



# Quantum Experiences

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# Introduction

I've been doing this work for a while now, but I still appear to fumble when I'm asked the questions "What do you do?" and "Why should I get energy work?" It can feel like a tricky question to answer, but that's because we're not familiar yet with the extraordinary potential involved. And because it's hard for us to know what happened in our other lifetimes, timelines, and dimensions - we can only remember what happened to us in this reality we're in.

How energy work works, is the hardest part for people to understand. Everyone's experience is different, and I can't control what will happen. I can set specific intentions, and I make sure certain requests are made. But ultimately, what's going to happen in a session is what you need at that time. And what you get may not always seem right for what you're feeling, the reason you came in for the session. We can't control the Divine process. But do trust that the work that's occurring is for your highest good. In time, the reason will unfold.

I do want to answer the questions, so I'm sharing with you some of my favorite stories from sessions that I've had the honor to experience with ordinary, every day people. Clients who were looking to relieve pain, some people are curious, and there are others who are ready to explore more deeply specific habits or patterns, and perhaps they're ready to overcome them. And, some of the stories I've included are my personal experiences.

I'm providing insight to why these stories are helpful for everyone, and I hope you gain a better understanding of what happens during an energy and/or healing session. I never know what's going to come up when I agree to work with you, and the surprise factor is often there, even for me.

These stories are not being shared to give you an expectation. Your personal experience is a gift, and full of unique opportunities. Not every session I have with clients is so radical, so profound, or vivid. Please don't have session envy; it doesn't serve any of us well. The stories here are for you to understand the vastness that is multi-dimensional healing.

### Divine Breath

I was in session with my integrative breath worker, it was nice weather outside and her windows were open. It's common for me to slip into a state, a different realm, a different dimension when I do energy work. This allows me to be present, but I also have a divine experience.

I could hear all the activity on the street. I know an engine with a siren went by at one point, and her dog was in the room, sniffing all around me and licking me, climbing on me, walking around. I could feel Mary tapping me and rocking me as I breathed (these are routine things that we do during sessions to assist my breathing and healing awareness). I heard every word that she spoke and I know that I was following her instructions. I was definitely active in my breath work, but I had also slipped into a different state when I had my most profound out of body experience to date.

I was able to feel and see my body lying there on the floor with my eyes closed, breathing. I saw myself, however, wrapped in white. And the room was glowing white, as if we were inside the white Divine light itself. The room was a white Divine environment (I wasn't seeing the actual physical room I was in). I could see all the Divine beings who were in the room with me. I saw all of my guides and angels, Archangels, Ascended Masters, teachers, ancestors, everyone. Hundreds of them in the room, lined up, as if I was a long body on the floor - long and stretched out from here to eternity. I was as long as there were entities lined up on either side of me. I could see them as figures. I could tell you what they were wearing, what their faces look like, and the jewelry they were wearing. I could tell you what they smelled like.

And they were there, sitting on the floor with me. They had their hands under me. I was hovering just above the floor and they were holding me. They were working with Mary, tapping me and rocking me, breathing with me.

I tell you it was the most beautiful, the most amazing feeling. I was completely blissed out. It was such a remarkable experience. I felt pure love.

## The Goddess that she is

I saw my client standing on a terrace, surrounded by mountains, in a quaint and beautiful town, overlooking the masses. The village was hers. Hundreds of people below, in awe of her, in front of her, out of honor to her - there for her, to hear her speak. The scene reminds me of Evita.

When she raised her hands and began speaking, she was transformed into this orange-pinkish, and flowing figure - with a built in crown that was made of a flash on top of her head. She was the most beautiful goddess. She had spheres in the palms of her hands that were more embedded than they were attached. They were glowing orange spheres, full of electric energy.

And she stood before her subjects, and she raised her hands. And she blessed them with the gift of her words and then her energy. Like thunder bolts her energy reached each of them in a flash. Something sacred and holy took place.

I don't know if I saw her as she has previously been, as one of her aspects, or if I saw her as whom she is meant to become. Either way, I know her true power, and I was able to convey this image to her.

In these types of sessions I feel it's important for individuals to know they have the power to become. They are great leaders in their own right, and there's no need to be ashamed of, or hold back, who you really are.

GO! And fulfill your destiny as you are meant to be.

### Clearing public spaces

As soon as I stepped into the studio, I felt it almost immediately. I was different, suddenly irritated. Everything about the place sucked, and I was filled with disgust. I was super annoyed about everything.

