

WISDOM FOR CHANGING CONSCIOUSNESS

FREE (PDF)



VERNA CARR

The butterfly teaches us the magic of transformation. Growth and change do not have to be traumatic but can occur as joyfully as one wishes.



The butterfly is a symbol of powerful transformations representing endurance, change, hope, and life.

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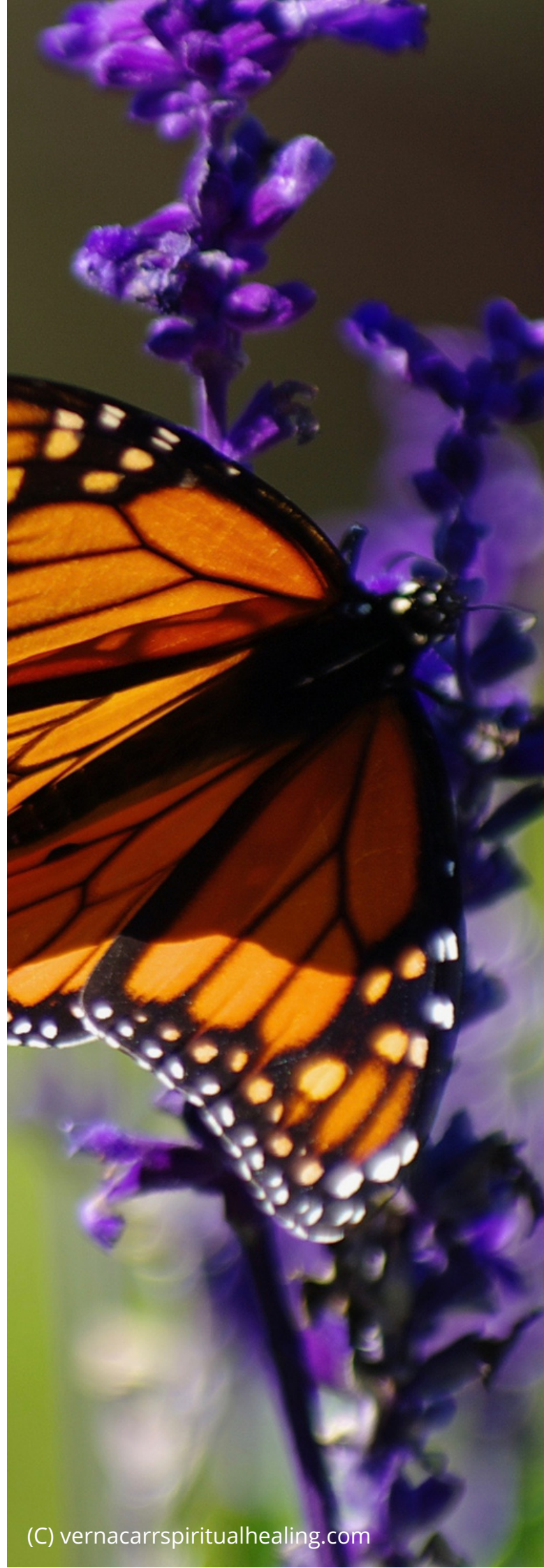
Spiritual & Energy Healing

Meditation: I AM

Meditation: Cave of Creation

Making choices

The wings of butterflies move in a figure 8
motion.



What Is Spiritual / Energy Healing?

With energy healing, the facilitator as no one can heal in the experience of another. Steps aside and allow their guides (and the guides of the person on the table) to work with them, and through them. Allowing the energy to flow wherever it needs to go, activating their intention. Everything must be done with complete and expressed permission, as one cannot invade the energetic space of another.

