

Do It Yourself Energy Blockage Clearing and Balancing www.oralin.com



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Energy Blockages affect the physical and the emotional body.

Clearing them ensures your energy flows smoothly allowing you to
achieve the best quality of life possible.

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Super easy to use – just download and listen to the narrative!

Once downloaded, no need to connect to the internet.

Easily fits into your schedule. Listen in any time zone – day or night.

Can be used while relaxing and focusing on what is being said

OR

play it in the background while working, watching TV, answering emails, cooking, driving, before going to sleep – anytime!

Each narrative can be used whenever needed for the rest of your life.

Personalized narratives for your specific needs are available.

Each narrative has been **specifically programmed** so that when you listen to the recording, **energy blockages specific to your chosen focus are actually removed** from your physical or emotional body and then your energy is balanced.

That's right - **you'll receive an actual energy blockage clearing and balancing without relying on someone else to have to do it for you!**

Depending on which narrative you choose, **blockages that have built up along the energy paths** (points and meridians) that make up the physical body or blockages **that have built up from repetitive negative thought patterns** that have formed in the emotional body are **slowly and gently dissolved**.

Nobody wants to suffer. Listening to a narrative is an **incredibly easy way** to bring about positive changes **with the least amount of effort** and you can do it ... **in the comfort of your own home, at work, while going for a walk, while visiting friends and family ... really anywhere**, at any time of the night or day.

How to Download Your Narrative...

To download your purchase to your device, you'll need to first login to your Oralin Account at <https://www.oralinlight.com/amember/login>.

You'll see the Dashboard of your account. Scroll down and you'll see a list of "Active Resources". Find the narrative you want to download and click on the link. Then just save it to the device.

You can then listen to it at any time without needing to be connected to the internet. You are allowed 3 downloads.

How to Use Any Narrative...

There are 2 ways to use a narrative:

Option 1:

Play the recording so you can hear it, but it is in the background. Adjust the volume accordingly.

You don't have to be able to clearly hear or focus on what is being said, but you should be able to hear it. You can have it playing while watching TV, working, answering emails, talking on the phone, cooking, driving, before going to sleep – any time!

Energy blockages are cleared whether you're paying attention to what is being said or not so you are free to do other things while listening to the recording in the background.

Option 2:

Treat it as a meditative, relaxing experience.

Posture/Position: It doesn't matter whether you're lying down or sitting up. Choose a position that is most comfortable for you. However, it's best not to cross your arms or your legs as that impedes the flow of energy and you want to keep your energy flowing smoothly throughout your body.

Make sure you're wearing comfortable or loose clothing so that you can breathe easily, slowly and deeply. Breathe in a way that's comfortable for you - through your nose or mouth. The changes are going to happen regardless of how you breathe.

You can listen to it with your eyes open or closed – whatever is most comfortable for you.

When you hear an affirmation, you can repeat it out loud or in your mind or you can just relax and let your mind drift.

Try focusing on how you feel because you might notice when energy blockages are being removed.

It would be normal to fall asleep or go into a deep meditative state when focusing and relaxing while listening to a narrative. Don't worry – the energy clearing and balancing is still being done whether you are aware of what is being said or whether you drift off.

How often should you listen to a narrative?

Listen to a narrative as needed. You set the schedule.

To experience the best results, listen to a narrative daily, every other day or every 2 days. Energy blockages are removed in layers so it is best to listen to a narrative every day or two and consistently.

Check the description for the narrative that you have purchased. Any special instructions are included there.

How to select which narrative to listen to if you have several of them?

To experience the best results, follow your intuition. Set your intention and then look at the narratives you have. You'll find yourself drawn to the narrative that is most beneficial to you "in the moment".

So if your intention is to achieve your ideal weight and you have 3 narratives from which to choose, say to yourself "My intent is to achieve my ideal weight" and then let your eyes look at the narratives available. You should find yourself drawn to one.

