Reiki ESSENCE HEALING

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PACIFIC GROVE, CA

ALIGNMENT • AWARENESS • SUPPORT



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Post Session *Integration* Guide

WITH

Practical Tools, Reflections and Gentle Practices

FOR YOUR

Healing Journey

The following practices were discussed during your session and are being shared to support your continued alignment, grounding, and release following your session.

ALL SPIRITUAL TOOLS IN THIS GUIDE WILL BENEFIT YOU ON YOUR HEALING JOURNEY, AS ALWAYS TRUST YOUR INTUITION AND FOLLOW WHAT RESONATES MOST DEEPLY AND AUTHENTICALLY FOR YOU.

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This booklet was created as a supportive spiritual and energetic resource for clients of Reiki Essence Healing. The information, practices, reflections, and spiritual tools shared within these pages are intended to support personal growth, energetic alignment, self-awareness, and continued healing after a Reiki or Angelic Healing session.

The contents of this booklet are not intended to diagnose, treat, cure, or prevent any medical, psychological, emotional, or physical condition. Reiki, Angelic Healing, energy work, meditation, spiritual guidance, and related practices are complementary healing approaches and are not substitutes for professional medical care, mental health care, therapy, legal advice, or other licensed professional services.

Each person's healing journey is unique. Results, experiences, insights, and energetic responses may vary. You are encouraged to use your own discernment and seek appropriate professional support whenever needed.

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Reiki ESSENCE HEALING

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Introduction

Before and after each Reiki Essence Healing session, we often discuss many spiritual insights, healing tools, and supportive practices. Because so much information can come through during this sacred time, I created this guide as a loving resource for you to return to whenever you need clarity, encouragement, or gentle direction.

It is my promise to provide you with the information and spiritual tools that can assist you in staying in alignment, continuing your healing, and deepening your connection with your Higher Self. May these pages support your ongoing growth and evolution, while reminding you that your healing journey continues beyond the session and that you are always guided, supported, and held in divine light.

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Reiki ESSENCE HEALING

How to Use This Guide

This guide is not meant to be followed in a strict order. It is here to support you as you integrate, reflect, and deepen your connection with yourself after your Reiki session.

The most important guidance is simple:

Follow your intuition.

Your intuition is one of the ways your Higher Self communicates with you. You may feel drawn to a certain page, practice, meditation, affirmation, or teaching at exactly the right time. Trust that inner nudge.

You do not need to read everything at once or complete every practice. Some sections may speak to you immediately, while others may become meaningful later.

As you use this guide:

- **Notice what you feel drawn toward.** Begin there.
- **Move at your own pace.** There is no right or wrong way to work with this material.
- **Pause and listen within.** Give yourself space to notice thoughts, feelings, sensations, and insights that arise.
- **Return to sections as needed.** Your understanding may deepen or change as you grow.
- **Use the practices that feel supportive.** Meditation, grounding, breathwork, journaling, crystals, or simply sitting quietly may each serve you differently at different times.
- **Allow yourself to receive.** Integration often unfolds gently rather than all at once.

You may also choose to open the guide intuitively and allow yourself to be led to the page or message that feels most supportive in that moment.

Above all, let this guide be a companion rather than a set of instructions.

Trust yourself. Trust what you feel. Trust the quiet guidance within.

Your Higher Self is always present, gently guiding you back to your own wisdom.

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Welcome

This guide is here to gently support you as your body, mind, and energy integrate your session.

There is nothing you need to do perfectly—only an invitation to stay present, aware, and connected to yourself.

You are on a beautiful path of remembrance, healing, and expansion.

I am so honored to walk beside you.



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What Your Reiki Session Opened Within You

During your session, we focused on balancing your chakras, raising your vibration, releasing what no longer serves you, and opening the way for greater alignment, clarity, inner peace and a deeper connection to your Higher Self - The Real You!



Learn & Grow:

The Reiki/Angelic energies work gently and intelligently. They support you in recognizing what is out of alignment and help dissolve the lower vibrations that keep you feeling stuck, overwhelmed, resistant, anxious or disconnected from your true self.



Release & Realign:

Old energies, patterns, beliefs and judgements that no longer serve you may have been brought to the surface. This is a natural part of healing. These can be held in your Chakras and energetic fields. What rises is what is ready to be seen, cleared and released so that you can move forward with more light, clarity and peace.



Heal & Transform:

Sometimes the energies released come from old wounds, past hurts, family patterns, childhood experiences, or even experiences from the womb or past lives. These memories and emotions held in your energy field have influenced how you see yourself and the world. NOW is the time to let them go and free yourself from the past.



A New Awareness:

As you continue to clear what rises within you to be released, a greater awareness begins to awaken. You become more conscious of when your physical, mental, emotional, and spiritual energy fields are moving out of alignment. This awareness gives you the opportunity to pause, realign, and choose again — to choose a higher reality, release what no longer serves you, and let go of judgment toward the past, others, life situations, and yourself.



Raise Your Vibration:

From a Higher Perspective your Soul chose these experiences for learning, growth and evolution. They were part of your journey to help you remember who you truly are. You are not here by accident. You are here by divine design.



Connect to Your Higher Self:

As these energies clear and release. They open the door for more of your Higher Self to come forward. This allows you to experience greater joy, inner peace, mental clarity, healthier choices, emotional balance, and a deep sense of purpose and well-being.



You Are Supported:

Remember that you are always held and guided with deep love as you experience your personal evolution through this human life.

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Reiki & The Angels Unconditional Love and Support During Your Session



- Gentle Reiki energy flowed during your session to support balance and harmony within your body, mind, emotions, energy field, and spirit, helping you soften, settle, and return to greater peace.

- Reiki created a safe and supportive space for stress, stagnant energy, old emotions, limiting patterns, and areas of disconneection to begin releasing in a way that honored your free will, timing, and soul's wisdom.

- The Angelic Realm also helped hold a loving and peaceful space for your healing, Archangels Michael and Gabriel are always present, with Gabriel offering clarity and guidance, and Michael bringing protection, strength, courage, and the clearing of fear or lower energy.

- Other loving Angelic beings may also step forward — including Uriel, Raphael, Metatron, Ariel, Azrael, the Elohim, Cherubim, and Seraphim — offering gentle support, comfort, insight, emotional release, realignment, and deeper connection to your Higher Self.

- Together, Reiki and the Angels create a safe, loving space for healing, remembrance, and inner peace, helping you feel supported, comforted, and more connected to the peace, light, and wholeness already within you.



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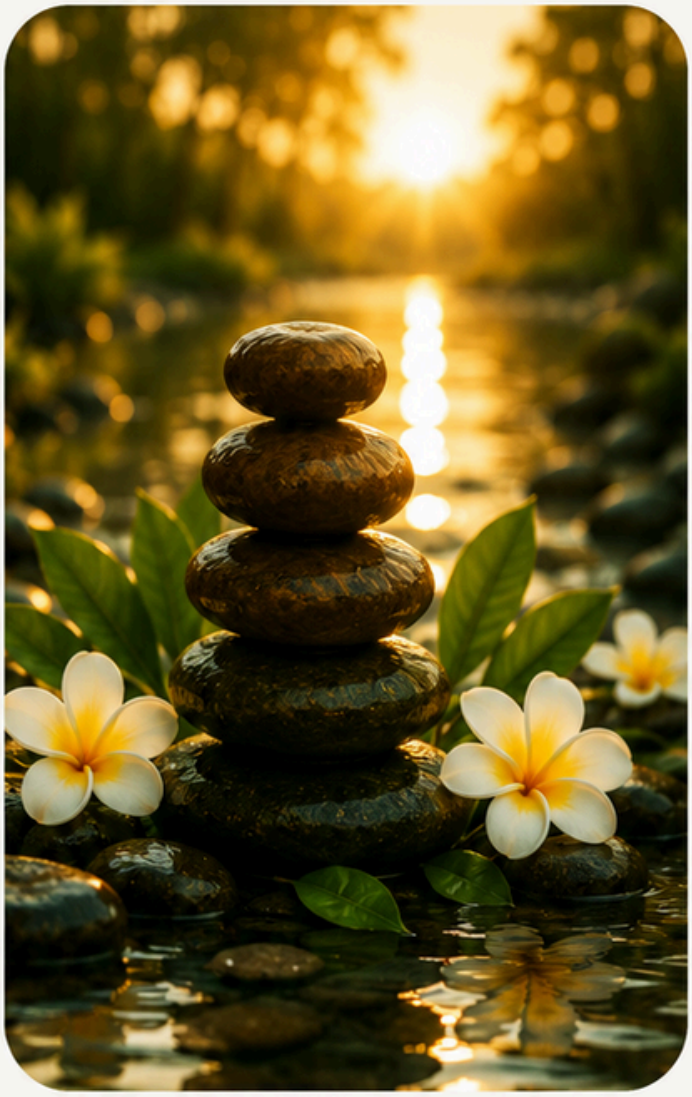
Reiki Principles for Daily Living

Reiki is more than a practice—it's a way of life. By embodying its principles in your daily actions and mindset, you invite more peace, harmony, and balance into your life and the lives of those around you.

