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Lesson 4: Turning “On” and “Off” Your Energy Blueprint

During this video instruction, which contains two parts, you will learn how to turn “On” and “Off” your intuitive feeling ability. This is important to avoid “burn-out” and for you to know you have control over your intuitive connections. This control will allow you to comfortably be present in all environments and decide when it’s safe to be highly intuitively attuned or not.

How is that possible to control? The simplest method that I learned from Penelope Smith (The Grandmother of Animal Communication training) is to see your intuitive ability operated by a switch, button or a dial. This piece of instruction changed my life for the better! After putting this into practice, I could go to the store without feeling everything every customer was experiencing and happily shop. I didn’t have to isolate myself to be at peace with the world. Do you ever feel overwhelmed like this? Would you like to be able to start controlling your intuitive sensing abilities? You can!

Choose a visual that will assist you in being able to open and close your intuitive ability to communicate with animals.

Write down and describe your visual “On” and “Off” button in detail.

To assist you:

1. Is my “On” / “Off” a dial, a switch, a knob, a hatch, a shell, a door...?
2. What color(s) is it?
3. Does it make a sound when it’s working?

Practice opening and closing your intuition “dial” multiple times through the day. If you haven’t felt particularly empathic in your life, this will be a boost in discovering your intuition for the first time!

Part 2 of Lesson 4: Learning to Feel Your Energy Blueprint

Learning the **you** of energy will help you distinguish when it’s *not you*. This will assist you in knowing the difference between you and your dog, cat or horse. You need to have a distinct memory of you and not you. This is essential to know whether you are making something up or really experiencing the information from your pets.

Questions:

How does your intuitive energy blueprint feel? Turn “Off” your intuitive energy. Describe. Turn “On” and describe again.

Practice feeling your energy and go deeper into the sensation. (Describe in detail, such as, tingles. Is there a color or sound? Is it smooth, light, heavy, warm...? Stay in the feeling and let it reveal itself to you.)

What is your energy not feeling like?

Your Intention:

Your intention is the highest form of heart-guided direction towards an outcome. What you intend you will draw and create toward you.

Your intentions direct energy, life force or chi. These are a few of the names used to describe the unseen pulse that moves in and around everything on earth. The energy can be felt, sensed, seen, heard and moved by focusing with intention. When you call the energy “into being” it responds to your request. The more you practice opening your awareness to this subtle yet “readable” energy, and calling it to respond to you, the better you will be able to pick out each unique nuance of information it contains. Think of an orchestra with twenty different instruments. With practice, intention and focus you would be able to learn to hear only the flutes and then switch your focus to the chimes. Animal’s energy fields, like an orchestra, contain layers of information. For example, an animal’s physical issues could sound like a “bass drum” and emotional issues could sound like “violins.” Asking a question in your mind or out loud while directing it towards your animal companion about a physical or an emotional issue will awaken the energy in the body of your animal that matches your intention. The sensation, whether it’s a hot electric sensation or a slow cold deep pulse, will still need to be de-coded. This de-coding happens with practice, patience and feedback. Let me explain further in this story.

It was a hot and muggy summer in 1999 when I first experienced the sensation of cancer in a dog. I was sitting on an old worn picnic table with the tan and white Boxer who sat quietly as my hand rested at his nape. After asking the dog's permission to energetically connect, my hand automatically slid across his smooth short coat to the right side of his body. There the bottom of my hand pulsed hot, while at the same time, I had the sensation and image that it contained a cluster of slimy worms. My head shot up as I turned to look at the elder dog's guardian. Startled at my reaction she shot out, "What is it?" Trepidation had me slowly mouth out my unpleasant energy conversation with her dog. I wrinkled up my face and slightly shook my head as if to say sorry as I told her what I felt. A single tear fell out her eye as she said, "I found out a few days ago that my dog has cancer. One of the spots is under your hand deep in his chest cavity."

Every physical and emotional condition has its own unique code or frequency. It takes practice and validation to learn what the signals mean. With practice, you can learn.

Practice:

Turn "On" your intuitive energy. State first that you want to feel happy flowing energy. *Slowly*, like a caterpillar move through your home or yard sensing with your whole body. Where do you feel the happy flow in your home? Where do you feel the happy flowing energy in your yard? How did you know it? When that feels complete, state your intention to feel the sad or stuck energy in your home or yard. Move slowly, sensing, feeling and experiencing your surroundings. Where do you feel the sad or stuck energy in your home? Where do you feel the sad or stuck energy in your yard? Write down your experience in your journal.