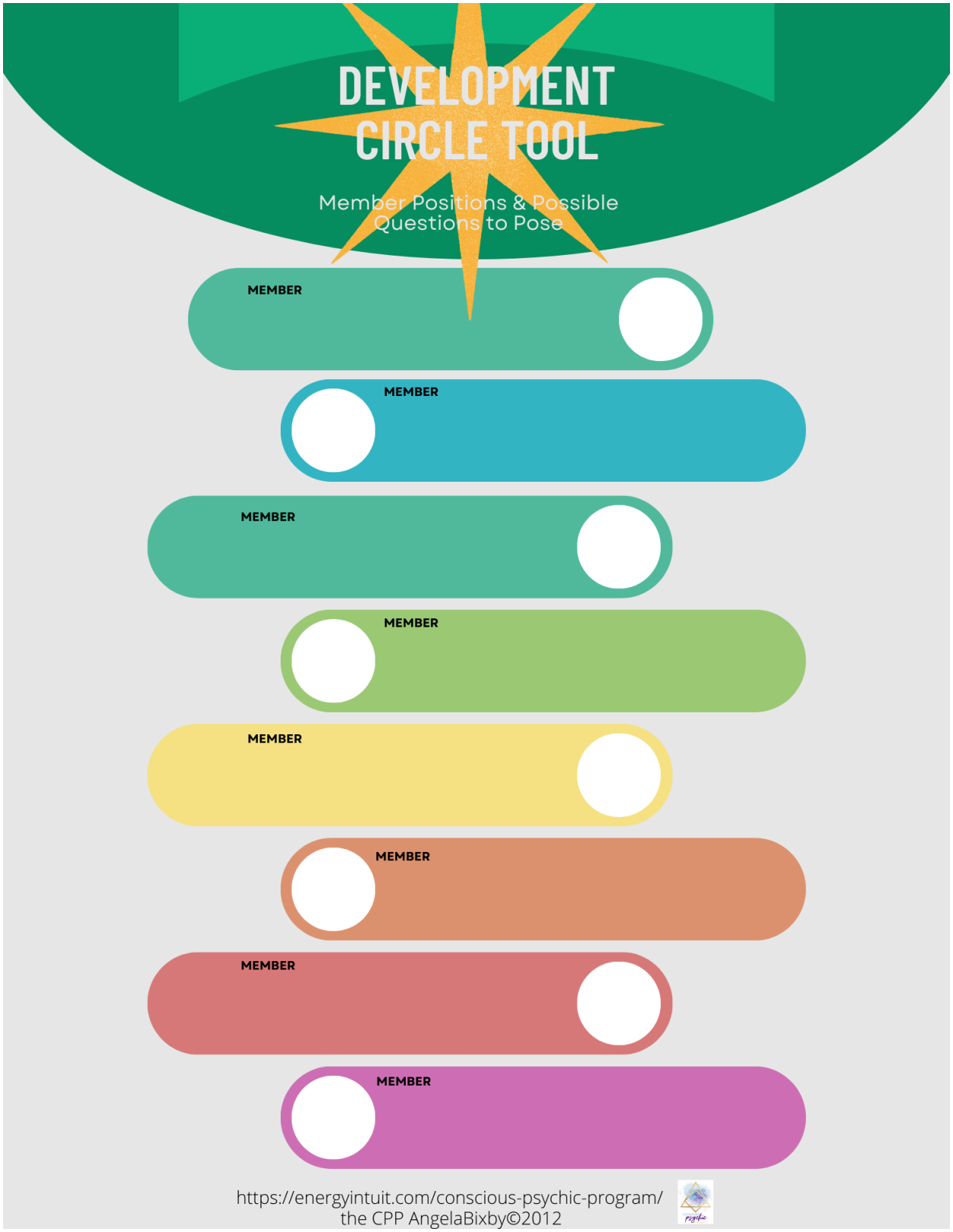
What might uplift (member)?

How might (member) best approach this situation?