I was like *wait a minute. This doesn't feel right.* I went to the corner where the door is and I calmed myself down. I immediately started clearing.

**Clearing** is a term for when I energetically cast out any and all lower vibrational energies and negative entities who are not for the highest good, and who are not of the Light. There are times when I set an intention to clear a space if I am about to work, and there are times when clearing happens, like a reflexive mechanism that gets kicked on automatically, for my highest good. I need to be in Sacred Space, cleared of lower vibrations, or I become susceptible to dark energy. Not working in sacred space is counter-intuitive to my purpose for healing, and a good example for how it messes with my energy and mood.

There, at the door, was a dark entity. A malevolent being posting guard, and who was not nice. It was not for the highest good. It was not Light energy. It had been lurking there waiting to hitchhike onto someone. So I said my sacred space prayer and I cast it (and any others like it) out.

I immediately felt better. The studio also felt lighter and clearer too. I was able to go on to the business I was there for, uninterrupted.

When your mood and energy has such a dramatic shift – this is when you ask: Mine?, or Not mine?

Knowing what energy belongs to you and what yours feels like, will help you discern much of what 's going on around you. You may be living under someone, or something, else's pretenses. If so, that's how we detach from our authentic selves and poke wounds in our souls.

## The 600-year-old harpoon

On no particular evening she had come, ready for some energy work, and as always she was in hopes to relieve the pain. This was my first time working with her.

I began, and stood over her. I closed my eyes to connect. Immediately I bent down and I whispered in her ear to give me permission. She turned her head and looked up at me and was like, yeah, sure. "Hold on tight, I said, this might hurt a little." I had no idea yet what was about to happen.

My hands went right to it. I formed my hands around the invisible shape (imagine like opening a jar, only bigger). My hands were spread wide and I was holding on to something big. I could feel the physicality of an item, but I knew that it was all energetic. And I started twisting. I was tugging, and twisting - I was literally releasing something from her. It was almost as though I was uncorking a large bottle of wine.

And then the scene came to me. She was on the sea, on a ship. It was 600 years ago. She was a fisherman (a man that lifetime) on the boat, and they were whaling. And she was standing at the wrong place, at the wrong time. And a harpoon went through her, impaling her. It killed her instantly.

At the end of the session my client felt almost no pain - for the first time in years.

Question your pain. Don't you want to know the truth behind it? Surely you can see how no amounts of aspirin or Ibuprofen will relieve this kind of pain. The simple act of removing the trace energy provides more relief than you could imagine.

## Finding the root cause

I was really struggling emotionally. I was having these spikes of highs and lows, and I just felt mentally chaotic. Intuitively I knew it wasn't me.

I went in for an appointment. Jenn started giving me energy to calm me down so that she could work, and immediately my stomach started growling. I'm not talking growling from hunger, and not those gurgling noises from digestion - I'm talking animalistic, or a demons growl.

We were both like *whoa!*, and she started the process to cast it out. It wasn't leaving so easily at first, and she had the sense that it's a soul lesson of mine to work on.

Jenn began asking me questions, and all kinds of emotions and triggers were coming up for me. I felt claws, or hooks, hanging on to my stomach. Jealousy? she asked. No, that's not really my thing. Then it's something like jealousy, and we started talking it out until I came to realize I was always wanting to be "normal."

Now I could feel this thing moving around in my stomach and Jenn started repeating "in the name of Jesus Christ, you must leave now." There was all kinds of movement inside my body, and intense energy surged through me. Angels and ancestors come in to assist us both - I needed to tap into my reality that I am this person with these beautiful gifts and talents and skills. Jennifer needed the force of the Divine to assist her with casting this out.

I started to change how I felt, and was able to find a new perspective for dealing with what I have. I could feel the hooks loosening their grip inside me, and the growling was diminishing. Energy was releasing and clearing from my body.

That's the day I let go of fear, and I embraced who I am: Quantum Healer.

### Healing family heartache

Recent to the appointment my client was experiencing *re-nesting* - her adult child had moved back home. There was some tension.

As I was applying energy, giving the power centers some routine maintenance work, I sensed two female energies come in. They let me know they were her grandmothers. The grandmothers agreed it was time their granddaughter knew why they had closed off their hearts, and how their emotional challenges affected the family dynamic.

Each in their own way sacrificed their own satisfaction for their families; one in escaping Nazi Germany only to leave a highly cultured lifestyle for struggle and poverty, and the other settling into a homemaker routine that left her own talents and passions unexpressed.