Keep in mind that you might be drawn to a narrative that has nothing to do with achieving your ideal weight specifically, but follow your intuitive guidance. What you are drawn to is going to match your intent whether you understand why you chose that particular narrative or not.

It would not be unusual to be drawn to a certain narrative for several weeks and then suddenly not be pulled to it. Go with the flow. There might be other blockages that need to be cleared before going back to that particular narrative. It doesn't mean it is no longer good to use. It means it is not recommended for use in that moment. That could change at any time.

How many narratives can you listen to daily?

You may be drawn to one narrative per day. It's possible you might feel the urge to listen to two narratives in day – or perhaps even three of them. You might even be drawn to listen to the same narrative a couple of times in a day. Trust what you feel.

There might also be days where you feel you don't want to listen to a narrative. That would be normal if your body needs more time to adjust to the new energy flow.

Check the description for the narrative that you have purchased. Any special instructions are included there.

How quickly are blockages cleared?

The number of times you need to listen to a narrative to clear a blockage or many blockages is unique to you. It depends on how long you have had the blockage, the size of the blockage, your current thoughts, what is happening in your life, your stress levels, etc. Only a certain number of blockages can be cleared during a session. This ensures your body adjusts to the new energy flow.

You don't need to know where the blockage is or how large it is, only that blockages are being cleared layer by layer each time you listen to a recording.

The sessions are meant to be gentle so you can enjoy life while the process takes places. After any layer of a blockage is removed, there is a new energy flow that is created to which your body must adjust. So relax with the process. Let your body heal at the rate it needs to heal. Let your release at the rate you need to release.

Know that some blockages are easier to clear than others. For example, if you have cut or burned yourself or have gone through a surgery then removing blockages affecting the physical body typically don't take as long to remove/heal. You could find that for a small cut, you only need to use the narrative once or twice. For a surgery you might need to use it for a few weeks or even months depending on the type of surgery.

If you are clearing emotional blockages for a surgery then you might need to listen to that specific narrative for several months. It would depend on your thoughts and how much of an impact the surgery has on your life.

So how long it takes to remove a blockage is unique to each person and each situation.

There are too many factors influencing your life that can affect how long it takes to clear blockages. Influences can be things like (and these are just a few)...

- * eating habits
- * stress
- * amount of exercise
- * amount of rest/sleep
- * addictions

- * negative thought patterns
- * repeating the same ways of living that caused an issue in the first place

So, much as it would be nice to know how many sessions are needed to clear a particular issue - it's just not possible.

There's always work that can be done on a deeper level. A long standing issue could take more sessions to resolve as the blockage might be more intense or there could be blockages in multiple parts of the body. Chronic issues that have gone on for years, normally take longer to clear.

If you keep repeating the same thoughts or actions that create the blockage in the first place, then it is going to take longer to clear that blockage.

Sometimes, you'll have to change a habit, action, way of thinking or doing things to fully clear a blockage.

That being said, it's very possible that one notices changes or feels relief after only one session.

However, whether you need to listen to it just a few times or many times over months – you'll always have it as part of your arsenal of self-healing tools. So try not to focus on how long it takes. Focus on the fact that changes are taking place each time you listen to a narrative.

What you might experience during a session...

It's very positive to have reactions when listening to a narrative because it means changes are happening - good changes - blockages are being cleared and leaving your body. During a session, you might feel the energy blockages releasing.

You could feel waves of energy flow over your body.

You might feel warmth, tingles or energy pulses in different parts of your body.

You might yawn or even burp.

You could have an emotional reaction such as shedding a few tears, or feeling angry or sad. You might not even understand why you are having the reaction. Don't try to figure it out. It is a release.

You might have a memory from the past come into your thoughts. Just allow whatever you're feeling to surface.

What you experience is unique, but those are a few of the typical reactions. It's important to just "go with the flow" and not focus too much on what is happening. Energy is leaving your or being released so that is good. Those reactions are temporary.