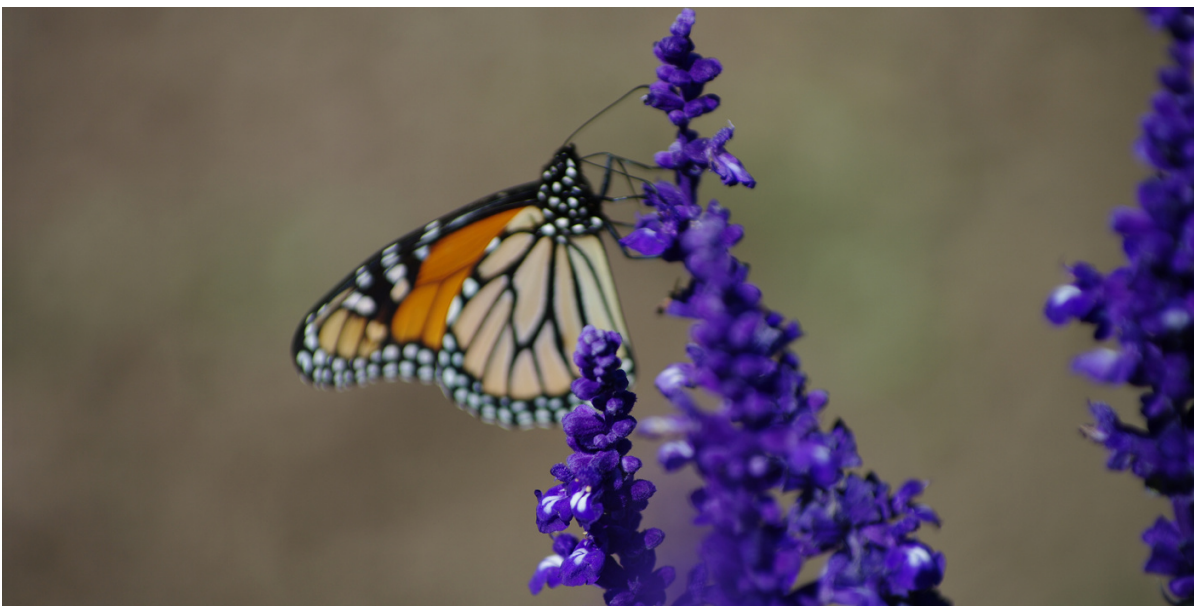
Yes, energy healing can indeed be of great benefit to someone. It works with their intention and alignment with your higher self and the God force or Universe. You may not understand what happens physically, but much is accomplished on deep spiritual, and energetic levels. It is possible to clean away lifetimes of debris, deep-rooted fears, and belief systems that would take much energy and persistence doing it the conventional way.

When the healing facilitator comes without ego, in service to others and works in the highest vibration of love and integrity, she/ he can help activate everything their client has asked for as part of their intention. This information then gets recorded in their Akashic record and DNA. Their cell structure will change, so each time a new cell is formed, it will carry this information. Some people may also remember who they are as soul. They tap into 'past life memories' and between life memories and memories of themselves entirely as an energy being. This helps tremendously to help them deal with physical ailments and life issues.

Some of these energies and changes will be subtle, and some will be life-changing, but there is no need to create drama around this. How does intention work? Whatever someone focuses their attention/energy on becomes the vibration that manifests in their life. Do they have to keep coming back to create a new intention? No, because in their energetic healing, they have given themselves full permission to express who they are, which will carry on for as long as they wish.

You cannot rationalise Energy Healing, because every illness/ disease is mainly caused by an imbalance of emotions. Your physical body stores and carries old baggage of abandonment, rejection, abuse, stress, anger, guilt, shame, etc. This creates discord within your energy field. The more you can embrace with love and forgive all those who have hurt you, the better you can integrate these aspects. You feel whole and complete and healing can occur.

Most people who visit a healing facilitator are ready to make big life changes because their old ways aren't working anymore. Experienced, competent and authentic healing facilitators have spent many years connecting with high-vibrational healing guides and teachers and it is easy for them to see/ feel how their client's energy is flowing. Energy healing facilitators don't have the magic wand, however, they help their clients move through old energy and belief systems that are holding them back and giving them tools and techniques to assist them in connecting with their own guidance or higher self and co-create with Divine Source, to be truly the person who they wish to be, and bring about what they have given intention for.



**WORDS ARE POWERFUL-
THEY CAN LIFT YOU UP OR
CRASH YOU DOWN.**

Butterflies have four brightly coloured wings with unique patterns made up of tiny scales.

