



Preparing for your Oracle Consultation

Congratulations on taking this HUGE and powerful step along your Path! In the ancient world, no king, general, chieftain, or other leader would dream of not “consulting the oracle/s” prior to making big decisions. They were seeking the approval of the gods for their chosen course of action. It was considered the cosmic thumbs-up or thumbs-down for any project or intention.

Today, leaders come to Elizabeth to determine if their businesses, new projects, personal life plans, etc., are in alignment with who they are on a soul level. In short, they are looking for the cosmic thumbs up or down. The French have a saying for this: *Plus ça change, plus c'est la même chose*. (The more things change, the more they stay the same.)

Elizabeth is more than an Oracle or channel of Akashic Records. Over the past several years, she has been honing her skills as a *healer* of painful energies. As thrilling as it is to get sacred soul-level information from one's Akashic Records (this goes very far in soothing the anxious mind) Elizabeth's work has now expanded exponentially: both beyond the Records themselves—and she didn't used to think there WAS anything beyond the Records!—and past information to **pure vibration**. An Oracle consultation with her could also be called a Vibrational Healing as the frequency of it moves and vibrates through all levels of your subtle bodies, and even through all of your past lives. It's powerful stuff.

Moreover, you may notice that Elizabeth has shifted her vocabulary away from calling her work strictly Akashic Records to embrace the Oracle she has been through many lifetimes. While she still uses some of the shorthand—referring to “opening your Record” and your personal “Record Keepers” still feels very true and aligned to her—it's like the back wall of the Akashic Archive has been blown off. She does enter your Record through the front gate, as it were, but once “inside” there is really no inside at all—“only” the wide expanse of the Cosmos. Her work now routinely reaches the far edges of the Universe, if your questions warrant answers that are located only there.

When preparing for your private Oracle Consultation, there are several things to consider: the questions you will ask your Keepers through Elizabeth (unless you are

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doing a Mini Oracle Message, in which case the Keepers allow you to skip this step), the space from which you place your call, and also your readiness on all levels (spiritual, physical, emotional). Gaining access to the information about you stored in your Record is your birthright, *and it is not something to take lightly. This is one of the most sacred acts you can perform as an incarnate being.*

What kind of energy can I expect?

This is a great question, because as a matter of fact, the Consultation Energy can be extremely potent, though also so subtle that you might not notice it at first.

Please be aware that the Consultation Energy can start coming through as many as 24 hours in advance (and last a day or two afterwards), so be sure to check in with yourself before operating heavy machinery (like a car), or making ponderous decisions, such as major purchases or life changes.

This is especially true immediately following the consultation: you are filled with pure Divine energy, having just touched the Godhead for close to an hour or more. A client recently referred to Consultation Energy as being “like the world’s biggest bong hit.” Even if you don’t know what a bong hit feels like, you can imagine the fuzzy thinking and inability to focus that goes along with one.

Actually, I find that the energy of Oracle work is very gentle and light, and feels so good that it can easily go unnoticed. It’s a great energy for doing creative work—you’re already flowing with the Universe, so why not capitalize on it?—but not great for seeing stop signs when driving a car. Yikes!

The Importance of Grounding

Because of the day-dreamy quality of your thinking right after a Consultation, it is important to ground your Spirit back into your body afterwards, unless you have creative work to do. This is an excellent time for writing or creating from the “zone!”

Performing grounding exercises such as eating healthy food (root veggies are especially grounding), drinking a glass of water, walking barefoot on the grass, or connecting your whole hand or body to a large tree trunk are all effective ways to ground yourself and that energy. It is especially important to do this before driving, talking to your supervisor, etc.

Other ways to ground yourself include using grounding crystals such as Black Tourmaline or Hematite, putting your hands on the floor for a minute or longer, or standing up and visualizing roots growing out of the soles of your feet and burrowing deep into the center of the earth where there is magma.

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Vigorous exercise also works to bring you back to your body, as does thumping the Thymus gland in the chest. **We recommend performing at least 2 or 3 of these before getting behind the wheel of a car.**

Because you are filled with Divine Energy, which gives you a lovely, light feeling, it's best to avoid alcohol for the 24 hours before and after your Oracle Consultation. The sacred energy of the cosmos will subtly yet unequivocally double or triple the effect of any alcohol or other drug you consume during the days prior to and following your Consultation.

Not unlike an inebriated person who insists she or he is fine to drive and then crashes the car, you'll probably just feel "good," not high, and therefore dismiss the very important step of grounding before heading out into the world.

****Please note that for the Mini Oracle Message, the effect is somewhat lessened, but you'll still need to do some grounding afterwards! And increase your water intake dramatically.***

I'll share a cautionary tale:

About a year ago, I was rushing from an afternoon full of consultations to pick up my young daughter at school. I must have made 5 or 6 trips from the kitchen to the garage, and each time I realized that I'd forgotten something. My keys. My phone. My wallet. My apple. Then my keys again, as I had put them down to look for my wallet.