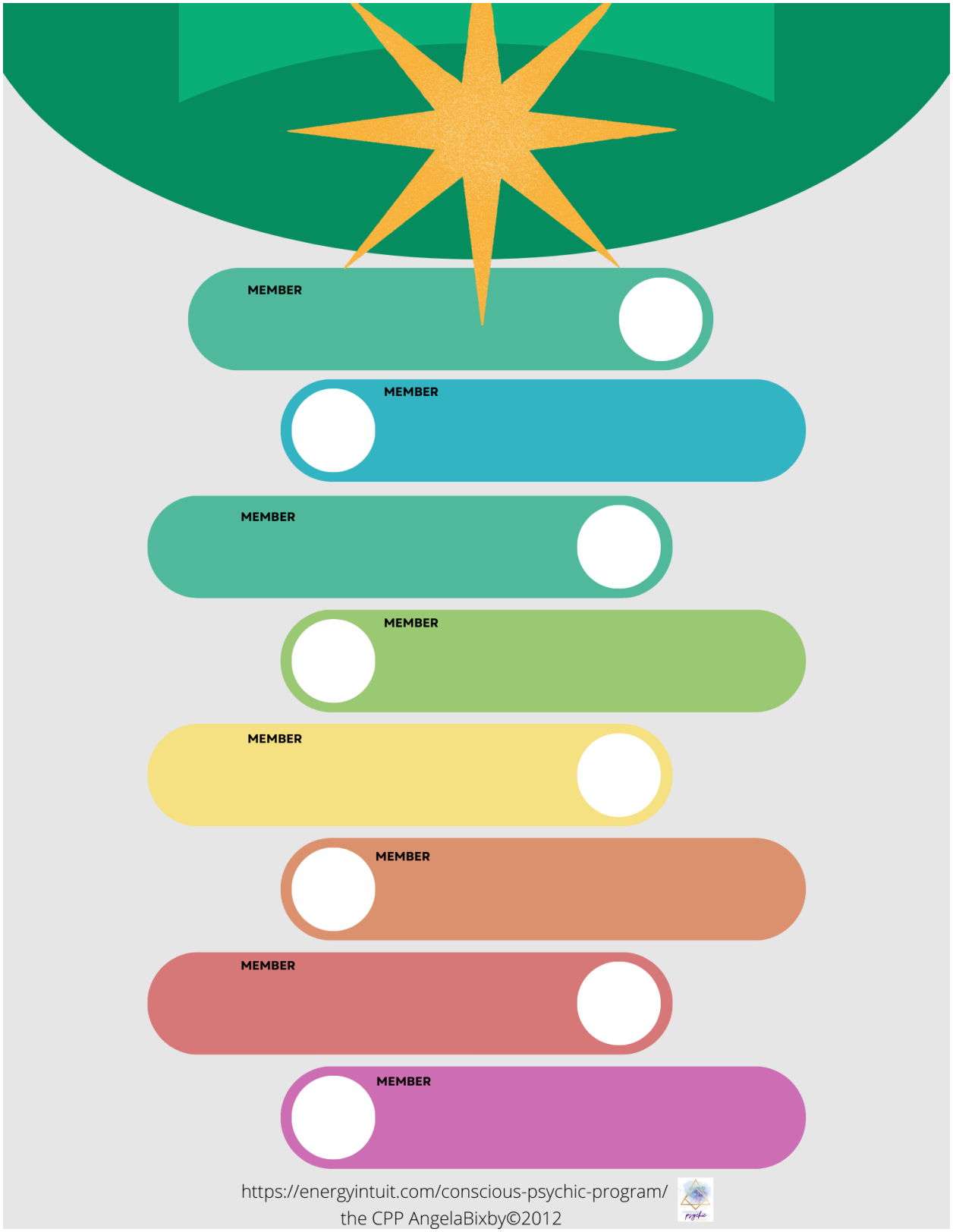
Development Circle Tool

Here is a Development Circle Tool that you may find useful. There is a stand alone copy of it in the membership portal if you'd like to print some copies out. You may choose to simply sketch a similar tool into your Circle Notebook for your usage. Some people like to put the above queries or the questions from the tool, in the cover of their notebook to use as a reference when they aren't sure which questions to ask.

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Questions:

Is there a message for (member's) highest good?

Is there a message from a loved one in spirit?

Is there a message about (member's) work? Personal life? Family? Spiritual development? Business/work?

Is there a spirit guide that would like to present for (member)?

Show me a symbol of (member's) energy signature please?

Is there a supportive message that would like to come through for (member)?

What energies are affecting (member) now?

What is coming up this week for (member)?

What message might support (member) today?

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Phrases to Avoid in Circle

Phrases to avoid while giving intuitive messages include directives such as should, need to, why, etc.

Please avoid asking someone, *Why?* during circle as this connotes judgment. There may be times when you wonder this about a message and it can leave the person feeling judged. Your job is to deliver the Intuitive messages coming through you, for the person. Not to question the aspects attached to it.

'You need' is a mistake that many make as they are offering messages. Even if Spirit is saying a message like that — it is up to you to shift the languaging so that the message doesn't sound bossy. Each person decides what they will do with a message. It isn't ever ok to tell someone what they must do, as a message.

Example: if you receive a message where Spirit says, 'they need to leave their job to be happy" — in your head, you get to ask Spirit for a) an alternate path to happiness b) a higher vibrational message c) restate it like this: Spirit is suggesting that you GET to leave your job as a possible pathway to more happiness OR Spirit is suggesting that happiness may feel hard to achieve if you stay in this job.

Spirit doesn't tell us how to live nor make decisions for how we live our lives. A universal law that is respected by spirit is our free will. If Spirit or a guide is telling someone how to live — they aren't an entity to take advice from. Tell them to leave and ask for a higher vibrational spirit to come through.

Everyone here shows up for a development circle in trust and openness to each other - in the name of Psychic Development. How would you feel if someone used a message as a way to try and tell you how to live your life? Consider common sense, kind and loving communication skills, and social appropriateness. While I don't want you to be weighed down by this - trust that common sense will prevail and that Angela will guide you as needed within the circle. Heeding these rules will ensure a great flow in a circle and you'll likely become more respectful with your communications in the 3D as a result of practicing these guidelines.

