

### Why Pellowah and Why Now?

Divine timing very often means Pellowah attracts your attention at the time that is right for you. Perhaps, you are an individual requiring a session particularly if you feel stuck in a rut in some way. For others you are possibly a holistic practitioner looking to expand your skill base and facilitate sessions for clients. Many undertake workshops / receive sessions without fully knowing why they are doing so. Whatever the reason, Pellowah resonates with a deeper part of you for your spiritual growth and for further awakening and expansion of your consciousness. No experience of energy work is required to participate in a Pellowah workshop.

### What is Pellowah? How does it work?

Pellowah connects all 12 strands of DNA – ready for activation. It unblocks and realigns all the meridians within the body, giving a feeling of well-being and connection which allows for a Radical Shift in Consciousness. Importantly, through this we are more able to make choices which take us to greater heights and levels in our life. The healing effects of Pellowah are a wonderful by product of a "Shift in Consciousness". You may experience new expanded perception and a more objective understanding and outlook on life.

In addition, through the Pellowah energy technique you may also experience the following:

- Increase your personal capacity for positive change
- Empowers you to take charge of your life
- Generates new and expanded perspectives
- Attain a new lightness and sense of well-being that increases over time
- Create a stronger connection to Source/The Divine
- Remove blocks, enabling clearer guidance
- Increased intuition
- Realign the body meridians
- Connect the 12 strands of DNA
- Activate the connected 12 strands of DNA
- Calming of emotions
- Greater feeling of Inner peace and clarity of mind
- Increase inner strength and confidence
- Overcome fear, self-doubt, anxiety and depression

### What happens in a Pellowah workshop

Pellowah means Radical Shift in Consciousness and during the workshop Practitioner & Level II attunements are given, over the 2 days. There is absolutely no requirement for anyone attending a Pellowah workshop to become a Practitioner, many undertake Pellowah solely for the personal benefit of expanding their own consciousness and their own spiritual growth, it often becomes clearer much later why the call to Pellowah was heard.

A Practitioner Level attunement is similar to the energy of receiving 10 Pellowah Sessions, the benefits become cumulative over time from having an increased sense of well-being, an

expanded awareness bringing more clarity in decision making. Practitioner level enables you to hold space and facilitate a Pellowah session for others. In the workshop you each give and receive a Pellowah session and learn the ways in which Pellowah can be used.

The Level II attunement is energetically similar to receiving 100 Pellowah sessions, we spending time connecting with 7 sacred symbols which each serve a purpose for example to open up the Auric Field while still keeping it protected / increase our personal power etc. Level II brings the opportunity to become more aligned with our higher self, increase our capacity to hold the energy and the light. As time goes on the benefits of Level II can become either subtly or more profoundly apparent as we are less "triggered" by events than we would previously have experienced.

### **What can I expect post Pellowah attunement?**

This is naturally different for everyone as we are all starting from a different place in terms of our own consciousness. For me personally in 2020 I answered the Pellowah call, somewhat reluctantly as I couldn't see how it would benefit me, yet the pull was strong. It's an understatement to say it helped me navigate my experiences with a different perspective, become stronger emotionally, brought me peace and clarity as well as bringing forward new experiences that I as a previous complete cynic at times would have previously dismissed as a nonsense along with my old classic line of - I can't do that!! Joking apart Pellowah creates new pathways from the inside out, works to evolve our belief systems and helps us create the changes in our lives and gain a better understanding of why we are here and who we are. Many of us go through our lives putting it 'on hold' and not embracing our passions, Pellowah can give us the impetus or be the catalyst for a new way of being, even if it doesn't seem obvious now.

### **What happens in a Pellowah session**

Pellowah is a hands-off healing technique, recipients are normally lying down, relaxed, fully clothed with eyes closed for the duration, lasting around 45 – 55 minutes. The practitioners intuitively move and flow with the energy not directing the energy. The energy comes directly from source to the recipient without any imprinting or being affected by the Practitioner who is holding the space to allow this to happen.

Experiences of a Pellowah session are varied some may experience emotions surfacing, images or sensations while others feel or see nothing and are completely relaxed, sometimes body movements occur as the energy works through.