My client was now able to understand her feelings of what her sacrifices for her family means. These misdirected emotions had been handed down.

Then I felt myself slip. My client told me how my demeanor changed, along with my voice, and how I began channeling her mother – giving advice and strategizing on what can be done. She let my client know she would like for this cycle to end.

Experiences like this are so helpful. It's important to understand how non-verbal information gets passed down. Now you can decide, based on what you really want, and what the relationship really needs, and how to proceed. You have the knowledge to overcome something with a nurturing and compassionate approach. The guess work is gone, and you can move forward with new perspective.



## Not all of my clients are human

The seller brought me in because he was having difficulty selling the house.

I was doing a basic clearing when beings of the earth brought gifts to me. They look like giant, larger-than-life sized, but sort of alien-like, spiders. They explained to me that these were the things that were ready to be released from the house. It was an honor to have their assistance.

A little longer, and the house still wasn't selling. None of the open houses were going well, and the seller asked me to come back and check on things again. This time I sensed something in the kitchen.

All of a sudden a voice came through. A shaky, scared little boy's voice. And he asked me why was this thing scary? *What's scary?* I asked.

The boy started to cry. I tuned in to a different frequency and I realized the scared boy was the house. I also determined that there was in fact an energetic spirit in the house. And so I began my conversations with the house, I mean boy.

I had a follow-up conversation with the seller too. I learned that it was a rehab; a lot of the materials were new. Refurbished wood, new drywall, new fixtures, and the plumbing and electricity were redone. This explained the boys, I mean the house's, age.

The spirit in the kitchen was taunting (like a sibling) and upsetting the boy. So I had to monitor the energy between the kitchen and the boy for a while. I had to raise the boys vibration and reduce his fear. I had to explain to him what it might feel like to be the house, what it feels like to be new, and what it might feel like to grow up as a house with people in it. Part of having others in the house is to understand what relationships are like. Brothers like to poke at each other, I explained.

I advised the seller to do things like bake cookies in the house and play music for the open houses. I wanted the boy to experience what it would feel like to be lived in. And the seller and I both talked to the boy about what it would be like to have someone living there. I asked the boy what kind of person he would like to have living there. And I asked him to tell me who, from the people visiting for the open houses, felt nice and good to him. This way the seller found a good fit, and soon the house sold.

## What I do ...

There's no doubt in my mind that when I work, I am indeed working across all lifetimes, timelines, and dimensions.

I have seen people in their real (blue, and not at all human) skin. I have performed psychic surgery on multiple occasions. I have written in light language to scribe your needs, given downloads, and delivered updates for your operating system. I code, which is laymans speak for upgrading DNA / RNA for the explicit purpose for ascension. I program and de-program energy fields. And more skills are acquired all the time as I continue to work.

What I *do* is help you sort through your belief systems, help you discern what serves you and what doesn't, and access my intuitive capabilities and skillsets to provide whatever you may need to get you to where you belong, based on what you and your creator agreed to, for your highest good.

I help you feel comfortable on your life journey, with a multitude of modalities and techniques, for your specific healing and spiritually awakened needs. My mission is to help those struggling overcome that which is not necessary.

If you are ready to explore; if you're ready to dive into your thoughts, patterns, habits, and belief systems - to bring about transformation of your reality and fully express all of the needs and desires your soul calls for - then you're ready to experience Quantum Healing. I look forward to meeting you!

**Lisa Karasek, A #1 Best Selling Author on Amazon. An expert Quantum Healer, TRE® Certified Facilitator and Certified Eating Psychology Coach, who is able to update her client's states of being to assist in healing. Using ancient, multi-dimensional healing and Holistic Metamorphosis® (an angelic energy healing modality), consciousness-based practices, and TRE® (tension and trauma releasing exercises), Lisa powerfully guides her clients to a healthier, happier, more purposeful life. Lisa is dedicated and passionate about helping you work with the dynamics of your self relationship and believes this is the key to most Mind Body Spirit disease and illness.**

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- Individual Guidance sessions
- Quantum Healing
- LiKe Energy Healing
- Group Healing
- Guided Journeys
- Intuitive + Card Readings
- Tension and Trauma Releasing Exercises - private or group sessions
- Eating Psychology Coaching - private and group coaching
- Energetic House Clearing
- Officiate Services - Ordained in the Order of Melchizedek

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