These guiding principles (inspired by Dr. Mikao Usui) help you stay aligned with universal energy and cultivate a heart-centered, meaningful life.

THE FIVE REIKI PRINCIPLES:

- **Just for Today, I will not be angry.**
  Let go of resentment and choose peace.
  Respond with patience and compassion.
- **Just for Today, I will not worry.**
  Trust in the flow of life.
  Release anxiety and have faith in yourself and the universe.
- **Just for Today, I will be grateful.**
  Focus on the blessings.
  Gratitude opens your heart and attracts more abundance.
- **Just for Today, I will do my work honestly.**
  Honor your path and your purpose.
  Integrity brings fulfillment and respect.
- **Just for Today, I will be kind to every living being.**
  Practice compassion and respect for all.
  Your kindness contributes to a more peaceful world.



Return to these principles often. Let them guide your thoughts, words, and actions. When you live by Reiki, you become a channel of healing energy in the world.

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THE CHAKRAS

The word “chakra” comes from the Sanskrit language and means “wheel” or “circle of light.” Chakras are energy centers within your body that influence your physical, emotional, mental, and spiritual well-being.

There are seven main chakras aligned along your spine, each associated with specific aspects of your life.

When your chakras are balanced and open, energy flows freely, supporting vitality, harmony, and inner peace.



“When energy flows where attention goes, healing happens.”

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CHAKRA CHART

THE NINE ENERGY CENTERS OF HEALING & ALIGNMENT

Including the Soul Star and Earth Star Chakras for deeper grounding, alignment, and spiritual connection.



SOUL STAR CHAKRA

• Divine Connection • Soul Purpose • Unity

Located above the crown. It connects you to your higher self, divine wisdom, soul purpose, and universal oneness.



CROWN CHAKRA

• Spirituality • Higher Consciousness • Connection

Located at the top of the head. It connects you to divine wisdom, universal energy, and your higher purpose.



THIRD EYE CHAKRA

• Intuition • Insight • Clarity • Imagination

Located between the eyebrows. It is your center of intuition, inner vision, and spiritual awareness.



THROAT CHAKRA

• Communication • Expression • Truth • Listening

Located in the throat. It governs how you express yourself and speak your truth with clarity and integrity.



HEART CHAKRA

• Love • Compassion • Healing • Connection

Located in the center of the chest. It is the bridge between lower and higher chakras—opening you to love, empathy, and forgiveness.



SOLAR PLEXUS CHAKRA

• Confidence • Power • Will • Self-Esteem

Located in the upper abdomen. It is your personal power center, supporting self-discipline, motivation, and inner strength.



SACRAL CHAKRA

• Creativity • Passion • Pleasure • Emotions

Located below the navel. It governs your emotions, sensuality, creativity, and ability to enjoy life.



ROOT CHAKRA

• Grounding • Stability • Safety • Survival

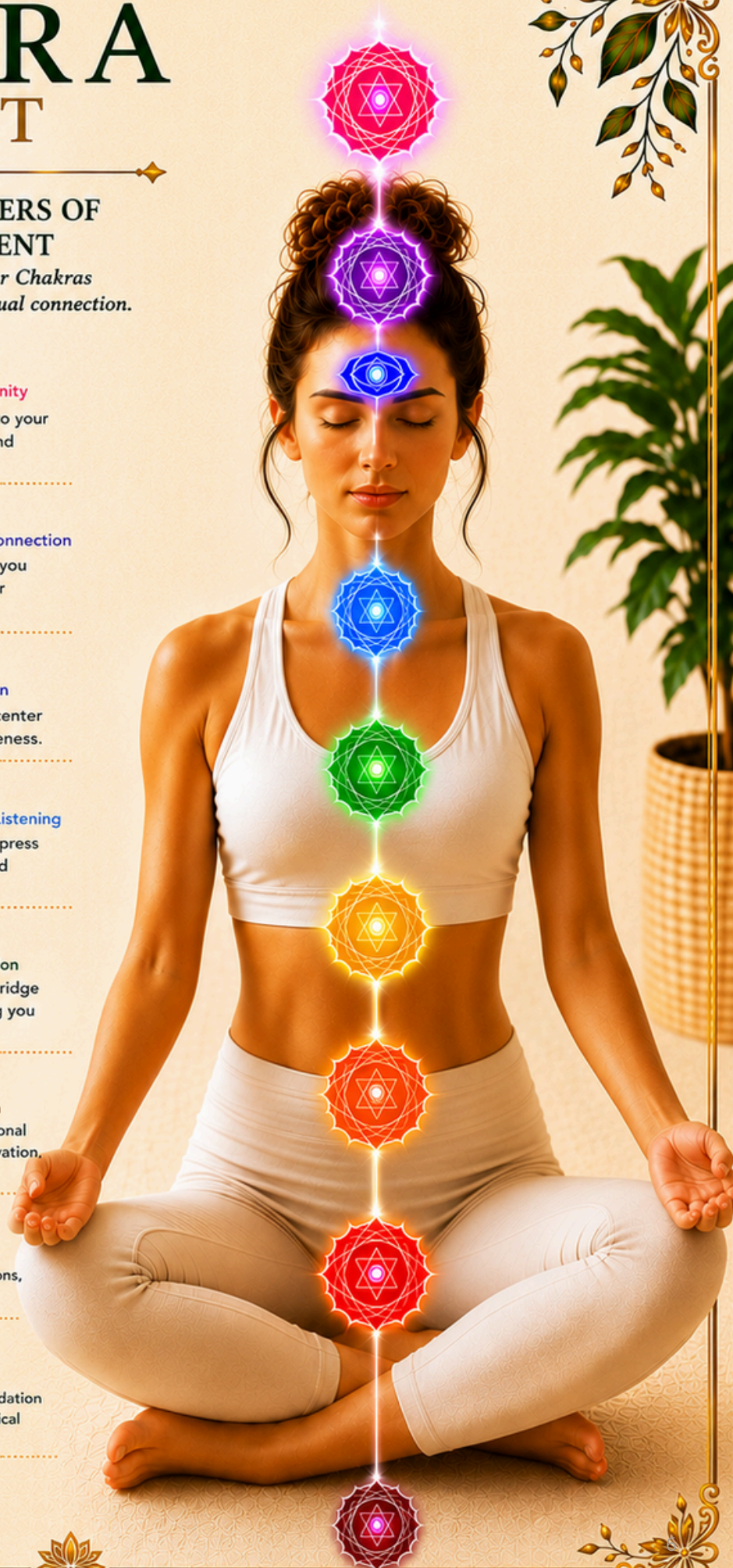
Located at the base of the spine. It is your foundation of security, stability, and connection to the physical world.



EARTH STAR CHAKRA

• Grounding • Connection • Protection

Located 12–18 inches below the feet. It connects you to the Earth's core energy for deep grounding, protection and ancestral support.



