



Lizzie Wright: Surviving Death By Following Intuition



Lizzie Wright is an Intuitive energy coach and consultant who has worked for over 23 years in the field. Discover how she developed intuition and understanding from her near death experience and spending 18 months in a darkened room.

TOP EMBODIMENT TIP: Start to trust Yourself. Love yourself and begin to reclaim those moments in your life you left behind

Called into Darkness and Discovering Meditation:

- At 24 she developed **meningitis** which left lingering light and movement sensitivity.
- **Intuitively mediation came to her** alongside the stuck state of being 8 years old and frozen in time Lizzie realised that she needed to truly love this child until the child didn't resist becoming well again.
- Through months of meditating there were many visions and insights around awakening fluid intelligence and integrating these hardened cells with love, **connecting to the Oneness of the Universe** and accessing her deep wisdom and light.
- She had a near death experience where she discovered that **although You are Oneness its important to maintain consciousness with yourself.**

Basic Foundations and Structures of Energy:

- **The golden column** is a straight line that is like the midline through the body, like the axis to the earth. This column calls in the creative forces. Clients who appear like they are in shock, who may have encountered ECT or be lost in self can be brought back into alignment with this column.
- **One person occupying another energetically.** One person may be polluting another's energy frame. At times there are energy obstacles that reside in the body. They come from other spaces and other dimensions and can be removed.
- **A column of white light** that lies outside your body that you can draw in or use to create more space externally.
- This column is like a personal energetic space that allows the ocean to flow through you.
- The column of white light needs to be strengthened as it has protective elements. It gives you a space to exist and also allows you to have another perspective on things happening around you.
- **If a person doesn't have a strong column of white light they become bombarded and sensitised to energy** coming towards them and disturbing their field.
- **Rings of a tree:** We move through life and each trauma is encased in a ring in the tree of energy surrounding us.

Resources

- ❖ Website lizziewright.com
- ❖ Social: FB - [LizzieWright](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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