Finally, with keys, wallet, and phone in hand, I hopped into the car and turned it on. It occurred to me that I hadn't picked up the apple that I had set out for myself on the counter. Never mind, I told myself: I'm late enough as it is.

As I kicked the car into reverse and started to back out of the garage, I flicked my eyes up to the rear view mirror. To my surprise and horror, I saw wood, not driveway. The garage door was still closed!

Needless to say, I laughed, then thanked my Guides for keeping me from crashing through the garage door (I recognized then that they had tried to stop me several times already!), turned off the car and went back into the kitchen to get something grounding to eat. It's better to arrive in one piece a few minutes late than to never get there at all...

Since then I always keep a small bag of potato chips in the car just in case. No, they're not very healthy, but the grease, the salt, and the root veggie make them instantly grounding.

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Things to Do or Consider Before the Consultation

Prior to your consultation, you'll want to do several things:

- ✓ Keep the bridge line call-in information handy, and call in at your appointment time: **425-440-5100 PIN: 944199#** You will receive an email with a private download link after the consultation call. Please complete the download onto your devices as soon as possible so that you can keep and refer to the recording over and over. (It is frequently the case that you'll listen a dozen times before discovering a "new" revelation on the recording. No worries—you weren't ready to process that information before.)
- ✓ If you are outside the US, please add Elizabeth as a contact on Skype for best recording quality and speediest/least complicated file sharing: "ignitingindigolight" (that's Igniting Indigo Light, no caps and all one word). Alternatively, if you are in the commonwealth, there is a list of local numbers here: <http://instantteleseminar.com/Local/>
NB: You will be calling her at the appointed time if on Skype
- ✓ Schedule your Integration Call for strategizing and straightening out the sacred information that 9 out of 10 clients' egos warp
- ✓ Give careful consideration to *where* you'll be sitting for the consultation: you'll want to be alone, in a comfortable spot, where there is little background noise that would affect the quality of the call and recording
- ✓ You may want to take notes (Elizabeth always does), so have paper and pen handy. Typing notes during the channeling is extremely distracting for Elizabeth, and it will slow down the rate of channeled information immensely. If you want to take notes in the moment (not necessary), please make it pen + paper
- ✓ Email your list of Questions for the Records to elizabeth@elizabethlocey.com. Put your questions **in the body of an email** (never in an attachment, please) entitled "Questions" or simply "Qs." Nothing else should be included in this email. If you have information to share prior to the appointment, please *send it in a separate email*, as Elizabeth will not open the "Qs" email until you are both on the skype call. These can be emailed as late as 5 minutes prior to your consultation
- ✓ Take a moment to mute the ringer and notifications of any phones in the area
- ✓ Please be on time for your appointment, as a late arrival will mean a shorter consultation

Types of Questions People Love to Ask when Consulting the Oracle

(Note: the following 2 sections on questions pertain mostly to people engaging in a Private Oracle Consultation. If you are doing a Mini Oracle Message, I recommend you read them anyway, as that will give you a more well-rounded experience. If your attention drifts, please pick back up in earnest at "Best Practices" as there is some information that is important for you, especially regarding clarifying questions.)

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Of course you can ask anything you want, but here are a few suggestions that people often like to ask:

- ✓ Who am I on a Soul level?
- ✓ What are my greatest gifts that the world can't afford to miss out on?*
- ✓ What is my mission/most important soul contract for this lifetime?
- ✓ What past lives are influencing me most in this lifetime, and why?
- ✓ Why do I [*insert your preferred form of self-sabotage here*], and what's the best way to stop? (N.B.: Often when people discover the origin of a behavior and realize it's not even theirs, they let go of it for good)**

**In my experience, these are *by far* the two most powerful questions to ask, especially for your first Oracle Consultation.

Note: You'll want to limit the pre-fab questions to 2 or 3 so that your own burning questions can get answered. See the tips below.

