

AUGUST 2016



CONNECT WITH ME



VISIT MY WEBSITE

How to Take Back Your Energy



Most likely you have people in your life who make you feel happy. And when you spend time with them the happy feelings build. This is a positive message from your human energy system telling you that you and this other person are in alignment. When you engage in positive relationships, a chemical reaction occurs in your body that fuels your immune system and sends good energy into your auric field that can enhance every part of your life. That's why it feels so good.

There are also other types of relationships that leave us emotionally, physically, and mentally drained. Sometimes this type of energy drain can be so depleting that we don't have enough energy in our bodies to accurately identify what the problem might be. We might think: "Wow! I'm so exhausted after eating lunch with my friend Sally today; maybe I ate too many carbs?"

But what if your friend is an energy zapper? An energy zapper is a person who literally wipes

out your energy when you are together or even talking on the phone. Such a person doesn't know how to absorb universal life force energy (energy particles that float all around you) into their body. This lack of ability, which is as natural as breathing for most people, creates a dependency on other people's energy systems. You can easily identify energy zappers as they typically complain a lot, are dramatic, and usually exaggerate their life events in negative ways. What they are secretly doing to unsuspected friends and family members is getting everyone around them worked up so that they will expel energy through the release of heighten hormones (like endorphins and adrenaline). The energy zapper then sucks up all the energy around them that is "gassed off" by their friends, family, or even co-workers.

I actually had the opportunity to witness first hand this type of exchange of energy. When my clairvoyant skills began to emerge, about 20 years ago, I was at a dinner party with my children's father and four other couples. It was at the end of the meal and all the men were outside smoking cigars and the women were inside eating dessert and drinking tea (yes I was a little traditional in my partnership values back then :)). The hostess was very much like the energy zapper type person I just described, but was also very kind and friendly. Our husbands were great friends and mine had asked that I work on becoming better friends with the hostess, so that our two families could spend more time together. But I was having a hard time *wanting* to spend time with this person. I couldn't put my finger on it and I was feeling guilty for not including her with my other girlfriend activities. During the dinner party, my intuitive vision literally saw several long blue tentacles come out of the hostess's aura while she was telling a dramatic story to her guests, who were now in a fearful, anxious state releasing adrenaline. I could literally see white clouds of the hormone adrenaline (a type of energy) being released from the dinner guests and then sucked into the tentacles. As the female dinner guests were getting zapped of their energy I was in awe of what I was seeing and it became clear why I had been so unsure of a close friendship with the hostess. I also was surprised that I couldn't see tentacles near my aura and believe me I was watching. It was kind of like a Si-fi movie, but then I realized that I was not feeling anxious or fearful, so I wasn't releasing excessive hormones. Instead I was feeling curious, and curiosity is positive energy that allows one to become energetically balanced.

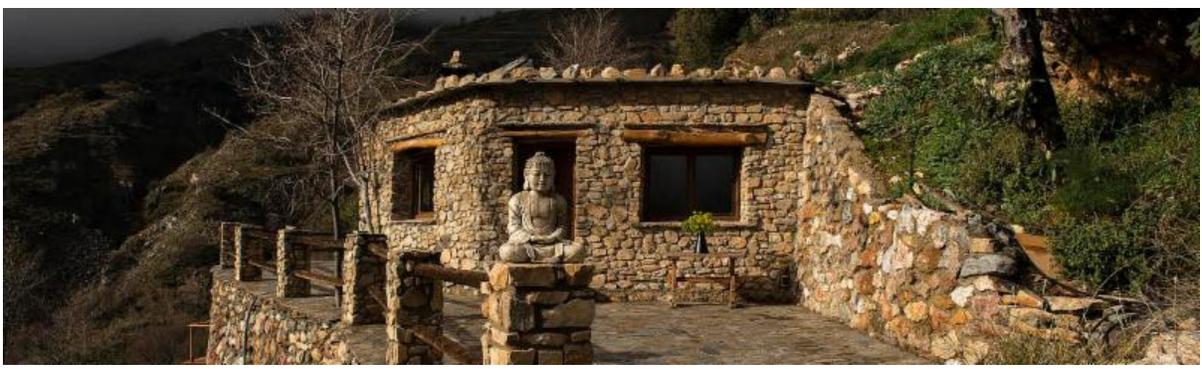
If you have people in your life right now that you suspect might be energy zappers and you want to maintain the relationship, then consider

[Continue Reading...](#)



You can watch my appearances on AM Northwest (including one where I talk about energy zappers) and more, all on my [website](#).