Meditation: I AM

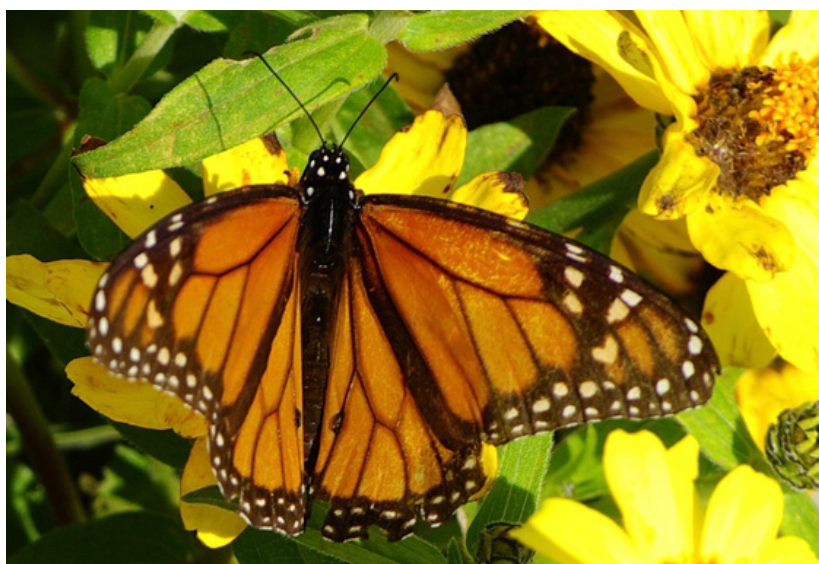
Take a deep breath... in your next breath allow yourself to come into this moment where yesterday, today, tomorrow disappear....in this moment there is nothing to worry about.... nothing to concern yourself with... drop into your sacred heart space of all that you are and all that you will be.... call in your guides...feel the love they have for you... allow this to imbue you... saturate you...allow this to penetrate to the very core of your being... Allow this love ... self-love... divine love and the infinite love of all that you are... Breathe into this for it will create the balance. Connect with Gaia and ground your energy deep within this physicality of this planet...Allow the love to expand... until it embraces all that you are physically... all your energy bodies... all that you are through your DNA and ...your Arkash.... Allow this to ripple outwards until it penetrates every aspect of who you are physical... non-physical... this life...other lives... existence in other realms and realities... Sit within the knowing of this space... within the I AM of the I AM...

In this moment in time, you are that there is... all that there will be... and all that has been.... Breathe this in as your energetic signature...breathe this into your very core...and the essence of who you are.... You know that you are more than the physical...you know that you are more than this human experience... It is within this human experience that you call you...the crosshairs of time and space meet in this now moment... in this consciousness...in this body...You are the centre point between realities ...you exist between the in breath and the out breath... between life and death...between physical and non-physical.... for it is in this place of the void of nothing and everything that all is created...

Let us take a moment to concentrate on who you are... why you are here in this now moment that makes up the human experience you call you... What are you expanding into? ... What are you creating for yourself? It is not external but internal.... It is already there so, take your hand and reach for it... take it off the shelf... You do not have to jump through elaborate hoops... Bring this into being through your thoughts and emotions.... Give it energy and bring it into manifestation...Truly step into the energy of who you are... allow the petty doubts... fears... and consequences fade into the background.... Stand front and centre in your life... Stand in your full magnificence and radiance.... Acknowledge your gifts acknowledge your talents...you have a depth of wisdom that you have carried with you, life time to life time...Sit in the energy of all that you are ... and all that you are creating until it is the most tangible thing in your reality....

Yes, you are ready and the world is ready for you.... You have spiritual teachers and mentors with you...who will put their hands on your shoulder and guide you... allow it to be easy... take the path of least resistance...do not make it hard for yourself come into the joy, the excitement and passion of who you are. It is easy energy to be in and create in... for this is the vibration of who you are... You are always be in the right place at the right time... Allow this day to be the day of new beginnings.... You are no longer going to do this at some future date.... it is already thick within your energy... it is already part of your vibration and experience... create this energetically, deep from the core of who you are...allow this to resonate with you... until you have done it a hundred times a thousand times.... bring it into your very sacred of heart spaces and imbue it with your energy with words and/or pictures... be the energetic signature of what it is that you are creating....

Do not ask if this will happen or that will happen... step out of that energy...that it is old energy... Say I AM.... I AM this...I am creating this...This is what my reality looks like...don't ask questions...don't ask permission.... If this is what you want to manifest then create this in your energy with your thoughts, words and actions...speak as if it has already happened...act as if it has already happened... express it and experience this within the very core of your physicality.... Step into the newness ... In this newness, you do not have the old emotional attachments...Allow the old skin to shed it is the time of your new beginning... it is your new birthing ...define everything you will base your life on... Create it with as much detail as you can... with as much love and enthusiasm and as you can. Many blessings.



WHAT YOU
BELIEVE
ABOUT
YOURSELF
IS TRUE.

A butterfly's lifecycle is made up of four parts, egg,
larva (caterpillars), pupa (chrysalis)
and adult.

