

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 holiday, 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 bed or beds you have slept in, 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 Human Energy Pattern 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.

Even though IE doesn't cause illness, it exacerbates all negativity, including symptoms of illness and disease, and it makes it harder to heal.

However, I can help you learn to eliminate these energy issues quite easily, regardless of your location.

Understanding Human Energy Pattern Imprints

Every time you lie down on a physical surface—be it a bed, couch, massage table, etc.—you leave behind an imprint of your **Human Energy Pattern**. These imprints can linger for an extended period, unless intentionally or naturally cleared. By “naturally,” I mean that since I can remove my own and other people's energy pattern imprints on purpose, and you can learn to do so too, I assume that, over time, these energies will eventually be removed or fade away in the natural course of life, under Universal Law.

We remain connected to our energy pattern 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—to be negative. IE exacerbates all negativity, such as in 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 has been by entering intense negative states of thought and emotion, in reaction to difficult or 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.

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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 imprints left by others where we lie down in places other than home. Again, whenever you lie down on a physical structure raised off the floor, like a bed or massage table, you'll leave an imprint of your Human Energy Pattern.

Since discovering Interference Energy in 2007 and working with thousands of clients, I've observed that the most common way people attract this detrimental energy in recent years is by "catching" it through energetic connections to imprints left outside their homes—especially when they stay or lie down in those places. If one person in a household attracts Interference Energy, it can easily ripple through to others. ***I consider IE to be an energetic virus.***

There are reasons that IE spreads so much more rapidly now. 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 energy pattern 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 our 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, the primary focus of my work has been 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.***

Before you go to bed anywhere other than home, follow the simple directions and go through the Miracle Blessing Process. You'll also find Maintenance Instructions on page 2 of my Miracle Blessing Process. where I also give you a way to go through the MBP on the last day when you stay away from home, after you know you won't lie down again.

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Even if you use the MBP as directed for the last day of your stay, it's important to continue using it after returning home, just in case you haven't successfully removed your and others' energy pattern imprint(s). 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.

Because IE is so widespread in the world, I suggest going through my Miracle Blessing Process right away and continue using it daily. You never know when you might need it. Then continue to follow the Maintenance Instructions. You'll likely feel and notice benefits within yourself and your family very shortly thereafter.

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.

To learn much more about Interference Energy, read my article, "[Things that Go Bump in the Night](#)" on our homepage at dowsers.com