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Know Your Chakra's

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Chakra Color / Location	Gland & & Purpose	Organs	Balanced	Overactive	Underactive
Crown Chakra (7th) Violet Top of Head	**Gland:** Pineal **Purpose:** Cognition, Connection to Spirituality, Life Purpose	Central Nervous, Head, cerebral cortex, Upper Spine, Hair	Love, Joy, connected to "Source", compassionate, thoughtful, aware, sense of oneness.	Spiritual addiction, overly concerned with humanity, craving attention, confusion, disassociation from body.	Sense of separation/isolation, lack of belief in higher power, learning difficulties, misunderstood.
Third Eye (6th) Indigo Middle Of Forehead, above eyebrows	**Gland:** Pituitary **Purpose:** Intuition, Imagination, Wisdom, Ability to Think & make Decisions	Autonomic Nervous System, Eyes	Intuitive/psychic, optimistic, perceptive, imaginative, aware, wise, calm mind, charismatic	Obsessed with psychic vision, paranoia, spaced worrying, seen as living in fantasy world, nightmares	narrow minded, easily influenced, doubt oneself, lack of imagination, confused about purpose
Throat Chakra (5th) Sky Blue Base of Throat	**Gland:** Thyroid **Purpose:** Communication/ Self-expression, Speaking Truth, Holding secrets	Parathyroid, ears, sinus, Respiratory	Speaks Truth, creative, expresses self freely, communicates easily/clearly, good listener, creative.	Excessive talking, inability to listen, gossiping, loud or dominating voice, seen as criticizing, tendency to interrupt.	suppressed feelings, fear of expression, fear of offending others, shyness/timid, weak voice, dependent
Heart Chakra (4th) Green Heart Center, Center of Chest	**Gland:** Thymus **Purpose:** Love, Joy, Inner Peace	Lymph & Immunity System, Blood Pressure, Circulation	Loving of Self and others, Empathetic, inner peace, Compassionate, understanding, strong immune system.	Overly empathetic and concerned, jealousy, blaming others, poor boundaries, tendency to stay in abusive relationships, overly sacrificing	Shy, fear of getting hurt, unloved, lonely, fear of rejection, neediness, suspicious, possessive, antisocial
Solar Plexus (3rd) Yellow Slightly above navel	**Gland:** Pancreas **Purpose:** Personal Power, Identity, Self-Worth, Self Confidence	Digestive System, Stomach, Liver, Gall Bladder, Small Intestine	Responsible and reliable, respect of self and others, confident, playfulness, sense of humor, integrity, warmth in personality.	Overly aggressive, need to be right, bossy, judgmental, stubborn, critical, unable to take responsibility.	Low self-esteem, victim mentality, unable to take responsibility, procrastinating, weak will, poor digestion
Sacral Chakra (2nd) Orange Slightly below the navel	**Gland:** Gonads **Purpose:** Creation, Sexuality, relationships, creative cauldron of desires	Abdomen, Spleen, Urinary, Kidneys, Ovaries, Uterus	Healthy creative expression, sexually fulfilled, playful, nurturing to self, healthy boundaries, good mood.	Excessive sex drive, overly emotional, compulsive behaviors, manipulative	Unemotional, guarded, sexual repression, afraid to interact, lack of desire/passion, overly concerned about what others think.
Root Chakra (1st) Red - Tailbone, base of Spine	**Gland:** Adrenals **Purpose:** Survival, Security, Stability. Your connection to Earth	Reproductive organs, legs, Feet and Tailbone	Abundant health and energy, grounded, comfortable with own body. Independent, alive, happiness in job/career.	Craving unhealthy foods, paranoia, aggression, nervousness, bossy	Fear of change, feelings of not belonging, lost, depression, poor discipline/boundaries, unloved.

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The Archangelic Realm

Healing Support, Guidance, and Divine Protection



The Archangels are luminous messengers of Divine love and wisdom, standing beside us as guides, protectors, and healers. They uplift our spirits, illuminate our path, and remind us of our sacred connection to Source.

During a Reiki or healing session, the Archangels work with the energy that flows through you. They help clear fear, soothe the heart, and release energetic blocks that stand in the way of your wholeness. Their presence supports balance, restores inner calm, and aligns you with your soul's truth and highest good.

Each Archangel carries unique qualities and blessings. Some offer protection and courage, empowering you to rise above challenges. Others bring clarity, communication, and inspired guidance, helping you hear your inner wisdom and make choices in harmony with your soul.

You are never alone. The Archangels walk with you, supporting your healing, awakening, and spiritual journey every step of the way.



Archangel Michael —
Protection, Courage, Strength. Helps clear fear, strengthen your energy, and surround you with Divine protection.

Archangel Gabriel —
Clarity, Guidance, Communication. Brings insight, intuitive support, and gentle guidance for your highest path.

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ARCH ANGELIC
REALM OF ANGELS



1 Archangel Michael
Protection • Courage • Truth

Divine protector of light and truth.
He shields, clears fear,
and gives strength.



2 Archangel Gabriel
Communication • Intuition • Guidance

Messenger of the Divine.
He brings clarity, insight,
and soul-aligned messages.



3 Archangel Uriel
Wisdom • Illumination • Insight

Bringer of wisdom and divine light.
He helps you see clearly and
understand higher truth.



4 Archangel Raphael
Healing • Restoration • Wholeness

Divine healer of body, mind,
and spirit. He restores balance
and renews life.



5 Archangel Metatron
Ascension • Alignment • Sacred Geometry

Great teacher of divine order.
He aligns your energy and
supports spiritual ascension.



6 Archangel Ariel
Nature • Animals • Earth Healing

Guardian of nature and animals.
He brings abundance and
heals the Earth.



7 Archangel Azrael
Comfort • Transition • Release

Bringer of comfort and peace
in times of grief. He supports
transitions and new beginnings.



8 Archangel Chamuel
Love • Compassion • Relationships

Angel of love and peace.
He opens the heart and
heals relationships.



9 Archangel Jophiel
Beauty • Inspiration • Upliftment

Bringer of joy and beauty.
He lifts your spirits and helps
you see the light in all.



10 Archangel Zadkiel
Forgiveness • Mercy • Transmutation

Helps you release old wounds,
forgive, and transform
with mercy.



11 Archangel Haniel
Joy • Grace • Divine Feminine

Radiates lunar wisdom and
emotional grace. She supports
intuition and inner peace.



12 Archangel Jeremiel
Life Review • Reflection • Awakening

Helps you reflect, learn, and grow.
He guides you toward your
highest path with compassion.



13 Archangel Raguel
Harmony • Justice • Fairness

Restores harmony and balance
in relationships and situations.
He inspires fairness and understanding.



14 Archangel Raziel
Mysteries • Spiritual Knowledge • Soul Gifts

Keeper of sacred mysteries and
divine wisdom. He helps awaken
your soul gifts.



15 Archangel Sandalphon
Prayer • Music • Earth Connection

Carries prayers to the Divine
and anchors blessings to Earth.
He loves through music and service.

The Elohim Council of Angels

THE DIVINE CREATORS OF SACRED ORDER



Who are the Elohim?

The Elohim are a collective of Divine Creator Angels and Intelligent Light Beings who carry the sacred blueprints of creation. Their name comes from the Hebrew word "Elohim," which means God, Divine Beings, or Powers of Creation.

The Role of the Elohim

The Elohim are the Architects of Divine Order. They build, hold, maintain, and restore the patterns of perfection in all of creation — including the human body, soul, and Earth. They work in harmony with Divine Source to manifest heavenly light into physical form.

The Elohim work with unconditional love, precision, and divine wisdom.
They help us remember our true design, heal what is out of alignment,
and step into our highest potential.

The Elohim Assist With:

- Divine creation and manifestation
- Restoring the soul's original blueprint
- Clearing distortion and energetic interference
- Aligning body, mind, heart, and spirit
- Anchoring higher light into the physical body
- Rebuilding and repairing the energy field
- Supporting spiritual evolution and ascension
- Bringing greater harmony, peace, and balance
- Awakening remembrance of Divine Truth
- Helping humanity live in love, unity, and purpose

How the Elohim Work

The Elohim do not have a single form or name, as they are a collective field of Divine Intelligence. They communicate through light, sacred geometry, codes, symbols, and high-frequency energy.

"We are the Keepers of Divine Order.
We restore what has been forgotten.
We build what is aligned with Love.
We are the Elohim."

The Elohim are always with you, guiding you back to your Divine Perfection,
helping you remember who you truly are.

