

Do I have other people's energy that I've taken from them?

Yes, that's connected to you. And that's part of what the recap is doing, it's cleaning that out.

That's why I say find them all and take your energy back. By doing that, you release their energy back to them. With people who have passed away, people will say, "Well, that seems almost cruel." Well not really, because why would you want to hold on to and feed that for a person with whom you can't even go back to and try to work out the original problem once you understand what it was? So, I have no compunction about that either - take it all back.