The practitioner does not receive any information, and they do not interpret, intuit, diagnose or counsel. All sessions are about the consciousness of the recipient not the consciousness of the Practitioner. Pellowah creates the "shift" required by working with the recipient's higher consciousness. Pellowah works with the individual to build new pathways to awareness and consciousness. Everything that happens in a session is for the client and every session is different. During a session, recipients are asked to remove fit bits and magnetic jewellery and wear an eye-

mask and ear plugs to help block out external stimulus. There is no music, no additional scents e.g. aromatherapy or incense.

Kachina who channelled Pellowah explained it as: "The Universe/Source (Pellowah energy) plays the instrument (Practitioner) and the audience (recipient/client) hears the music..." Each client hears the music specifically for them. No two people hear the same music, and no two sessions are the same. Changes can be immediately profound or subtle unfolding over a period of time, it's naturally a very different process for everyone.

### **How is Pellowah different to Reiki?**

All energies are here to assist humanity and no modality is necessarily better than another, they all work in different ways and have different frequencies and vibrations. Pellowah has a different purpose to Reiki and Pellowah is primarily to "shift individual consciousness" and works on the mind and spirit connection as opposed to the physical body which can feel more harmonious and relaxed after Reiki.

By working at the root cause at the level of consciousness, changes happen from the inside out and during the process of "shifting the consciousness" new pathways and beliefs are built from which we can make better choices, have different behaviours along with a greater awareness and understanding. From this perspective Pellowah will often get results for many chronic issues that have a mind /body based (psychosomatic) as the root cause of the issue is addressed.

### **What is meant by different energy vibrations/frequencies?**

Picture a rainbow whose colours are produced by the vibration / energy frequency of light, each colour has its own purpose and frequency. Depending on what you want to achieve would determine which colour to connect with. Violet is the highest and red is the lowest, connect and align to red for grounding yourself or an energy boost. However, to enhance your connection with your higher self or for an increased spiritual awareness then the frequency of violet energy would serve your intentions better.

In a similar vein as with "sound frequencies", whereby different areas are affected and resonate with different sounds, this does not mean that any sound is better than another.

The same applies to energy modalities, one is not better than another, we resonate with what we need at the time depending on what we need it for. Pellowah feels lighter and finer, Reiki feels more earthy, Pellowah is connected to consciousness (our mind) and spirit and Reiki more connected with physical body.

### **How long does the Pellowah energy work for after a session / workshop?**

During a session / workshop there is no limit as to how long Pellowah will work as it will continue to build upon the initial shifts, assisting us to navigate with a greater sense of ease the issues or obstacles we are working on. Every time we receive Pellowah in the form of a session or an attunement we are gifting ourselves an opportunity for progression and expansion.

### **Are there any requirements pre and post a Pellowah sessions / workshops?**

Apart from those prescribed by a Health Professional it is recommended that no drugs or alcohol be consumed for 24hrs prior to and afterwards, to optimise healing and to make the most of your investment in your own consciousness. Being well hydrated is essential before, during and following Pellowah.

### **Can you mix Pellowah with other energy modalities?**

When working with Pellowah, you cannot bring 2 energies into the session at the same time, for example you cannot call in the Angelic realm or ask any Ascended Masters to step forward into the session. However, you could do sound healing first and follow up with Pellowah or use Reiki followed by Pellowah.

Pellowah is a stand-alone modality with only 2 exceptions which are Acupuncture and Crystals. Only once either the needles are placed or the crystals are placed, can you then start Pellowah and the needles / crystals cannot be moved until the Pellowah session is complete.

### **What is the difference in Pellowah Levels?**

Pellowah has three levels I – III. Practitioner & Level II are generally taught in a 2 Day Workshop.

#### **Practitioner" Level and you will:**

- Receive attunement to enable you to facilitate sessions for others.
- Know how to provide Pellowah Energy Healing for others
- Know how to undertake distance Pellowah Healing
- Know how to undertake Pellowah Healing on plants and animals
- Receive and give a Pellowah session
- Understand the Do's and Don'ts of working with Pellowah

#### **Level II is to "Expand Consciousness" and you will:**

- Receive attunement to Level II
- Develop your Intuitive abilities
- Balance your Chakra's
- Connect to your Higher Self
- Discover and practise 7 potent Pellowah symbols
- Receive and give a Pellowah session

**Level III** is the Teacher/Trainer Level and is solely facilitated by Kachina Ma'an the founder of the Pellowah Energy Technique.