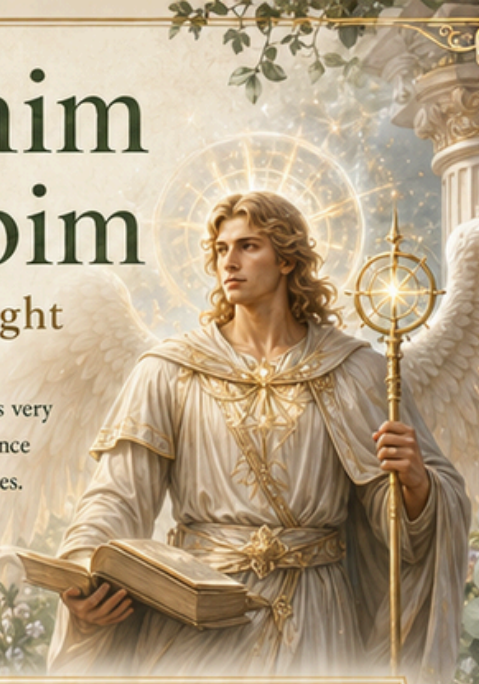
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The Seraphim and Cherubim

High Orders of Divine Light



The Seraphim and Cherubim are often described as very high orders of Angels, closer to the Divine Presence than the Archangels in many angelic hierarchies.



The Seraphim

Angels of Divine Fire, Purity, and Love

The Seraphim are associated with the highest frequency of Divine Light. They surround the Throne of God, radiating pure love, worship, holiness, and sacred fire. Their energy is intense, cleansing, and transformational.

The Seraphim may help you:

- Burn away lower energies, fear, and distortion
- Awaken the heart to Divine Love
- Purify the soul's connection to Source
- Raise vibration and spiritual awareness
- Assist with deep transformation and ascension

The Seraphim are Angels of Divine Fire and Holy Love. Their presence carries a powerful frequency of purification, devotion, and sacred transformation. They help burn away what is false, awaken the heart to Divine Love, and lift the soul into higher remembrance of its true light.

The Cherubim

Angels of Divine Wisdom, Protection, and Sacred Knowledge

The Cherubim are traditionally connected with guarding holy places, sacred mysteries, and Divine knowledge. Their energy feels powerful, watchful, wise, and protective.

The Cherubim may help you:

- Guarding sacred space
- Protecting spiritual wisdom and divine truth
- Supporting higher learning and soul remembrance
- Holding ancient knowledge and sacred records
- Helping the soul align with innocence, purity, and trust

The Cherubim are Angels of Divine Wisdom and Sacred Protection. They guard holy spaces, divine mysteries, and the deeper knowledge of the soul. Their presence helps protect the sacred, awaken ancient wisdom, and guide the heart back into innocence, trust, and divine truth.

Simple Difference

Seraphim feel more like Divine Fire, purification, love, and transformation.

Cherubim feel more like Divine Wisdom, protection, sacred knowledge, and guardianship.

Together, They Serve Humanity

The Seraphim and Cherubim are high orders of Angels who serve close to Divine Source. The Seraphim carry the fire of Divine Love and purification, while the Cherubim hold the wisdom, protection, and sacred knowledge of the Divine. Together, they assist humanity in awakening, healing, remembering truth, and returning to a deeper connection with Divine Light.

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The Greatest Discovery You Will Ever Make - Is YOU

The Higher Self: Your Divine Bridge

The Higher Self is the eternal, luminous aspect of your being — the part of you that has never forgotten its oneness with God, Goddess, All That Is. While the human self navigates the experiences of this earthly life — its joys, wounds, lessons, and growth — the Higher Self exists beyond the limitations of time, fear, or separation. It is the divine flame within you that burns without ceasing.

Always Connected, Never Separate

Many spiritual traditions speak of the soul's journey as one of forgetting and remembering. The Higher Self holds the memory of your wholeness. No matter how lost or disconnected a person may feel, the Higher Self cannot be severed from Source. It is not something you must earn, achieve, or travel to — it is the very core of who you are, clothed in human form for this sacred experience.

How the Higher Self Communicates

Because the Higher Self operates at a frequency of pure love and divine wisdom, it rarely speaks to us in loud or forceful ways. Instead, it communicates through the quiet language of intuition:

- A sudden knowing that defies logic
- A feeling of expansion in the heart when you are on the right path
- Gentle nudges toward certain people, places, or opportunities
- Dreams that carry symbolic messages
- The still, small voice within that says yes or no before the mind can argue

As you deepen your spiritual practice — through meditation, Reiki, prayer, or stillness — the channel between your human awareness and your Higher Self becomes clearer and more accessible.

The Higher Self and Your Human Journey

The Higher Self does not override your free will. It honors you as a sovereign soul. It holds the highest vision of who you came here to be and lovingly guides you toward your soul's purpose — but it walks with you, not for you. It celebrates your growth, holds compassion for your struggles, and sees the perfection in your path, even in the moments you cannot.

A Beautiful Truth

You are not a human being trying to reach the Divine. You are a Divine Being, having a human experience — and your Higher Self is the living proof of that truth, present within you in every breath, every heartbeat, every moment of grace.



How To Recognize Your Higher Self

What Your Heart Already Knows

- The part of you that has never been broken
- The wisest version of you that already exists
- The you that exists before life's wounds and conditioning
- The part of you that loves you unconditionally — always
- The voice inside you that always tells the truth
- The you that remembers who you really are

It Shows Up Like This

- That quiet inner knowing you feel but can't always explain
- The gut feeling that never lies to you
- The still small voice you hear when everything goes quiet
- That moment of sudden clarity that seems to come from nowhere
- The part of you that knew something was wrong — or right — before your mind caught up
- The feeling in your heart when you are completely true to yourself

Whisper from Within

- The part of you that existed before you were born and will exist after you leave
- The whisper beneath the noise of your life
- Your soul's truest face, before the world told you who to be
- The love within you that needs no reason

Sacred by Nature

- The part of you that is made of God
- Your personal connection to the Divine that no one can take away
- The sacred thread that connects your human heart to the heart of the Universe
- The divine passenger within your human experience
- The aspect of your soul that walks always in the light — even when you cannot feel it
- The angel of yourself

A Truth That Needs No Religion

- The deepest layer of your awareness — beneath thought, beneath emotion, beneath story
- The observer within you that watches your life without judgment
- The part of you that is pure consciousness — before belief, before fear, before labels
- The intelligence within you that knows how to heal, how to grow, how to love
- The version of you that exists when you strip away everything the world has told you to be



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The Purpose of Connecting with Higher Self

The purpose and Benefit of Connecting to Your Higher Self is to help you.



- Connect more deeply with your Intuition
- Observe emotions without becoming overwhelmed by them
- Release old resistance, patterns, beliefs, and filters
- Move out of reaction and into peaceful awareness
- Allow energy to dissolve without struggle
- See the deeper truth beneath old wounds and misunderstandings
- Experience more peace, bliss, clarity, and inner freedom

Reflection

This is not about doing more.
It is about relaxing into the part of you that already knows how to transform energy with grace and ease.

