



Soul Energy Connection

Our soul uses the human body as a vessel—and energy is its language.

The soul primarily draws energy **through the left palm** to refuel and **releases it out through the right hand**. This natural flow helps maintain balance and alignment. Every human should be engaging in this kind of energy work to process life experiences, release trauma, and draw in empowerment. You can access this innate flow to support yourself through anything.

Step 1: Activating the Soul–Body Connection

The **left palm** is your soul’s entry point to the body. It’s where you **receive** energy—what you need, what you desire, what aligns with your purpose.

When we hold **high-vibrational, grounding objects** in the left hand, we deepen our connection with **Mother Earth**. This helps stabilise and harmonise our energy system.

Grounding Items May Include:

- Crystals (intuitively chosen)
- Sticks, staffs, or rocks
- Fresh green leaves
- Dirt or soil from a natural space

Note: Sand and beach energy is cleansing and releasing—not grounding.

Practical Energy Flow Exercise

1. **Hold your grounding item in your left hand.**
2. **Breathe in** gently, drawing Earth’s energy into your **heart centre**.
3. **Pause** briefly.
4. **Exhale**, releasing stagnant energy **out through your right hand**.

Tip: Visualising colour as you breathe can enhance the process.

If visualising is difficult, simply **think of “good energy in” on the inhale, and “blocked energy out” on the exhale**.

This helps direct energy clearly and prevents it from getting stuck in the headspace.

The **stomach area**—where emotions like guilt, worry, and shame reside—often requires deeper support and may need professional guidance from a soul medium like Mark.

Why This Matters

This is **Step 1** in aligning with your soul’s energy.

- It raises your vibration.
- Supports emotional release.
- Helps you reconnect to your inner guidance.
- Begins the path of self-healing.

Remember: Energy in, Energy out.

Don’t hold it. Don’t overthink it.

Feel it. Flow it. Let it move.

The connection happens when you take action and allow the shift.

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