Meditation: The Cave of Creation

Take a deep breath and breathe in Love....self-love.... divine love... the infinite love of the I AM... breathe out ...release all that does not serve you...allow your energy to be crystalline and clear....as you do this.... drop into the cave of creation...made out of beautiful amethyst crystal... into the cave of crystalline light...your breathing becomes deeper...more rhythmic...more stable.... move deeper into the amethyst...deeper into the cave...the crystals sing to you ... it is pitch perfect.... the energy which resonates with the new earth vibration... as your energy expands into this... you become aligned with this and expand into this... you feel the energy come through the many portals that are open... allow your energy to expand... the temperature become cooler.... you feel freedom...you feel the violet light of the amethyst crystal ... and held within the heart of Gaia.... you hear the resonance of her heart beat... in the vibrant purple wall of the amethyst... you see a light source come and illuminate this beautiful cave... reflecting and refracting light of all the different facets.... you see colours that you have never seen or experienced before...allow both your physical body and your energy body open up to receive this....

Remember your breath and bring this deep into your diaphragm and your chest.... every breathe you takes brings in love...self-lovedivine- love.... the infinite love of all that is and all that will be.... feel the deep satisfaction of peace.... waves of peace wash over you...let go and release... you know that there is a solution...drop into that deep place of peace...of relaxation....be open and receptive....as the portals of energy open up within you...the grids around you are activated.... allow the release and move this into your physical being... everything that has taken place on an energetic level.... allow your energy to shift and change...allow yourself to be loved and supported... for it is within this energy.... that you will allow the new to take seed, grow and flourish...allow the abundance to come... breathe deeper... and longer....

Sit in the amethyst cave of creation...feel and be the light.... you feel extremely relaxed and peaceful... you feel laughter start to bubble up from your solar plexus...it is playful...allow it to play with you...move this into all parts of your physical body...all the parts that are hurt...disjointed.... disconnected.... feel the beautiful purple energy of the amethyst pulsating with the heartbeat of the Mother....you feel like you are in the womb of creation.... everything you want...already is... so create this energetically.... create this visually....give it form.... give it words.... feel the cool wind of your breath...nourishing.... loving.... coding this new belief... this new energy.... this new version of you... allow your heart to beat in unison with Gaia as she moves into the new consciousness...and takes you with her...

Feel your energetic portals opening and being receptive... within your inner cave, you are deeply grounded and connected...balanced...feel the beautiful violet energy move into your heart space.... and plays with the light as it is given love... you feel this nourishing you... bringing in the new beliefs.... whatever you need in this now moment...allow the amethyst energy to pour into your third eye.... opening you to the world known and unknown... opening you up to new ideas...new beliefs.... new ways of doing.... new ways of being.... bring in all the energy of love...of light and peace....my darling fill yourself with the beautiful gift of the amethyst crystal.....bringing peace....resolution...answers...new ideas... that will allow you to move into the new phase of your life.... clear headed... open-hearted... you have a clear purpose...direction and meaning.... know that these ideas are there for you to use... you would not have created it otherwise... so create it... and claim it as your own.... until you have this idea firmly planted within your mind...

Then ask yourself what is the next thing I need to do to bring this about?... there is no stressing this into being or hammering it into place...when you are perfectly aligned... with that what you are asking for... allow it to happen in divine timing...feel and see the beautiful lights of the amethyst cave... tap into the wisdom and knowledge that has been stored there for you....it is a living library.... in this living library are the answers... are the solutions...go deep...go deeper until you resonate with this energy... until you are saturated.... your heart is full and your mind is open...step out of the cave... become aware of what is happening in your physical body sitting in the chair and begin your new life.

**FOLLOW
YOUR
DREAMS
BECAUSE
THEY ARE
THERE FOR
A REASON**



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Butterflies have taste receptors on their feet.

Making Choices

When your heart expands, you feel joy because you are resonating with the truth of who you are. State this as your truth and call this into your energy field. I AM. All that I AM; powerful words indeed, because this acknowledges the God force within you. It also acknowledges the energy that is you and that has been you for eons of time and will continue long after this physical body has taken her/ his last breath.

Everything you have experienced is still in your cellular memories. Once you recognise yourself as energy, that you always have been, and always will be. If you are stuck or there are obstacles in your way, remember somewhere in your energetic experience, you have overcome this. You can call upon the wisdom or learning of that experience in this NOW moment to help you deal with any situation or scenario. You can now approach the situation differently, for you have a new perspective.

