**PREP ONE – FOGS AND PAIN**

CLIENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FOG Energy**: A negative disturbance exaggerating the worst form of ourselves -mentally, physically or spiritually. A common understanding of a negative disturbance is Brain Fog, where we are clouded in our ability to think clearly. Fog energies can have devastating effects on our lives including our physiological, mental and emotional states.

**PAIN (Pleasure Attained In the Negative™):** As we know that we can have PAIN of Body, we can also have PAIN of Mind and Soul. PAIN is like a splinter in the energy, blocking the healing. Identifying the PAIN with the conditions key below, helps to lift the message into the consciousness and assist with the clearing of the PAIN.

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| **FOGS** | **Negative Exaggeration of** | **Created from** | **EMOTION** |
| 1 | Stress | Low resilience |  |
| 2 | Fear | Past trauma or fear |  |
| 3 | Disconnect | Shadow personality trait |  |
| 4 | Weakness | Self-sabotaging – destructive |  |
| 5 | Impurity | Dividing and tearing -divisive |  |
| 6 | Block | Disconnect of life – neutral, empty |  |
| 7 | Negativity | Greedy – usually of self, first |  |
| 8 | Illusion | Planting the seed of untruth or doubt |  |
| 9 | Limbo | Inability to conclude, never ending |  |
| **PAIN** |  | **CONDITIONS KEY** | |
| MIND |  | 1 – Hidden Anger 4 – Void 7 – Apathy, acceptance of a negative | |
| BODY |  | 2 – Despair 5 – Fear 8 – Illusion over loss of control | |
| SOUL |  | 3 – Disconnect 6 – Block 9 - Turmoil | |