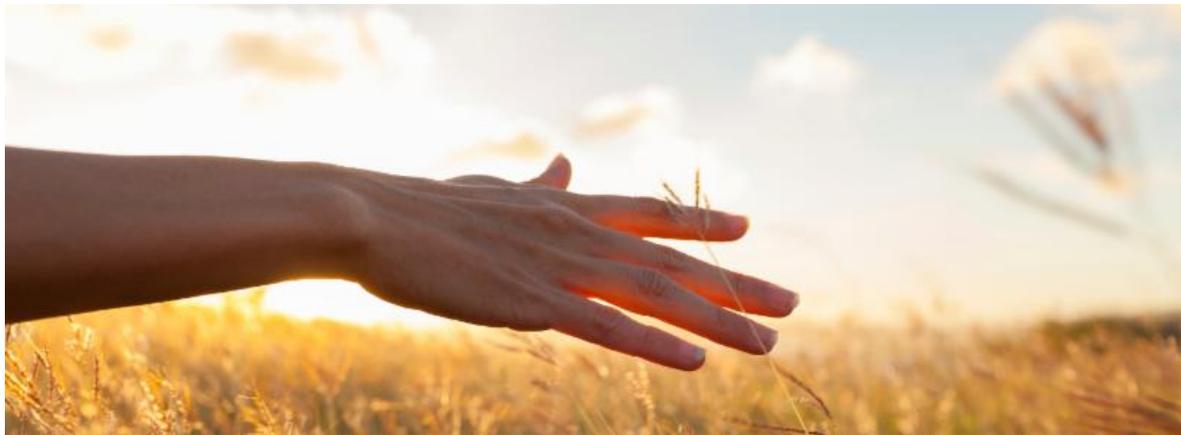
Upcoming Workshops & Retreats.....



Ignite Your Connection to Spirit **Spain Retreat** at [Hidden Paradise](#)

****SOLD OUT**** Keep an eye on Marie's website for next year's retreat location!

September 18-23 ~ Las Alpujarras, Southern Spain



Reiki Workshop - Master Level October 21-23

This two-and-a-half day workshop will attune you to all three levels of Reiki, including the Master level; the necessary attunement to teach Reiki to others. Attunements will increase your body's vibrational frequency, allowing you to expand your emotional healing and spiritual growth as well as promote change in the body on a cellular level. In the process of receiving the attunements, there will be guided meditations to deepen your intuitive awareness as well as time for hands-on work. Marie will also discuss the Chakra system, which plays an essential role in our health. Additionally, Marie will share her personal insights on energy medicine for anatomy and the reasons behind illness, including how and why energy medicine can help people heal.

Marie believes that illness is attributed to un-healed emotional issues that are mostly unconscious. Throughout the workshop she will assist participants in understanding how to transmute these issues and to use intention, the greatest tool for wellness, to heal all areas of human life. Having mentored several hundred healers, Marie will happily share her theories, experiences and provide readings for the weekend participants.

[Learn more](#)

Mystic Moment

Do you want to see your own chakras? Great - I thought so! Believe it or not, one of the best ways to view your chakra system is to imagine it. Creative visualization is a legitimate technique that will inspire your third eye and communicate to your super being (and the Universe) that you want to see beyond this physical world. Simply pick a chakra, perhaps study its reported size, color, and location in the body. There are many reference books available, including my first book,

[Intuitive Self-Healing](#). Once you have an idea as to how the chakra looks, find a quiet place where you can visualize uninterrupted. Try closing your eyes, perhaps placing your hand near the chakra's location and recall what you know about this illuminated vortex. Let your mind make it up. Allowing creativity activates all the "clair's"; clairvoyance (the ability to see deeply beyond the physical), clairaudience (the ability to hear beyond the physical), and clairsentient (the ability to feel beyond the physical).



