

Experiencing Travel-Related Sleep Issues? Discover and Clear the Hidden Energies at Play

By Joey Korn

Do you often find yourself struggling to sleep or feeling “off” during your travels, even on vacations when you should be unwinding? While you might attribute this discomfort to an unfamiliar bed, the truth could be more complex. Detrimental energies, left by previous occupants who have slept in the beds, may be negatively influencing your well-being.

In today's world, most hotel rooms, vacation rentals, cruise ship cabins and more harbor what I call Interference Energy (IE). This energy, linked to imprints of past occupants, can have an immediate negative impact on your health and state of mind, and it can persist even after you return home—often worsening over time. IE doesn't cause illness, but it exacerbates all negativity, including symptoms of illness and disease, and it makes it harder for people to heal. However, I can help you learn to effectively eliminate these energy issues quite easily, regardless of your location.

Understanding Human Energy Pattern Imprints

Every time we lie down on a physical surface—be it a bed, couch, massage table, etc.—we leave behind an imprint of our Human Energy Pattern. These imprints can linger for an extended period, unless purposely or naturally cleared. We remain connected to our imprints, meaning that energies from those locations can affect us, and conversely, our energies can impact others wherever we have left our imprints.

Interference Energy has likely existed for as long as humanity has had Free Will to go against the Good. Although IE has remained relatively stable through time, growing slowly in the population of the planet until recent years, its effects can be profound. IE exacerbates various issues such as relationship struggles, health concerns, mental distress and more. Common immediate symptoms include sleep disturbances, nightmares, unexplained anxiety, and family discord. In extreme cases, IE can even lead to paranormal phenomena, which can be very real.

How Interference Energy Spreads and Why It Is Getting Much More Common

Historically, the most common way to attract Interference Energy was by entering intense negative states of thought and emotion, often stemming from traumatic life experiences, or mental and emotional disorders. Given that nearly everyone has faced such challenges at some point, the potential for attracting IE is significant. Whether we attract IE or not depends on how we process and respond to these experiences.

However, once someone attracts IE, it can spread like a virus to others—family members, for instance—by being constantly in the presence of their energy pattern imprints or through energy imprints left in places other than home. After working with thousands of clients since my discovery of Interference Energy in 2007, I've observed

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that “catching” IE through our energetic connections to imprints outside of our homes, by staying or lying down in those places, has become the predominant way people attract this detrimental energy in recent years. If one person in a household attracts Interference Energy, it can easily ripple through to others. *I consider IE to be an energetic virus.*

The fear propagated by world governments during the recent Covid pandemic, combined with rising global anger over political divides has greatly accelerated the spread of IE. Today, most hotel rooms, vacation rentals, cruise ship cabins, etc. have multiple imprints tied to former occupants carrying IE. The more imprints present with IE connected to them, the stronger the negative effects and the higher the likelihood of “catching” it, even after returning home.

You don’t need to travel or leave your home to attract or be affected by Interference Energy. Anyone who lives with you or spends even a single night in your home can bring IE with them. Moreover, we also leave imprints on doctors’ examination tables, hospital beds, massage tables and other places where we lie down to receive examinations, treatments or therapy.

The Miracle Blessing Process

Since 2007, my primary focus has been on clearing Interference Energy from clients, their families, and their homes through the [Remote Personal Energy and Space Clearing Sessions](#) that I offer. In 2021, during the peak of the Covid pandemic, I developed a self-clearing method that I call my Miracle Blessing Process (MBP), which is significantly more effective than previous methods I had used to help others for 14 years. Just about anyone can use the MBP to clear themselves, their families, and more, *with no experience necessary! This is my gift to you on my 72nd birthday.*

Before you go to bed anywhere other than home, follow the simple directions and go through the Miracle Blessing Process. Even if you use the MBP while away, it’s important to continue using it after returning home. The next occupants of your hotel, B&B or hospital room may have also attracted Interference Energy, which can affect you through your own energy imprints left in those places. The Miracle Blessing Process not only clears IE from current and past occupants, but it also removes your imprints from places where you may have unknowingly been affected by Interference Energy. Just in case, I suggest going through my Miracle Blessing Process right away and continue using it daily. You never know when you might need it.

To access the latest version of my Miracle Blessing Process, as well as other helpful blessing processes, just search for “Joey’s blessing files” on any search engine. One of the top results, if not the top one, will direct you to “Joey’s Blessing Process Handouts,” where you can find the MBP along with other supportive processes.