Tips on Crafting Your Questions for the Oracle

Although Elizabeth will spend time with you at the beginning of your session word-smithing your questions for maximum traction with the Oracle, there are a number of things to consider when formulating your questions:

- ✓ *Prepare 6 to 8 questions for the Oracle Consultation. We'll go over them first to make sure that they'll get good traction in your Records, but it's best if you spend the days or weeks prior to your consultation keeping a list of the things you'd like to ask; you will email them to Elizabeth prior to your session. **Important: When Elizabeth goes over the best way to word the questions, take notes: YOU are the one who will be asking them!***
- ✓ Try to include in those questions one or two that your logical brain considers silly "throw-aways." They are often the most potent ones, as they open doors to critical information that your ego-mind would normally want to keep you from accessing. These are the questions that your ego-mind would normally censor, but if it feels these questions are not serious, it won't worry about censoring. Any behavior that stumps you about yourself (unexplained quirks) is perfect to ask about in a "throw-away" question. You may find that the "stupid" question was the one that brought you the most insight!
- ✓ The final question is: "Is there anything the Keepers would like to add at this time?" This allows the Keepers to share important information for you that did not fit any of the questions you asked, or to reiterate any information that they deemed not to have "landed" sufficiently
- ✓ Your Keepers know you, so there is little reason to use up valuable consultation time with background information; simply make sure your intention is clear in every question

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- ✓ **Your Record Keepers are very literal and will answer the exact question you ask.** There is no reason to “soften” any question as you would with another human for the sake of being polite; this will only lead to disappointment on your part, because you won’t get the exact answer you are looking for. *Clear questions elicit clear answers.* For example, If you want to know if you’ll be famous, ask if you’ll be famous, not whether or not your business will be very successful (as one client did) because those are two very different things. You might even want to ask both. Subtle changes in wording can make a huge difference in the answers that you get in your Oracle Consultation, so please be aware of this as you craft your questions. This is why Elizabeth spends time prior to opening your Record to make sure that your questions are clear and on-target
- ✓ The Akashic Records and Elizabeth’s Oracle work are held in the vibration of Love, so there is never any judgment involved. Elizabeth herself will not judge, and in fact she forgets the details of each channeling soon after it is over, as that information is not hers to keep. It’s elusive, like a dream, and she would have a hard time holding onto it if she wanted to, which she does not
- ✓ Likewise, the “prime directive” of the human experience is Free Will. Therefore, questions with “should” are best avoided. In fact, the Akashic Record Keepers don’t really understand the concept of “should.” Try wordings such as “is it best for me to...”, “would it be in my highest good to ...”, or “would it behoove me to ...” rather than “should I ...”. Questions with “should” in them do not vibrate in the Records and Elizabeth will have to step out of Oracle mode to reformulate your question if you do ask “should”-y ones
- ✓ Your Akashic Record contains everything about you, including information on past lives, your motivation, and even drafts of the future. (Because of Free Will, there is nothing but your Sacred Contracts written in stone for your future, and even these are flexible in how you get there: you and the others involved decide it yourselves, but there are strong probabilities called drafts available.)
- ✓ The best way to ask about the future is in terms of probabilities, and to put a time frame around it: “On a scale of 1-100, what is the probability that I will generate \$200K in income this year?” You might also want to ask about future years: “What is the probability that I will make \$200K per year in the next 2 to 3 years? Or the next 3 to 5 years?”
- ✓ Take time to consider the name that Elizabeth will use to access your Record. This is the name you identify or resonate with most. It will serve you to take a few minutes to consider what version of your name suits you the best: It could be your full first, middle, and last names, or initials in place of any given name, or a nickname that you and others use all the time to refer to you; it might be a birth name if your married name is different, or a name that you have given yourself with which you identify on ALL levels. If someone were to shake you awake and ask you what your name is, what would you blurt out without thinking? *Use this name for your Oracle session.*

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- ✓ You *can* ask about others in your Oracle consultation. However, Elizabeth can only see into their Record from yours, as through a window. The exception to this is your children. The younger the child, the wider the opening between her Record and the Record of her parents. For any child under age 10, for example, Elizabeth can walk from parent to child Record as though through a wide archway. As the child starts to differentiate from her parents as a teen or pre-teen, the archway narrows, and becomes more like an open doorway. At around 15-17 years, when the child fully differentiates, that narrower doorway tends to be shut with a door. If someone does not want you to know about something, it will be as though that door is being held shut

Best Practices for your Oracle Consultation

There are some important things to know for your Oracle Consultation, so please read this section very carefully:

- ✓ While in Oracle mode, Elizabeth is channeling and finds it hard to coach you, so please ask all of your procedural questions before she opens the sacred energy
- ✓ Because time is so nebulous in the Akashic Records and beyond, Elizabeth always sets a timer
- ✓ YOU ask all the questions, Elizabeth merely transmits the answers, like an interpreter would
- ✓ During the channeling, YOU are in charge of the direction that the channeling takes, from which question to ask next, and when to go to the next question, to whether or not to ask a clarifying or follow-up question
- ✓ **We recommend you ask any and all clarifying questions when they come to you!** Many have noted later that when they sit on a question that comes to mind during a consultation, it haunts them later that they didn't ask it. Save yourself this pain and go ahead and ask! Those questions that remain unasked on your list don't get hot + itchy because you didn't get close to an answer
- ✓ It's possible that, when describing the answer she sees in your Records, Elizabeth will start in a place where you would not, or use words that you wouldn't. If you ever start to think "that's not me" or "this isn't my Record" please don't wait! Just say, "Elizabeth, that's not really resonating," and she'll start over in a different place with different words. Pictures are worth 1000 words, after all, and she is generally describing a panorama, or the equivalent of 2 or 3 pictures stitched together. There's never any judgment, and it always IS your Record, so we want to prevent any wasted time or undue doubt