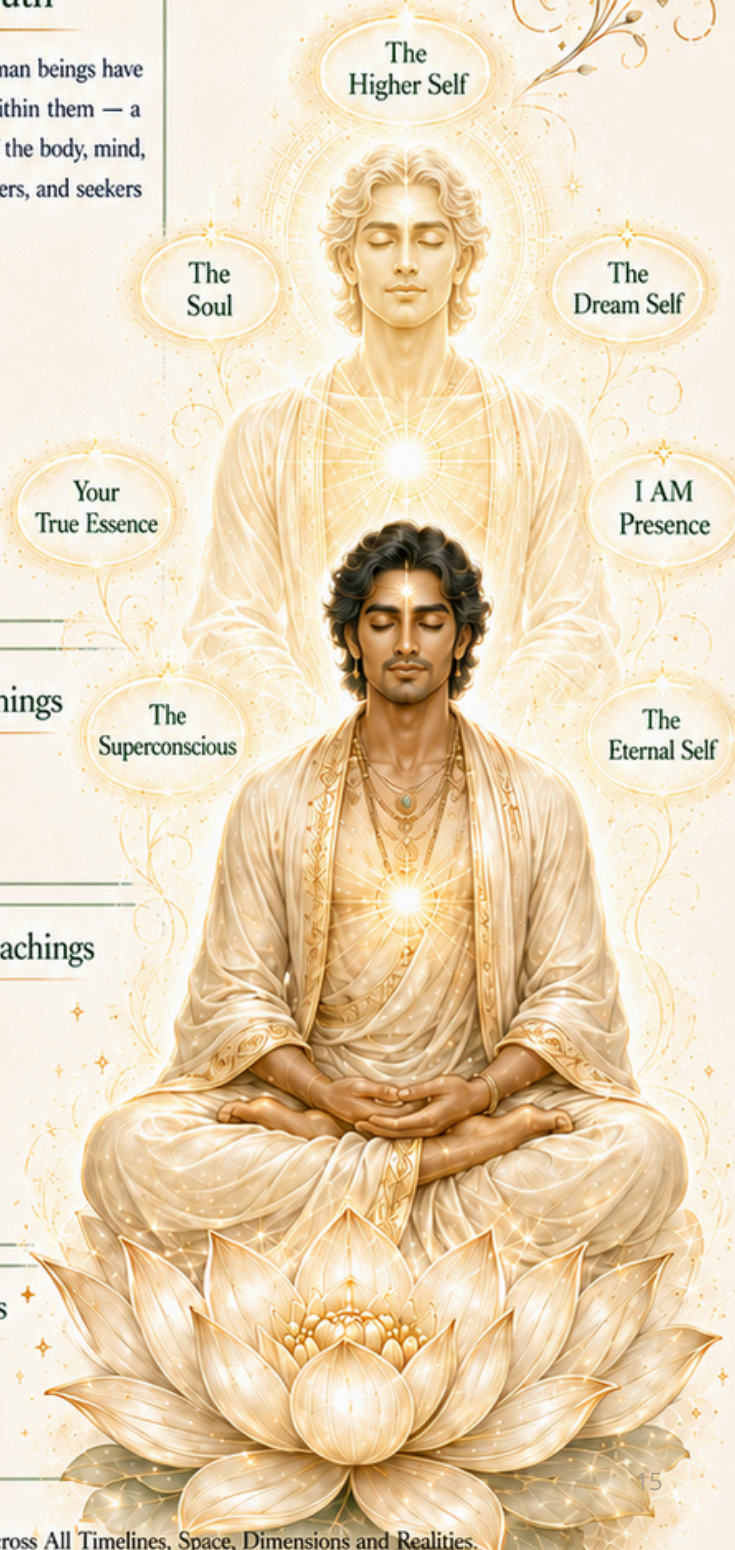
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The Many Names of the Higher Self

Many Names, One Truth

Across the ages and every corner of the world, human beings have sensed the presence of something greater living within them — a luminous, eternal essence beyond the limitations of the body, mind, and the stories of this lifetime. Mystics, sages, healers, and seekers have called this presence by many names:

- The Higher Self
- The Soul
- The OverSoul
- Your True Essence
- I AM Presence
- The Superconscious
- The Divine Self



Sacred Wisdom and Ancient Teachings

- The Causal Body
- The Monad
- The Soul

Channeled & Modern Spiritual Teachings

- The True Self
- The Authentic Self
- Source Self
- The Eternal Self
- The Soul Self
- The Divine Blueprint
- The Witness

Indigenous & Shamanic Traditions

- The Spirit Self
- The Dream Self
- The Great Spirit Within

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Higher Self Peaceful Observer

The Way Your Higher Self Sees and Feels

Link up with your Higher Self and request a cosmic merge. Slip into the tranquility zone and watch the show without getting caught up in the drama.

- When old emotions, beliefs, and energetic patterns begin to rise, enter into the stillness so they can rise to the surface without struggle.
- Detach from the reactive emotions and be the Observer and Witness without engaging.
- From there, allow yourself to sense the situation from a more expanded, compassionate perspective.
- There's no need to "figure it out" –just notice what gently comes into your awareness.
- As you gently observe without engaging or reacting they begin to dissolve and release with greater ease.



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Higher Self Peaceful Observer Practice

Connecting with Higher Self

Steps 1–3

Begin by settling the body, quieting the mind, and linking with your Higher Self before exploring what arises.

1 Become Still

Pause, breathe, and allow your body to soften. Let the outer world fade into the background.

2 Connect With Your Higher Self

Invite your Higher Self to be present with you and ask to see from a higher, loving perspective.

3 Melt Into the Energy of You

Allow yourself to feel your own light, presence, and inner stillness. Let yourself be held by the energy of you.

Reflection

I become still, open, and ready to observe with my Higher Self.

Watch, Allow, Feel & Surrender

Steps 4–7

The practice deepens when resistance is allowed to present itself without judgment, analysis, or reaction.

4 Watch Without Thinking

Observe what arises without needing to explain, solve, label, or follow the story.

5 Allow Resistance to Present Itself

If resistance, emotion, or discomfort appears, let it be seen. There is nothing to force or push away.

6 Feel Without Engaging

Feel the energy in the body without becoming the emotion. Witness it with compassion and spaciousness.

7 Offer It to Your Higher Self

Surrender the charge, belief, or emotion to your Higher Self for release, healing, and transformation.

Reflection

I watch, allow, feel, and surrender what is ready to be released.

Release & Return Gently

Steps 8–10

After observing and surrendering, give yourself time to notice the release and return to your day with softness.

8 Notice the Release

Notice any shift: a deeper breath, more space, less charge, warmth, calm, or quiet clarity.

9 Stay in the Blissful State

Rest in peace, gratitude, and detachment. Let the new vibration settle into your body and field.

10 Return Gently

Ground yourself, drink water, and move slowly. Take any insight that came forward through the practice.

Reflection

I notice, integrate, and return with peace, clarity, and light.

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When To Use This Practice

When to Use This Practice

Use Higher Self Perspective when you feel:

- Triggered
- Reactive
- Emotionally overwhelmed
- Attached to a situation
- Caught in old patterns
- Pulled into fear, worry, or control
- Aware that something is rising for release
- Ready to see a situation from a higher perspective

This practice can help remind you to pause before reacting and return to the still, powerful presence of your Higher Self.

What Begins to Happen With Practice

The more you practice HSP, the easier it becomes to stay centered.

- You react less quickly
- You observe emotions with more compassion
- Old patterns rise and release faster
- You feel more peaceful during challenging moments
- You become less attached to old stories
- You see yourself and others through more love
- You experience more inner freedom and clarity

The more you allow, the more you relax.
The more you relax, the more easily old energy can release.

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Closing Message / Blessing

A Simple Daily Reminder

When you feel yourself slipping into
reaction, attachment, or struggle, pause and say:

Watch, Allow, Feel, Surrender

Then breathe and return to your Higher Self Center.

You do not need to tackle the energy.
You do not need to struggle with it.
You do not need to figure it all out.
The days of forcing and fighting are behind you.
You are learning to transform through
stillness, awareness, surrender, and grace.

May you move forward in peace,
trust, and divine grace.





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Higher Self Body Connection

HIGHER SELF YES/NO BODY RESPONSE EXERCISE

Developing a deeper connection with your Higher Self can help you become more aware of the subtle guidance that is always available to you. This simple exercise allows your body to become a gentle instrument for receiving inner guidance.



1 Prepare Your Body

Stand comfortably with your feet shoulder-width apart and your hands resting softly at your sides.
Take a few slow breaths and allow your body to relax.

2 Connect with Your Higher Self

Set the intention to connect with your Higher Self.
Silently ask:

"I invite my Higher Self to guide this exercise for my highest good."

3 Establish Your Responses

Silently ask your Higher Self:

- *"Please move me forward for Yes."*
  Pause and observe.
- *"Please move me backward for No."*
  Pause again and notice any movement.

Allow the movement to occur naturally. Do not consciously control or force your body.

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Receiving the Response

4 **Ask Your Question**

When you feel centered
and relaxed, ask your question.

5 **Breathe and Become Still**

Breathe slowly and deeply while maintaining a soft, relaxed stance. Allow your body to become calm and receptive.

6 **Observe Your Natural Response**

Become still and pay attention to your body's natural response.

Notice whether your body gently moves:

- ← Forward = Yes
- → Backward = No

7 **Trust the Movement**

The movement may be very subtle or more pronounced.

Even the slightest shift forward or backward may be your Higher Self's response.

There is no need to force, analyze, or control what happens.

Simply observe. Allow. Receive.

8 The movement may be very subtle or more pronounced.

Even a slight shift forward or backward can be your Higher Self's response.

9 Simply observe. Allow. Receive.



"I am open, present, and willing to receive guidance from my Higher Self."

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Trusting Your Guidance

Practice Question

You may wish to begin with a simple question such as:

"My Name is _____"
or
"My birthday is _____"

Test with both positive and negative replies to test the "No" body response.

Remain relaxed, breathe deeply, and allow the answer to come through the movement of your body.