You'll be less likely to notice these changes if you're listening to the narrative in the background.

What you feel is going to be unique to you and it also depends on how many blockages are removed during your session and how often you listen to a narrative.

You might want to take notes on how you feel when listening to a particular narrative.

What you might experience after a session...

Again, what you experience after your session is going to be unique to you. Once blockages are cleared, your energy is balanced and then you'll experience an increase in energy flow throughout your body.

Your body must adjust to the new energy flow. So you will be going through a constant state of clearing, balancing and adjusting to changes in your energy and body. It's possible to notice changes immediately after a session or even hours after a session as your body continues to adjust to the new energy flow. Here are some typical experiences...

You may feel a bit tired and want to rest.

You might experience temporary inflammation in specific parts of the body.

You might find you have an increase or surge of energy.

You might have increased mobility.

You could find you have difficulty falling asleep.

You might notice that your thoughts start to change.

You could start to react to things and others differently.

You might feel lighter.

You could experience emotional changes such as feeling happier or less stressed.

Changes might be very subtle and you might notice them over time. It's also possible that the change is so significant that you can't help but feel the difference.

Your body is amazing and it takes care of you. Listen to your body. If it needs to rest after a session, allow it to rest. It is healing, regenerating and recuperating. Give it the time necessary to heal.

What about missing body parts?

Understand that even if a part of your body is no longer in physical, the energy path for that part still exists. So if you have had your gall bladder removed, the energy path still exists and blockages may need to be cleared in that area.

If you lost a finger, leg or any part of your body – energy paths still exist and it would be normal feel energy flow through that part of your body. That part of the body still exists – just not physically.

What is an energy blockage?

Every living Being has a spiritual body as well as a physical body. The spiritual body is made up of energy, chi, or qi. This energy is necessary to life.

Your **physical body is a reflection of and is directly connected to your spiritual body** or energy. So what happens to your spiritual body affects your physical body.

Your spiritual body or energy can be affected by many things, but is most commonly affected by any or all of the following:

1. Thoughts/Emotions
2. Physical Events
3. Pre-Determined Soul Level Agreements
4. Karma or Past Life Energy

If an energy blockage forms for whatever reason, it interferes with the normal path of energy. Blockages can form in the emotional or physical body.

When a part of your body doesn't receive the energy it needs to function as it should, that area of the body can become compromised in some way. Being starved of nourishment or energy can affect how a body part is able to function.

Also, other parts of the body could be negatively affected if other parts of the body get too much energy. The body become out of balance. So a blockage in one area can affect other parts of the body.

If a blockage forms in the emotional body, the way you think or feel emotionally can be affected.

Sometimes, a blockage dissipates on its own especially if one meditates or practices exercises such as yoga, t'ai chi or qi gong. Sometimes, the blockage increases in size or causes other blockages. It is possible that the blockage stays the same size or that it doesn't cause an issue at all.

Thoughts and Emotions...

Negative thoughts often create blockages in the energy. If a negative thought is intense and repetitive in nature, there is a strong chance of an energy blockage developing. Thinking a thought once isn't going to create a blockage. However, having one negative thought repeat over and over again for a period of time can create a blockage.

This means that an event that happened in childhood can create a certain thought pattern that continues over the years and ultimately develops into an issue as a person ages.

Positive thoughts don't create blockages so to avoid creating any energy blockages, focus on positive, loving thoughts.

Negative emotions go hand-in-hand with negative thoughts. As you experience a negative thought, it typically generates a negative emotion. Negative emotions include anger, hate, jealousy, depression, guilt, sadness, grief, greed, etc.

For example, thinking that your parents don't love you can generate many negative emotions - feeling unwanted, sad, or even self-hatred. As you experience those feelings, more negative thoughts are generated, which deepens those unhappy feelings and the process repeats itself over and over again. It becomes a vicious cycle that can ultimately form an energy blockage and dis-ease in the body.

Pre- determined Soul Agreements...

