Do the Angels and I have permission to work with your energy today?

We're going to call upon your Spirit Guide and your Personal Angel to be with you today. We're going to ask the Angels to clear the room you are in and my space and keep any entities out not needed for today’s session.

You can sit or lie down. Either way, please keep your spine straight because the Angels enter your field and your body’s energy thru your spine usually behind your heart space.

***[Ground yourself and the client–*** *because you are raising the client’s vibration]*

Since we are going to raise our vibration today. We are going to ground to the Earth. So, think of a yourself like a tree with roots to the Earth. Think of a root going down from your tailbone to the center of the Earth and know you have a special connection point where you can attach to the Earth. Now, from the bottom of each foot, think of roots moving to reach down thru the Earth about 8 feet and let those roots spread out keeping you firmly attached.

 ***[Induction or choose your own induction]***

 Take a deep breath and let it out ….and another deep breath and let it out. Think of breathing in positive energy and breathing out negative energy. Allow your body to relax breathing in the positive and breathing out the negative with each breath you take….. Mentally, place a protective white light around you like a gossamer blanket. Now, focus your eyes on the bridge of your nose, that point between your eyes…. Letting all the stress and strains fall away. Just set them aside. With every breath you take, relaxing,…. Releasing, letting the thoughts of the day drop off and away. Sense the rhythm of your breathing… letting go. Any outside noises are just the sounds of everyday life and help you relax more.

Allow relaxation to move from your toes through your feet. Think of relaxation moving up your legs, your knees, your thighs, so comfortable, so relaxed. Let that relaxation move through your pelvic area, the trunk of your body, even through your spine, relaxation moving down your arms your hands your fingers, your relaxation moving up through your shoulders, your neck, your face, your head,…. even your tongue is relaxed… If your arms feel

heavy that's fine, so relaxed. Your eyelids are so comfortable, so relaxed…… they're beginning to feel heavy, so heavy. Your teeth part a little. So relaxed. You're doing a great job, drifting down, so relaxed, drifting down. All the systems in your body are moving to your personal optimum. Relaxation working better than ever before. Any thoughts of your day just drop away for now, so comfortable, so at ease,. Drifting down, drifting down to the perfect relaxation level for you. So peaceful, so relaxed…

 [***Address the Emotion or Issue***

***OR regress to identify the cause or the issue]***

(for demo) What unneeded emotion or issue do you want to address? Choose.

 Now, in your mind's eye I want you to think of a hallway with many doors. In a moment, you're going to step into a hallway and choose a door that leads to your unneeded emotion or issue. Let your soul choose the door. Now, mentally, place a bubble of comforting purple light in front of you. Do you sense that purple light? Just know the purple light is there or sense it there. On the count of 3, step through that purple bubble and walk thru the door your soul will choose that leads to the point of entry of your unneeded emotion or issue. 1,2,3.. step thru the purple bubble and thru the doorway your soul chooses….Sense what's around you.

 ***[Bring in the Angels*** *when you have determined the emotion or issue]*

Let the scene settle. Accept any impressions you are getting… You may feel or know or sense or see in your mind’s eye. For now, just be the observer… What do you notice?… What's your first impression? If you are not getting anything, give yourself time…think of a sunrise or a spotlight and let the light expand and make sure your feet are on the floor or on the ground.

Would you allow the Angels to work with your energy today? If they have your permission whisper, ”Yes”.

We are going to ask for Angels to attend you. You may sense the Love they are sending you. You may feel their wings brush you.

Angels are surrounding you with their Love…

Now, keeping your spine straight sitting or lying down. Be still and allow the Angels to come to you. Take a breath and release the worries of the day…Let the thoughts of the day drop away. … Just rest…

You may notice the Angel’s gentle touch or feel the brush of their wings. Take a breath and relax…. The Angel wings holding and supporting you. Let the space you are in be cleared by the Angels. Let your energy be cleared and renewed by the Angels.

Allow the Angels to lift you up… …. Feeling yourself lighter and lighter…. just rest and let them lift you up…rising up….above your building… above the trees… moving up above the clouds.

Rest and let the Angels guide you…..Just rest and let the Angels support you in their wings… Breathe… Feel the Love the Angels are sending…..You may feel yourself going higher…Breathe and allow the Angels to lift you higher. Just breathe and allow yourself to move up.

We’re going to give the Angels permission to help remove any tendrils of negativity, any place you are harboring the unneeded emotion or issue that is are effecting you. If that is okay, whisper, “Yes”.

The Angels will enter through your spine behind your heart chakra. Then they can get the tendrils of any unneeded emotion or issue you are addressing today and neutralize it. To help the Angels remove the emotion or issue, mentally bring to your mind a time when you experienced the unneeded emotion or issue. Think of the strongest time with that emotion or issue. Replay that point in time… Allow the Angels to sift thru time and your experiences to find where your unneeded emotion or issue is being stored in your body….. The Angels are looking for the key experience, the root to withdraw it from your body…. Keep thinking about your unneeded emotion or issue. It is almost like the hidden areas are lighting up when you bring the emotion or issue to the forefront of your mind…Your body is storing the unneeded emotion or issue …. The Angels are following the root and following the tendrils which need to be removed. Keep thinking about your emotion or issue. Let the Angels work to remove the unneeded root and the tendrils……………..The Angels are taking away and neutralizing the unneeded root and tendrils… Let them follow the last tendrils to remove the unwanted from your body and your energy field. Let them check for any other hiding tendrils needing to be released. When the tendrils are all gone and the root is gone . The Angels fill the voids with Light. Today, they will use Golden Light. Let the Angels pour the Light from the top of your head thru your crown chakra flowing down thru all of your chakras then expanding the light to fill all of the voids left by removing the unneeded emotion or issue.

Now the Angels are filling your heart space with beautiful Light. Let the Angels fill you up with loving Light from the top of your head to the tips of your toes, all the way down through your spine touching each cell of your body. Let that positive energy flow through you. The Angels fill up all the spaces left when they removed tendrils and root.

You're filled with the Angels’ light. Gather the positive feelings of this session today. Envelop yourself with the love from the Angels.

… Feel their Joy ….

Take a breath and relax…. The Angels are holding and supporting you. Surrounding you with their wings. Let your energy be cleared and renewed.

Take a breath and let their Joy-filled Light have space within you and without ….filling your entire field of energy. Breathe in that Light…

Feel the Love the Angels are sending…..

Breathe in the feeling….

You can keep that feeling like a picture you can step into anytime….

 The Angels help you back to your body… drifting down…………………….

Now, coming back to yourself… Noticing the feeling come back to your arms… your legs… Settling back into yourself… Thanking the Angels…

Taking a deep breath…

 ***[Awakening]***

Now, coming back… subconscious receding… feeling marvelous… conscious coming to the foreground 1…2….3….fully and totally awake, better than you have ever felt before. Ready to do anything you need to do…. Blessed by the Angels

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Take some time to make sure you are back before driving. You might want to drink water and keep hydrated. Rest if you need to.