Helpful Reminder

- Trust what you feel.
- The more you practice, the easier it becomes to recognize the subtle guidance of your Higher Self.
- Like any skill, awareness strengthens through practice.
- Approach this exercise with patience, curiosity, and openness.

Important Note

This exercise is intended for personal self-reflection and inner exploration. Be aware that any body movements experienced during the exercise may be influenced by subconscious muscle responses and other natural physiological processes.

Use this practice as a reflective tool only and avoid relying on it for:

- Medical Decisions
- Financial Decisions
- Legal Decisions
- Safety-Related Decisions
- Other Critical Life Decisions

For important decisions, always use appropriate professional guidance, critical thinking, and your own discernment.

Closing Reflection

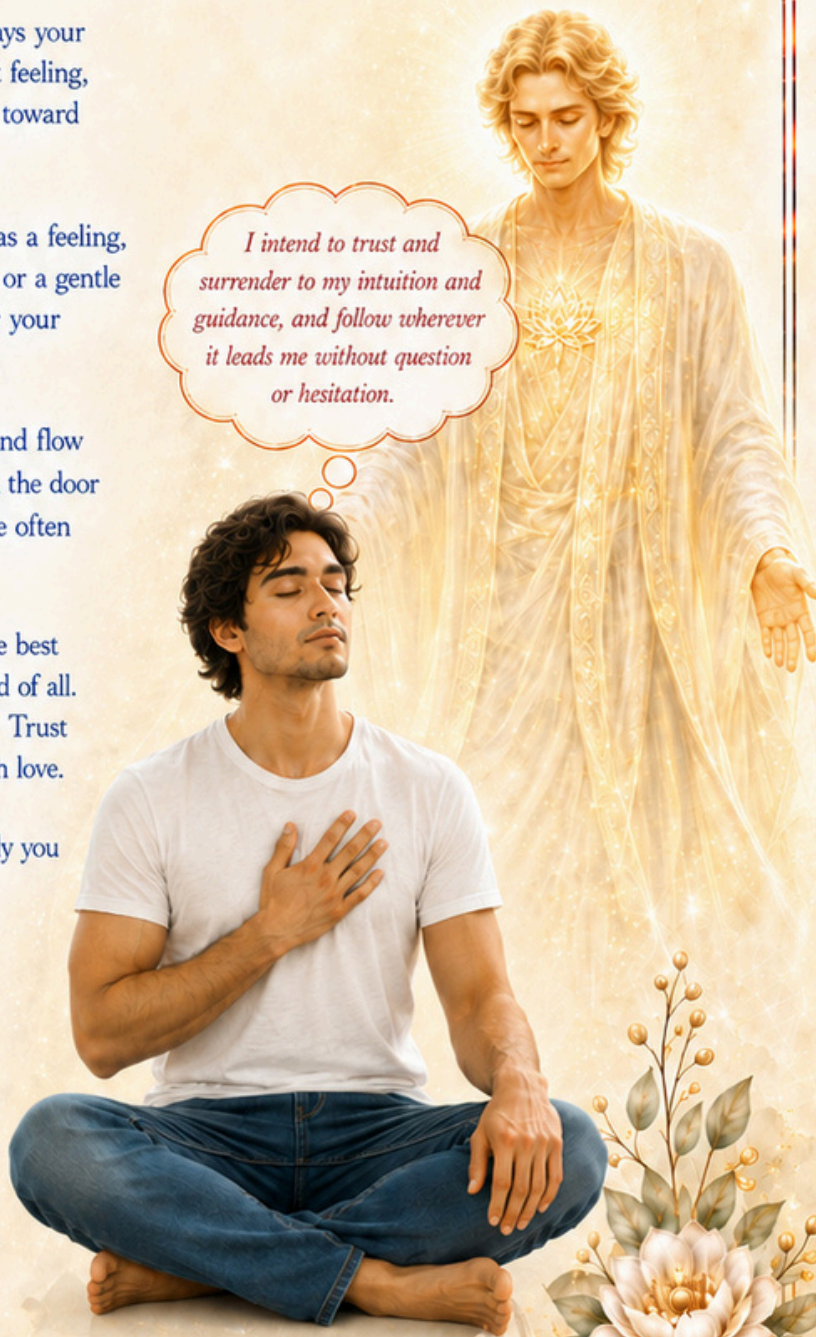
"I trust the wisdom of my Higher Self and remain open to guidance that serves my highest good."

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Following Your Intuition

Your intuition is one of the ways your Higher Self lovingly guides you.

- Following your intuition is one of the clearest ways your Higher Self guides you. That inner knowing, gut feeling, or gentle nudge is sacred guidance leading you toward greater clarity, peace, joy, health, and well-being.
- Your intuition often speaks quietly. It may come as a feeling, a sense of knowing, a soft pull toward a decision, or a gentle inner whisper. The more you listen, the stronger your connection with your Higher Self becomes.
- Following your intuition brings more alignment and flow into your life. As you trust what you feel, you open the door to greater joy, love, health, and well-being, and life often becomes lighter, clearer, and more supported.
- Your Higher Self is always guiding you toward the best outcome for your highest good and the highest good of all. Slow down, become still, and listen. Trust yourself. Trust what you feel. Your Higher Self is guiding you with love.
- The more you follow your intuition, the more clearly you feel the loving guidance of your Higher Self.



Ways Intuition May Speak

- A calm inner knowing
- A gut feeling or body response
- Repeated nudges or signs
- A sense of peace when something is aligned

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Heart Coherence / Conscious Breathing

As you prepare to drop into stillness, the breath becomes your sacred bridge inward.

Just as we practiced during your session, we use the breath to gently signal to the body, mind, heart, and cells that it is safe to soften, quiet, and become still. With each conscious breath, your entire being begins to settle into a calmer, more cohesive state of relaxation, awareness, and inner peace.

Your breath is a powerful tool for relaxation, healing, and inner balance. As you slow and deepen your breathing, you signal to your body, mind, and nervous system that it is safe to relax, helping you move into a calmer, more peaceful state.

During your session, we practiced Heart Coherence, a simple breathing technique that involves imagining your breath flowing gently in and out through your heart center. This heart-focused breathing helps shift awareness away from busy thoughts and into a space of greater presence, peace, and connection.

Heart Coherence occurs when the body's systems—including the heart, brain, breath, nervous system, and emotions—begin working together in harmony. This state of alignment supports emotional balance, mental clarity, relaxation, and overall well-being.

Practicing Heart Coherence before a Reiki session helps calm and center your energy field, allowing you to become more open and receptive to healing energy and creating a deeper space for transformation and healing.

HeartMath Institute — www.heartmath.com

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Calming Breath Practice

Box-Breath / 4-4-4-4

The 4-4-4-4 Breath, also known as box breathing, is a simple and powerful practice that helps calm the nervous system, quiet the mind, and bring the body back into balance.

To begin, gently inhale through your nose for a count of four, hold the breath for a count of four, slowly exhale for a count of four, and then pause again for a count of four before beginning the next breath.

In each pause notice the spaciousness as you hold your breath. **In the pauses**, you connect to the ***Quantum field.. to All That Is.***

As you repeat this rhythm, your body begins to soften, your thoughts slow down, and your energy becomes more centered.

This breathwork practice can be used anytime you feel anxious, overwhelmed, scattered, or disconnected, helping you return to a place of inner peace, presence, and calm awareness.

This breath is a great beginning to a meditation practice as it assists in bringing you totally present.



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MEDITATION PRACTICE

*** Set the intention to find some privacy/quiet time for yourself and ask your Guides for assistance ***



1. Settle

Get comfortable and allow your body to relax.

2. Intention

Set intention to enter practice with silence, stillness, and deep presence.

3. Ground

Connect with the Earth, resting in the present moment without trying to change anything.

4. Breath

Use breath and pauses between breaths to deepen presence.

5. Thoughts

When your attention wanders, gently bring it back to chosen focus/breath.

6. Be Still / Focus

Rest in awareness, allowing yourself to simply observe and be present — focus awareness inward.

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Guidelines for Meditation & Presence

Physical Sensations

Notice any physical sensations that you may be feeling or sensing. Allow them to be present and felt, not pushed away. Simply allow them to be.

Emotions

Notice any emotions that you may be feeling or sensing. Allow them to be present and felt. Emotions, when allowed, can disclose their gifts.

Thoughts

Notice any thoughts that are repeating or looping. Allow them to be present and heard, without trying to silence them.