You are one with your foot on the accelerator, so you get to choose. Does this happen quickly? Do I choose to take the scenic route and stop and savour the journey along the way? Or do I choose to shift into new mindsets and paradigms, and do things I do, without a reference point and are outside my comfort zone of what I consider my normal reality? The answer, Dear Heart, is that you will probably want to do both, neither is right nor wrong, it just is. That is the joy and the exhilaration of having the choice that you know you are creating this reality and calling it into being by giving energy to it.

Allow yourself the pleasure of seeing how your journey unfolds before you. As a higher soul, you have put both pleasant surprises and challenges on your path. One will encourage you and make you eager for more, will give you the stimulus of overcoming adversities and will push you to grow in ways you may not think possible. Once you have found creative solutions to your problems, this will give you knowledge and wisdom when dealing with other situations and scenarios. When you vibrate at a high rate, your whole persona changes. It is like the teenager putting away childish toys that have been constant companions for years, but the teenager knows that they have long since outgrown these toys, and they no longer resonate with them, they may love them and cherish them as treasured memories but that is not who they are now. They also know if they want to expand that they must bring new experiences into their lives, broaden their horizons and expand their thinking to accommodate this.

To be the person you wish to become, let go of old belief systems and identity. Make choices that serve you and resonate with the highest version of you. Choices, that will bring your future potential into now, because those potentials have been there all along. You then reach a stage of maturity and wisdom where, if you wish to reach out and take it by the hand, call it into your energy and make it your own. Your energy will continue to shift and change and morph into a more expanded version of who you are with the flow of the energy. Because this is the energy that you most prefer, you will come into the peace and balance of who you are. This is stabilising and harmonizing. It does not create stress mentally, emotionally and physically by just a joyful continuum; a continuous unfolding of how you wish to experience this life.

Realise that you have choices. In most other lives, you did not have the freedom of choice, you lead the life that you were born into. (From a higher perspective, of course, you have the choice of your incarnation, but when you are living in a human body, you have no awareness of this.) Once you are incarnate, your world becomes very narrow and specialized, as most other choices are closed to you.

This is the lifetime where you get to deliberately choose what you prefer. There are no right or wrong choices, only experiences. Follow your joy, and excitement because this is how you and your soul connect and communicate. You have created this life for a reason and purpose that is unique to you and no one else. Be the deliberate creator, because you are saying yes to your life. Do something because you enjoy doing it, it stimulates you, or piques your curiosity.



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YOU
HAVE
CHOICES

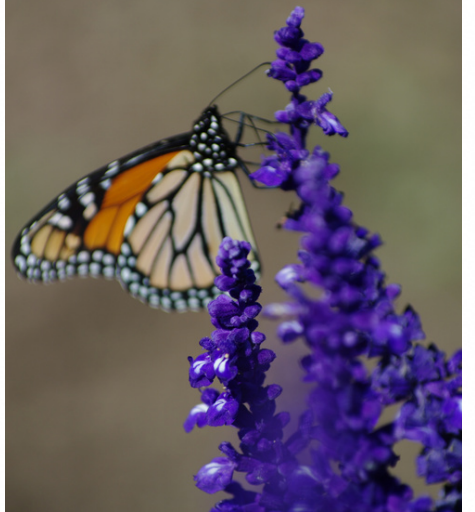
Most butterflies feed on nectar from flowers.

ARE YOU READY FOR YOUR OWN JOURNEY OF SELF DISCOVERY?

