



**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.

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	
<b>PAIN</b>		<b>CONDITIONS KEY</b>	
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