Surrender

Do not push anything away. Recognize all the things you have your attention on. Notice and allow them. Surrender.

Silent Observation

As you rest in a silent and neutral perspective, observing without identification, realizations and resolution begin to arise.



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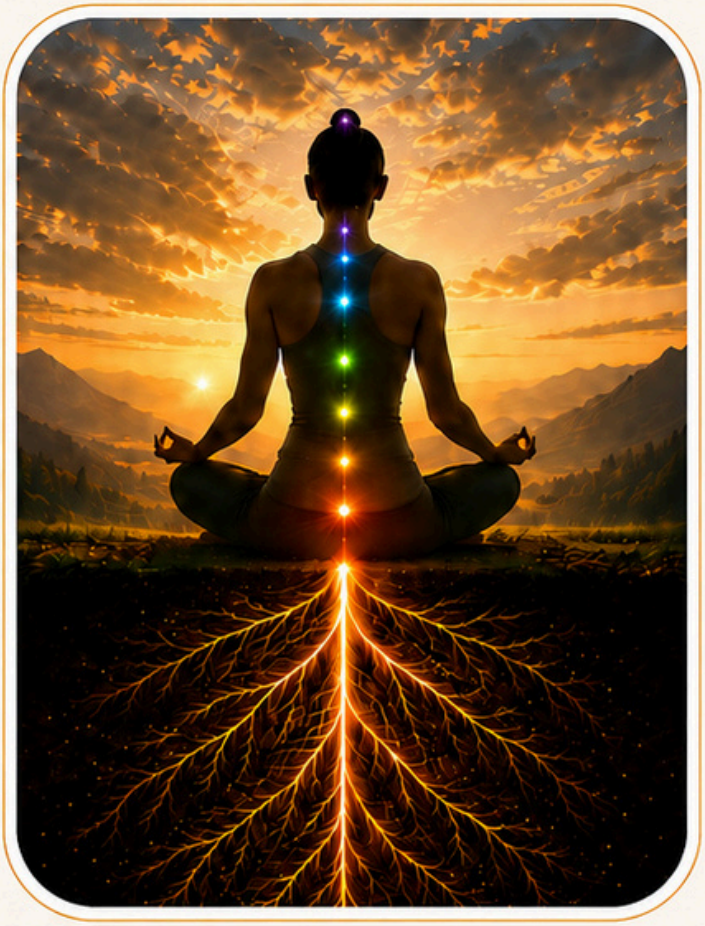
Grounding - Sacred Earth Connection

Connecting to the Earth (also known as Grounding) is a simple yet powerful way to reconnect with the stabilizing energy of the earth. These practices can help you feel more centered, calm, and supported in your daily life.

Practice the process you learned during your session to invite the energy of the earth "Mother Gaia" to come up into every cell of your body and your energy field. You can repeat this request throughout your day to stay grounded and in the present moment. This will be especially helpful when you find your thoughts in the past or the future.

GROUNDING TECHNIQUES:

- Take slow, deep breaths and imagine roots extending from your feet or tailbone into the earth. Visualize these roots as golden energy of light anchoring you to the center and heart of the earth.
- With strong intention invite Mother Earth to bring her energy up into every cell of your body and energy field.
- See if you can sense her energy and trust even if you do not feel it that the earth has responded to you.
- If needed visualize your outbreath going down through your body out the soles of your feet down into the earth as far as you can. On the inbreath... pull the Earth's energy up through the layers of the earth up through the soles of your feet up to the center of your forehead... Your Third Eye. Do this several times.



Incorporate these techniques into your routine to enhance your well-being and maintain a strong connection with the Earth's nurturing energy.

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Natures Healing Presence

Nature holds a gentle wisdom that nourishes us on every level. Time outdoors can calm the mind, support the body, and restore the spirit.
By walking barefoot, embracing trees, breathing fresh air, and simply being present with the Earth, we remember our natural connection and feel more grounded, peaceful, and renewed.



WAYS TO HEAL WITH NATURE:

- Walk barefoot on grass, soil, or sand and allow the Earth to steady and ground your energy.
- Hug or lean against a tree, breathe slowly, and feel its calm, supportive presence.
- Sit outside in silence and let the sounds of birds, wind, or water soothe your nervous system.
- Take a mindful nature walk and notice colors, textures, scents, and the beauty around you.
- Sit in sunlight for a few quiet moments and welcome warmth, light, and renewal into your body.

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BENEFITS OF CONNECTING *to the Earth*

Reduces Stress & Anxiety
Connecting to the earth helps calm your nervous system and quiet the mind.

Improves Mood
Grounding boosts feelings of happiness, stability, and emotional well-being.

Supports Physical Health
It reduces inflammation, strengthens immunity, and promotes overall wellness.

Increases Energy
The earth's natural energy replenishes and revitalizes your body and mind.

Enhances Focus & Clarity
Grounding helps you think more clearly and stay present in the moment.

Promotes Better Sleep
It regulates your body's rhythm and encourages deeper, more restful sleep.



When energy flows where attention goes.. healing happens.

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Daily Protection & Grounding Ritual

A simple daily practice to help you return to your center, reclaim your energy, and move through your day in Divine alignment.

1. Arrive in Your Body

Place one hand on your heart and one on your lower belly.
Take a slow breath in and exhale gently.
"I return to my body in this moment."

2. Ground into the Earth

Imagine roots extending from your feet deep into the Earth.
Feel supported, steady, and safe.
"I am grounded, supported, and safe."

3. Call Your Energy Back

Gather back any energy you have scattered throughout the day.
"I call all of my energy back to me now, cleared and returned in its purest form."

4. Surround Yourself with Divine Light

Visualize a luminous field of light surrounding your entire body.
"Only energies of love, truth, and Divine alignment may enter my field."

5. Set Your Intention

Choose how you wish to move through your day.
"Today I choose to be grounded, clear, protected, and aligned."

6. Seal the Practice

Take one final deep breath and rest in the truth of who you are.
"I am clear. I am protected. I am aligned."

Trust your intuition and use the words that resonate most deeply with your heart.

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INTENTIONS & RELEASING

Set the intention to remain gently aware of whatever arises within you — emotionally, mentally, physically, and spiritually. Allow yourself to be fully present with what comes up, without pushing it away or judging it. Then, with conscious awareness, release it with gratitude.



"I release you back into the Oneness and I thank you for all of the learning that you have brought me."

Be Free:

In a quiet moment silently intend and invite any limiting beliefs, old patterns, and deep inner programs to rise to the surface so they may be seen, acknowledged, and lovingly released.

Ask from the depths of you beingness to be free....
Feel it deeply more than just the words.
Be willing to let them go..
be willing to LOVE yourself enough to let them go. 💖✨

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Intentions To Support Awareness & Release

- I intend to be free of all limiting beliefs, thoughts & programs.
- I intend to allow what is hidden within me to rise gently into my awareness so it can be understood, healed, and released.
- I intend to move through this day with greater presence, awareness, and connection to my inner wisdom.
- I intend to trust what I feel, what I sense, and what my Higher Self is lovingly showing me.
- I intend to recognize my thoughts and feelings with compassion, clarity, and non-judgment.
- I intend to lovingly release the need to control the process and allow my healing to unfold in divine timing.



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Offer Up To Your Higher Self All that No Longer Serves You or the Highest Good

We carry old patterns, programs, thoughts, and limiting beliefs that can hold us back from the life we truly desire. As we become more aware of what no longer serves us, we open the doorway to deeper awakening, healing, and transformation. From this place of awareness, we can choose to change these patterns and lovingly release them with gratitude.

Gratitude honors the learning, growth, and awakening they have brought you. Everything you have experienced, both joyful and challenging, has helped shape who you are today.

As you release, remember that these old patterns once served a purpose. They may have protected you, taught you, or helped you survive until you were ready to heal more deeply. There is no need to judge them or yourself. Simply honor what they carried, release only what you are ready to release, and allow your Higher Self to fill that space with love, peace, wisdom, and the truth of who you are now.

Take a quiet moment to feel this truth as you let it all go. Connect with your Higher Self in stillness and gently say:

I thank you, and I love you for all you have brought me – the learning, growth and self-love. I release you back to the Oneness.. back to Love for the Highest Good of All



You may visualize all you are releasing being held in a ball of light as it slowly dissolves, or offer it to the Violet Flame to be transmuted into Love.