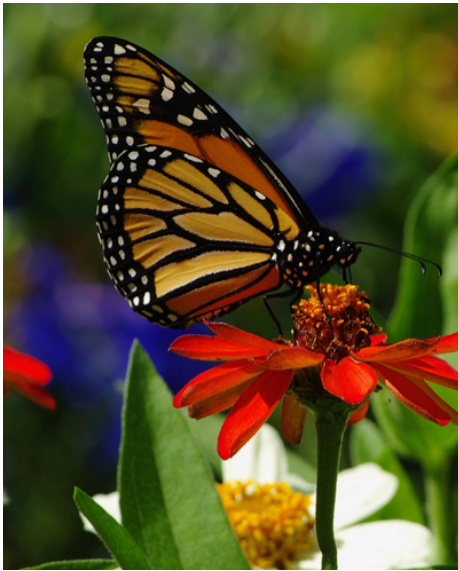


**WHAT ARE YOU
CHOOSING?**

**WHAT SEEDS ARE
YOU PLANTING?**

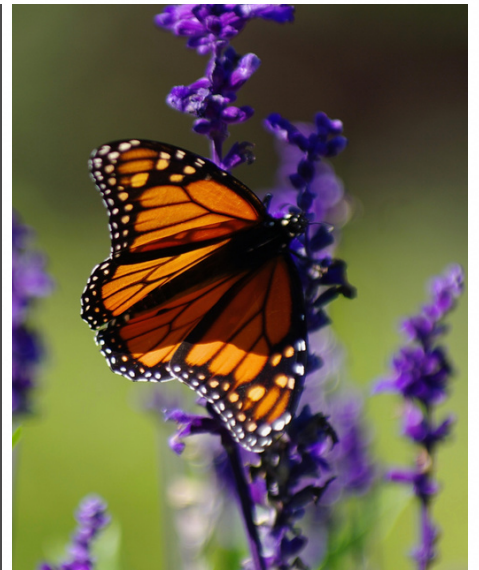


**WHAT CHANGES DO
YOU WANT TO
MAKE?**



**DO YOU BELIEVE
THAT THIS
COULD HAPPEN?**

**WHAT DOES
YOUR JOURNEY
LOOK LIKE?**



**WHAT DO YOU NEED
TO DO DIFFERENTLY
TO MAKE THIS
HAPPEN?**

**I (insert your name)
give myself full permission to explore and
create the best version of me.**

Conscious Energy Healing Facilitation Inspiring and Interactive Workshops

Weekend Intensive Energy Healing Facilitation Workshop where you will:

Acquire powerful and effective energy healing techniques to facilitate healing for yourself, family, friends, (and pets).

Meet with other like-minded participants in the workshop and have hands-on experience in three different roles: the energy facilitator, the one receiving the healing and the one observing.

In-depth, open forum conversation where you can ask questions about consciousness and healing from this perspective.

Experience a guided meditation to connect to your inspired knowledge and wisdom, and meet your healing guides.

Workshops are strictly limited in participants (6 is the perfect number). Everyone gets individual attention, the highest value and the greatest reward to learn and co-create.

The format is fun and interactive, everyone feels, supported and listened to. Come as strangers, leave as friends.

One day is simply not enough time to achieve the full benefits and become competent in this modality of energy healing. Treat yourself to a weekend away. Fully immerse yourself in an experience that could be life-changing for you.

You will receive an easy-to-learn, step-by-step conscious healing manual. As a bonus gift, you will also be given a copy of my book *Metamorphosis, Wisdom for a Changing Consciousness*.

The workshops will be held in Whitianga, a slice of paradise on the East Coast of the Coromandel. I live 100m from the beach and within easy walking distance to the ferry, cafes and accommodation.



**Invest in your own healing and wellness journey. You will be buzzing after spending 2 days with high-vibrational people doing/ being/ learning Energy Healing Facilitation.
\$450 (\$200 per day plus workshop materials.)**

**To book your place at the next workshop, please
Go to: vernacarrspiritualhealing.com
Contact me. Verna 027 320 0079, vernajcarr@gmail.com**

Tarot Card Reading

I have a wealth of spiritual knowledge and over 30 years of experience reading tarot cards. First for friends. For the last 5 years, I have helped hundreds of people by reading tarot cards professionally over the telephone for a well-known NZ company. I also read tarot cards at the local market and do readings online and over the phone. I want to encourage and empower you to create positive changes in your life. You get to ask questions and choose what subjects you wish to explore.

Experience the energy of a guided and inspirational card reading. Cards are a tool I use to tune into you and interpret the wisdom that is there for you to receive. To me, it is more than just reading cards and looking up the meaning in the book. As an adult, I have been tuned into high vibrational spiritual beings who have lovingly and gently guided me through my life. They have given me valuable tools for my learning, growth, personal and spiritual development. I enjoy using the cards because they give me something to focus on and act as a bridge that connects me with my clients and with the Infinite Wisdom of the Universe. **It amazes me how profound the messages are and how they deal exactly with what is going on in my client's life.**



How may I help you to find your own answers?

What possibilities and potentials are in store for you?

Clarity and direction? Wisdom from your soul? New love in your life?

What questions would you like to ask??????



**To book your personal tarot card reading, please
Go to: vernacarrspiritualhealing.com
Contact me. Verna 027 320 0079, vernajcarr@gmail.com**

Verna Carr
Intuitive Energy Healer
Workshop Facilitator
Tarot Card Reader



Conscious Healings and Readings. By appointment

027 320 0079

vernajcarr@gmail.com

vernacarrspiritualhealing.com