Upcoming Guests on my Radio Show

The Marie Manuchehri Show

Where Energy and Medicine Meet

Thursday's at 9:00am Pacific Time

.....
Listen live on 1150AM in Seattle, WA area
or streaming live at energyintuitive.com

Have a question or looking for guidance?

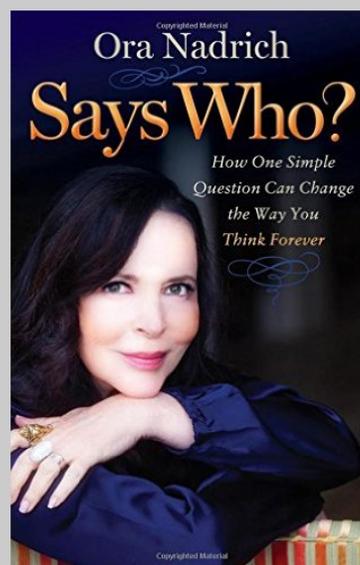
Call toll free at 1-877-825-8828.



[Ora Nadrich](#)

Thursday, August 25

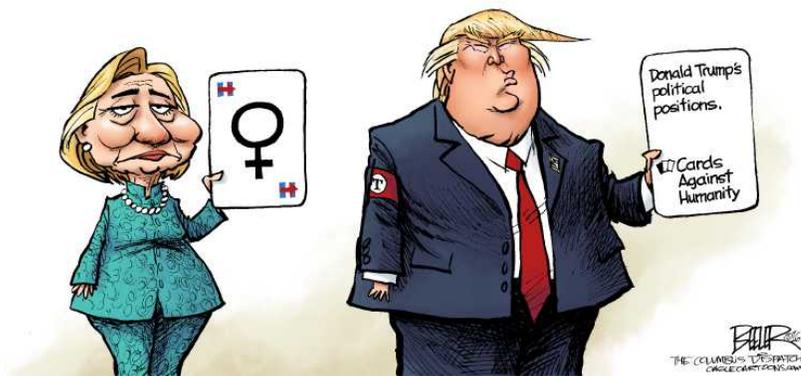
Author of *Says Who? How One Simple Question Can Change the Way You Think Forever*



As a reminder, you can listen to all of my past radios shows on the [archive page](#) or on any podcast app.

The WOMAN CARD

The TRUMP CARD



I'm sure for most people, our current U.S. political journey may feel un-energizing. It might be wise to re-evaluate your perception about our presidential candidates to avoid the pitfalls of frustration and fear, which are two emotions that easily play havoc with one's energy system. From my perception, the Earth is in a renewal process of female energy. Whenever there is a shift in power, or in this case a

balance in power, resistance is assured. The resistance in this case is very old school dominant male energy fighting to maintain its position, which for the most part has become diluted in many parts of the world. This aggressive impatient energy is feeling threatened and is pushing back from the inevitable. Like a child who does not want to go to bed, but is exhausted and will fall asleep as soon as its head hits the pillow, feminine energy will carry through. And masculine energy will learn compassion and compromise. You might be asking yourself, so what is female energy learning? And my answer is: learning how to embrace authentic empowerment vs. being a doormat!

Xo ~ Marie

Dear Marie



In every newsletter Marie answers questions that are written into the energyintuitive.com website. As an intuitive, Marie is able to read the energy of each author and gain intuitive information to help answer their questions. Only first names will be used and other identifying qualifiers will be changed to create anonymity.

If you have a question you would like to be featured in an upcoming newsletter please visit Marie's website or email: mariemanuchehri@gmail.com.

I attended your wonderful Mystic Career Development workshop this past spring and want to say thanks for energetically shaking things up for me and shining new perspectives on my work.