There are many souls that agree to have a certain ailment - physical or emotional. They just want to develop compassion by going through the experience. Yes, it sounds strange or weird, but it is true.

Some agree to have the issue to help others to learn. That means that a child could have a physical or emotional ailment because he or she is teaching a parent tolerance or compassion, etc.

Some agree to have a physical or emotional ailment to complete a life lesson or obligation. For example, a person could agree to have cancer so they heal themselves and then write books to help others. It's not about their thoughts or feelings necessarily - it is created on purpose so they have what is needed to complete their spiritual goals.

Physical Events...

Of course, many go through physical events such as car accidents, falls, burns, cuts, etc. that damage the energy and the physical body.

Know that any physical ailment starts in the spiritual body. Removing blocks from the spiritual body ensures energy flows better and that directly affects the physical body.

It doesn't matter what causes the blockage in the energy. Removing it definitely allows the energy to flow as it should and then the physical body starts to function as it should.

Karma or Past Life

A person can have a blockage that is karmic in nature or that comes from a past life. It can be physical in nature or emotional in nature. Typically, it is emotional in nature.

So a person could have been hurt emotionally by someone in a past life and in this life they are learning let go of that hurt and as they do that, they'll also be able to clear the blockages created by that hurt.

They are repeating it in this lifetime to resolve the karma. Karma prevents a soul from progressing so it is important to resolve karma.

List of Available Energy Blockage Clearing and Balancing Sessions:

Prices for Blockage Clearing and Balancing Narratives and Guided Meditations vary so visit the Oralin Store at oralin.com (click on the Visit~Store link found in the top menu) to order or see current prices.

Prices are subject to change at any time however, at the time document this was created prices ranged from \$14.95 CDN to \$29.95 CDN plus applicable taxes.

PERSONALIZED NARRATIVES!

If you have an issue that is not found in the current available narratives, you can order a personalized narrative from Wendy Kay. This is ideal for situations that are not typical in nature of if you are just looking for something that is very specific to you. See more about this by visiting oralin.com.

ENERGY BLOCKAGE CLEARING AND BALANCING FOR ACHIEVING YOUR IDEAL WEIGHT SERIES:

This series of Blockage Clearing and Balancing Narratives were designed to help you attain and maintain your ideal weight – whether you want to lose weight or gain weight. It's important to remember that the goal is for your body to be healthy and that you are healthy. There are many people that are considered overweight by society's standards, but are healthy and just as many that are slender or

even at the weight that's recommended by physicians who are not healthy at all. You want to feel the best that you can. You want your body to be working at peak performance. Achieve the weight that is ideal for you!

Energy Blockage Clearing and Balancing for Your Physical Body:**

This session focuses on releasing and clearing blockages in the physical body that have developed throughout your life.

Energy Blockage Clearing and Balancing for Your Emotional Body:**

This session focuses on releasing and clearing blockages in your emotional body or in the energy that surrounds your body that have developed throughout your life.

Past Life Energy Blockage Clearing and Balancing:**

This session focuses on releasing and clearing blockages in either your physical or emotional body that were created from a past life experience that has been brought forward into this lifetime and are affecting your ability to achieve your ideal weight.

Energy Blockage Clearing and Balancing for a Positive Self-Image:**

This session focuses on releasing and clearing blockages that affect the way you see yourself – your self-image.

REMOVE ENERGY BLOCKAGES AFFECTING YOUR ABILITY TO MEDITATE

Not being able to meditate is frustrating! You can get even more irritated when you don't understand why you can't meditate - especially if there isn't an apparent reason. It's possible that you have blockages in your energy that can contribute to this issue and removing those blockages eliminates the problem. How can you do that? Well, you can practice yoga, t'ai chi, qi gong, tapping **or you can relax and listen to a recording that does all the work for you**. This energy blockage clearing and balancing session is set up to remove any energy blockages in your physical or emotional body causing difficulty meditating.

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