Circle Closing

At the completion of the circle, Angela will lead all members through a disconnection exercise. It is important to leave the circle energy in the Development Circle space so that you can then transition into your next activity.

Again, you will develop a personal practice on how to best exit the circle. How you exit circle is as important as how you enter it. You are invited to cut cords and energetic ties to all members to fully support your integration and energetic hygiene.

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Section 4: After Circle

Recording and Review

You will receive a group text message following the circle with the recording. If you wish to keep the recording, you will want to download the file within 7 days to your device.

Use the recording for personal reflection and feedback. Sometimes this occurs or you may wish to share an outcome from a message. You are welcome to do so in our agreed-upon group setting. You may also use the time at the beginning of the next circle to share relevant reflections, questions, or information.

Please don't continue to offer psychic messages in the group text afterward. When the circle is closed, it is closed. When we are in circle we are all connected. If you start to reconnect – you can energetically distract your peers who were on circle.

It's also best to reduce rumination, post-circle, on any of your peers. It is one thing to be reflecting and thinking of your own messages – and when you think of members you'll pop into their fields. In the interest of keeping everyone grounded into their daily lives when not on a circle, please keep messages to inside the circle.

What's Next?

Practice is the pathway to mastery! Continue with your development practices as the pathway to understanding and growing your psychic and energetic processes.

One of the main questions that CPP members have is - *What do I do with the messages that I receive in circles?*

These messages can be fun and valuable nuggets for your growth, development, and healing. AND - the gravity with which you approach them is up to you.

I recommend after circle, doing a bit of light research on any guide, symbol, lyric, message, image or concept. Don't go too deep into analysis (a left-brain practice that can take you farther away from your intuition) but hold on loosely to both analysis and the message.

The messages are often multi-layered. So once you glean the 'obvious' message you may also realize that it has three obvious meanings and two more obscure applications to your life. All of these hold value for you, and you are the best decider of what these messages mean for you.

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Messages are rarely linear nor causal. They often point us in directions and then the action that we take from their pointing is where we are choosing to ground in a message from spirit with our choice and action.

When someone offers a message of seeing you below the Eiffel Tower for example – it doesn't mean that you are definitely going to Paris. It, like all messages, offers potentialities and possibilities. How we actualize anything in life is tied to our choices and our actions, regardless of the messages received.

Sometimes if you offer a member a message, you may hear them cite the confirmation to be a part of their 'healing journey'.

Healing as a concept for life is part of spiritual growth. We all have things that we are working on or healing at any given time. When you hear this phrase throughout your process, it suggests some room for growth or a potential point where you may choose to dig into the healing that may come from the plumbing of your healing.

And this concept is huge and isn't meant to be overwhelming. It's very common to consider healing as linear and once we 'heal' a wound it is over. The reality is that we all experience the peeling back of the onion layers or the moving up the spiral process. What this means is that we often revisit lifetime wounds in many different ways.

The encouragement on this topic of healing is that it is fluid. We all will always have room to grow and heal - and tending to our personal healing is beneficial for our expansion.

At times people may feel that they are experiencing an energetic block. Sometimes removing the block or obstacle is simple, sometimes it is more complex.

You are encouraged to stay open to this concept of healing and any personal messages that may point you in this direction.

Healing as an Ongoing Spiral

Healing in the energetic realms is a non-linear concept. Picturing healing as a spiral or shifting your conceptualization to healing as a spiral will be most helpful for you during this process.

We all have many known wounds and both objective and perceptive traumas in our past. Objectives may include bullying in our past and perceptive ties more to our perception – like not having been picked for a sports team as a child - as to how we internalized this sort of trauma. It's common as we move through healing, to consider that we've 'healed something once and for all!'. While this may be the case in some instances, being open to viewing your healing as a

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spiral will lend itself to reminding you to keep a more multidimensional or multi-layered approach to your healing.

I'll offer a personal example here: I was hit by a car at age seven and had an out-of-body experience for a few weeks. I've revisited this experience from many angles on my healing journey for the past five decades. Some of them have not made sense and others I've not had access to until now – in my fifties. Seeing myself on a spiral of healing around this event alone keeps me moving upwards upon the spiral and it keeps me open to new aspects of healing that I may receive around this significant life event.

Souls come here to learn and evolve. Viewing your points of healing as growth as spiral vs linear will only support your soul's evolution and your PD process.

How you approach your healing outside of circles is personal and up to you. There are many tools that can help - journaling, somatic exercises, movement, chanting, breathwork, shamanic journeying, meditation, a myriad of healing modalities (quantum healing, reiki, healing touch, angelic reconnection therapy, etc.) bodywork, acupuncture, nutritional counseling, psychotherapy – the choices are yours.

How you approach your healing is personal and truly, up to you. It's a large topic and I would be remiss in my leadership if I were to ignore the topic altogether. If you have questions on this please reach out to Angela to discuss.

Closing Message

There has been a lot covered here and it is done so from love and awareness. You will soon grow to love the Development Circles and all that they offer for your intuitive development, growth, and evolution.

As always if you have any questions, feel free to reach out to Angela. May you grow in your inner knowing in powerful ways.

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