But something unexpected happened after the class. You pointed out some potential abilities that I will be developing (I think you said I was glowing!!). Yet just the opposite has happened - I seem to have lost my connection with other dimensions just as I was starting to sense them. I worked hard to go through that door you opened up, but I feel like it was closed. The harder I try, the more disconnected I feel.

Is it something I did? What can I do to better develop and connect with my intuitive abilities and the potential you saw in me so I can be of greater help to people in my work? Thank you!!

Hugs & Joy,
Susie

[read answer...](#)

Hi, Marie. I have been following exercises and practices you teach in your amazing book, but I have problems sustaining my own well-being. Recently it happened because of two disturbing dreams that somehow got me off track. I then go into this self-loathing and binge eating. One dream about someone I have actually disconnected from and she had me kind of hostage in a car. These are dreams where I am very vulnerable and unable to assert myself. Thank you sooo much for your awesome and life-saving work.

-Maria

[read answer...](#)

Hi Marie,
I'm just responding to your request for questions for your newsletter. I have 2, but I'd really love to have the 1st one answered by you.

1. Can you explain further about how to reclaim your energy when you feel drained around certain people or situations? (I watched your tv segment but it seemed more focused on identifying when you're being drained of energy.) I feel drained by people and noise most of the time, but perhaps I'm just an introvert or haven't found my tribe. (Or, I'm too drained or restless from a lack of life purpose to enjoy them!)

2. How do you know the difference between good fear (prevents you from harm, from going down a dangerous road, or making a decision that will not lead you to happiness) versus bad fear (anxiety due to making a life change)? I would listen to the good fear and do my best not to let the bad fear stop me, but sometimes I can't clearly distinguish the two. I know you say that fear means "come here," but isn't it also your intuition telling you "No, not this way"?

Thanks for sharing all your wisdom.

-Lisa

[read answer...](#)

Marie-

First off I'd love to have a reading with you but at the moment I cannot afford to do that....which leads me to the question:

Why am I so stuck? I have been stuck for about five years about what my true work/purpose is and thus how to better support myself. I'm capable and have been successful in many ways and now I feel like I'm stuck....(age 68 and going strong....but stuck).

-Sandy

[read answer...](#)

Hi Marie,

I feel as if I have been at perpetual crossroads within my adult life. At 46, I'm disappointed that I have yet to have a keen sense of purpose and direction. I am and have been a single mother for the past 13 1/2 years. Up until recently, I've been employed in a field that I have had some interest in, but more recently, I have taken on a job based on my desire to have more flexibility

with my time, and well I appreciate that, it still leaves me with this horrible feeling inside like I am missing something. There are a couple of things that I have an incredible passion for but don't know how to take the step to pursue anything without sacrificing my financial stability. I know that there is a greater purpose for me to serve and I would very much like to know how to get in touch with intuition, discover what my purpose is, and how to go about to take a leap of faith. In a nutshell... Feeling lost... Help!

-Katherine

[read answer...](#)

Hi Marie,

I've been working on my self worth and have been asking lots of "what if" questions lately. I have manifested a new job (of which I am grateful) but still find myself "stuck" in a victim mindset.

Some similar scenarios are beginning to replay despite my genuine willingness for things to change. I feel there may be a leak in my lower chakras. Have you any insight?

(Love listening to your shows via podcast from Australia)

In gratitude,

-Jo S

[read answer...](#)

I love energy medicine and know I have intuitive gifts with the ability to help people feel better. I want to start my own energy medicine career but just feel that people won't get it, and will think its kooky! I live in the Boston area and have a normal job that somewhat pays the bills. How can I overcome my limiting belief that this won't support me as a career?? I feel like I have to move to a more alternative area of the country in order to even have a chance of making a living. Help!!

-Julie

[read answer...](#)



The Marie Manuchehri Show

where energy & medicine meet

Thursdays from
9:00 - 10:00 am (PST)

Email:

MarieManuchehri@gmail.com

Phone:

425-485-8813

Mailing Address:

P.O. Box 98
Bothell, WA 98041

Schedule:

Monday- Thursday
Hours are flexible based on
availability