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Important Things to Consider *After* the Consultation

We have already addressed the importance of grounding before getting into a car—this is the most important thing—but there are other aspects of the Oracle work worth noting. For one thing: although we do not advertise an Oracle Consultation as such, they are all very *healing*. When we learn the origin of an issue, it will often resolve itself immediately, and the energy of that problem or issue—held within the cells of our bodies for years, possibly lifetimes—can leave the body for good.

Naturally, you'll want to assist your body in releasing any of these energies that no longer serve: limiting beliefs, childhood traumas, you name it: anything that you are ready to let go of can leave you during and after an Oracle Consultation. In order to do this, you'll want to double or triple your water intake on the day of the Consultation, and possibly the following day as well. In other words, treat yourself as though you had just had a long massage or other healing work. This is sufficient for most people.

However, at least 1/3 of Elizabeth's first-time Oracle Consultation clients will heal something spontaneously, and will experience detox symptoms the following day. If you start to experience detox symptoms—dizziness, nausea, or most often a headache for example—you will want to get yourself into a heavily salted bath as soon as possible.

***If you are preparing for a Mini Oracle Message, consider that you will need to drink much more water and may require a salt bath. Please monitor yourself as we do not have the integration call check-in the following day, and reach out if the bath doesn't settle things for you.**

Detoxing is uncomfortable, but it is a good thing! It's your body getting rid of those things that no longer serve, and big ones at that. Elizabeth now recommends an Epsom salt bath for all clients on the afternoon or evening of the Oracle Consultation. Of course, if you want to be 100% sure that you've healed a big piece of self-sabotage, you can always skip the bath. However, most people who get detox symptoms report powerful headaches, so we recommend the salt bath no matter what.

To assist your body in releasing the “toxins” (i.e., old patterns or beliefs that no longer serve you) as quickly and easily as possible, you'll want to put as much of it as you can into the saltiest bath you can for as long as you can. Why the salt? Elizabeth believes it has to do with the process of osmosis and toxins being drawn out through your skin cells as you are surrounded in water that is saltier than the water in your body. In any case, you will want to put *at least* 1 cup of salts into a smaller bathtub, and two cups or more into a larger tub. **The more salt you put in, the faster the process will go, so don't skimp. We suggest Epsom salts: they are inexpensive healing powerhouses.** You may also choose to use a combination of Epsom and your favorite salt.

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Unless you have high blood pressure or you start feeling heart palpitations as you are in your bath, be extra-generous with the salt. **If your heart does start to race, simply drain off some of the water and add fresh to the tub until things settle down. With less salt, you'll want to extend the duration of your bath.**

You'll want to stay in the salty water for as long as you can, at least 30 to 40 minutes, but Elizabeth has been known to stay in for two hours or more if need be (her record is just shy of 5 hours!). A good rule of thumb is that **as long as your body is itching to get out, you need to stay in.** You see, nature loves homeostasis, so it is likely to want you to keep your "stuff." Once you are no longer fighting the strong urge to leave the bathtub and the healing water, you can decide whether or not you want to stay in longer.

Before or after your bath you may want to do some journaling or take a long nap: this will help you process all the shifting energies. Also, many clients report having powerful dreams on the night of their Oracle Consultations. You may want to keep pen and paper handy next to your bed to jot down some quick notes during the night.

If you have any other questions regarding preparation for your Consultation with Elizabeth, please contact her or her assistant at elizabeth@elizabethlocey.com.

***Special notes for Mini Oracle Message clients:**

Most of the information in this document is pertinent to you, so I recommend you read all the way through.

You will be using the same call-in information, you'll need to consider what name to use to open your Record, and you also want to know what kind of energy to expect. Even if you are not developing questions to ask the Keepers, you will most likely be asking clarifying questions, so keep those guidelines in mind.

As noted within the text, you WILL require grounding, though perhaps not as much: you'll be in the Records with me for about ¼ of the time of a regular consultation. Still, that's enough to make business-as-usual impossible! You'll also need to drink much more water, both during and after the call. Please monitor your level of grounding and emotional rawness to determine whether or not you need a salt bath. If you feel emotionally raw, get into the tub right away, and stay there!

Please don't hesitate to contact me if you have further questions. I can't wait to channel this message for you!