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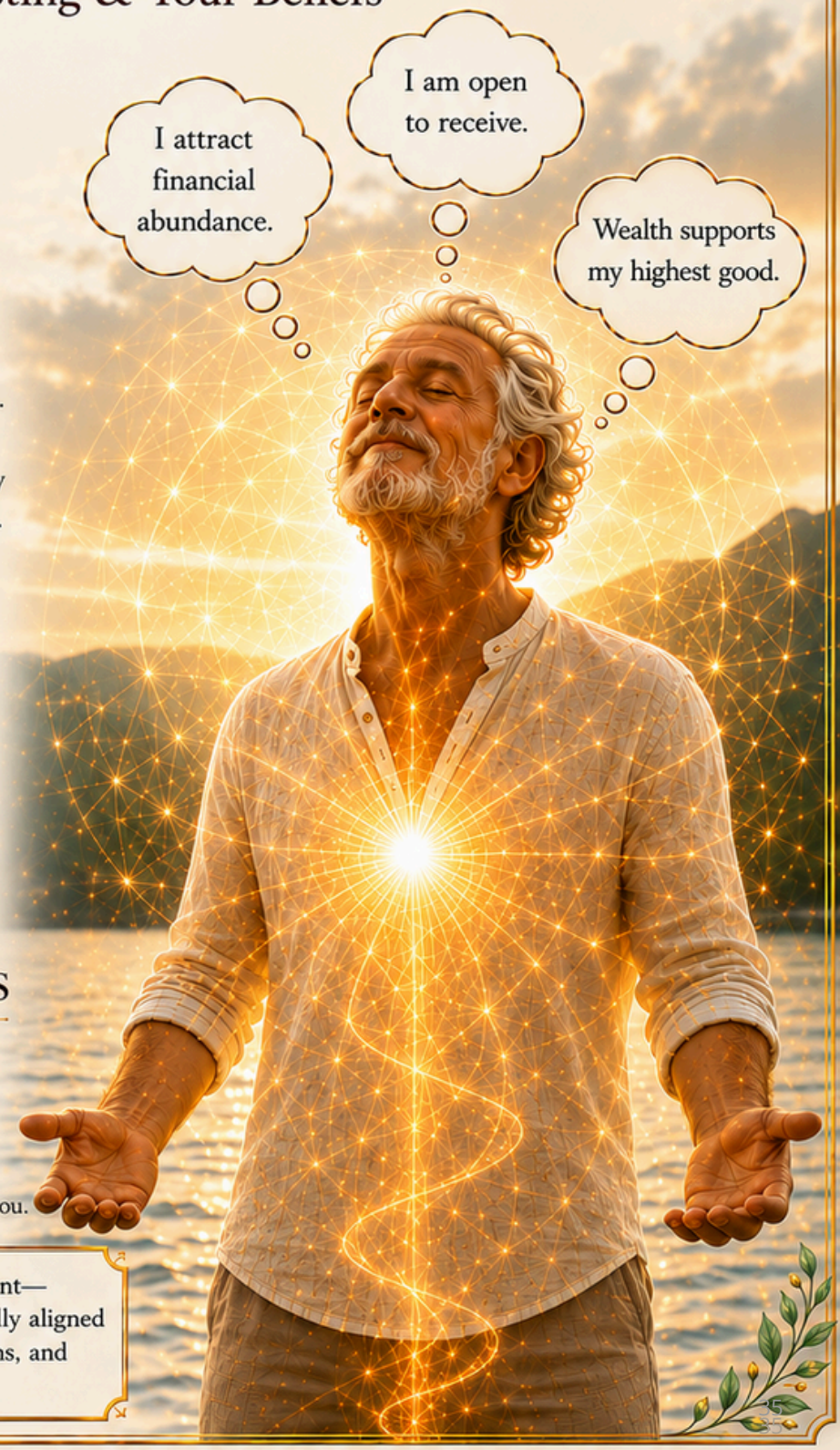
YOUR THOUGHTS & VIBRATION CREATE YOUR REALITY

Manifesting & Your Beliefs

Your beliefs shape your reality. They influence your thoughts, emotions, and actions—often in ways you don't even realize. What you believe to be true becomes your truth. And your truth becomes your experience.

Manifesting isn't just about wanting something and hoping it shows up. It's about aligning your beliefs, thoughts, and energy with what you desire so deeply that it becomes natural for it to flow to you.

Your words, thoughts, and inner vibration—especially your vibration—help shape the reality you experience. When a desire does not manifest, it may be because an opposing belief is creating resistance beneath the surface. For example, you may desire more money while also believing "I don't deserve to be wealthy," or "I have to work hard to receive it." One part of you is calling abundance in, while another part is holding it away. Manifestation becomes more powerful when your words, beliefs, emotions, and energy all align with trust, worthiness, and receiving.



HOW TO ALIGN YOUR BELIEFS

- Become aware of your current beliefs.
- Challenge and release limiting beliefs.
- Replace them with empowering, supportive beliefs.
- Visualize your desired reality as already true.
- Take inspired action that aligns with your vision.
- Trust, surrender, and allow the universe to support you.

You don't attract what you want—
you attract what you are energetically aligned with through your beliefs, emotions, and inner vibration.

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How to Identify Limiting Beliefs

Our beliefs shape the way we experience ourselves, others, and the world around us. Limiting beliefs are often old patterns, programs, and inner stories that quietly influence our choices, fears, reactions, and challenges.

These beliefs are not here to be judged. Many were formed as a way to protect us, help us feel safe, or make sense of past experiences. Yet over time, what once protected us may begin to limit the full expression of our Authentic Self.

When we begin to notice repeating patterns, looping thoughts, emotional reactions, and areas where we feel stuck, we create space for awareness, healing, and transformation. From this place of awareness, we can choose to change what no longer serves us and lovingly release it with compassion and gratitude.

The following questions are offered to help you gently identify the beliefs that may be limiting you. As they come into awareness, you can release them, shift your perspective, and choose new beliefs that are more aligned with your truth, your heart, and your Higher Self.

Identify Limiting Beliefs

Our beliefs can show up in repeated life patterns, negative self talk, relationships, Fear and in our Body.

Having pen & paper beside you reflect on each of the questions trusting that what comes up is your Higher Self guiding you towards your truth.

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Identifying & Healing Limiting Beliefs Part 1

As you begin your reflection, remember that each belief has an origin. Some beliefs were learned, some were accepted over time, and some may have been inherited from the words, fears, or experiences of others.

As you explore each question area, ask yourself the three Origin questions below:

Belief Origins

1. Where did I first learn or accept this belief?
2. Is this belief truly mine, or did I receive it from someone else?
3. How has this belief protected me or served me in the past?

Life Patterns Asking To Be Seen

- What situation keeps repeating in my life?
- Where do I feel stuck, blocked, or unable to move forward?
- What do I keep attracting, even though I say I no longer want it?
- What pattern am I ready to see clearly and release?
- What lesson might this pattern be trying to reveal?

Old Inner Stories: (Negative Self Talk)

- What unkind or negative thoughts do I often say to myself?
- What do I tell myself I cannot do, have, become, or receive?
- Where do I doubt my worth, my gifts, or my ability to change?
- What inner story keeps me feeling small, unsafe, or not enough?
- Would my Higher Self speak to me this way?

This is a space for truth, compassion, and remembering. There are no wrong answers—only deeper understanding.

Your awareness is the first step. Your healing is already unfolding.

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Identifying & Healing Limiting Beliefs Part 2

The Part of You Seeking Safety

- What fear may be underneath this pattern?
- What part of me still feels unsafe, unseen, unworthy, or unsupported?
- What am I afraid will happen if I change?
- What am I afraid will happen if I fully step into my truth?
- What fear keeps me from making a new choice?
- Where do I hold back because I fear rejection, failure, judgment, or being seen?
- Is this fear protecting me, or limiting me?

Relationships as Mirrors

- What belief do I hold about love, trust, or being supported?
- Where do I feel unseen, unheard, or unvalued in relationships?
- Do I believe I must earn love, approval, or acceptance?
- What patterns do I repeat with family, friends, partners, or clients?
- What relationship belief am I ready to heal and release?

Your Body is Speaking

- What situations or subjects create tension in my Body?
- When I think about change, what sensations arise?
- What part of me feels afraid to let go of the familiar?
- Where in my life do I feel constricted, heavy or depleted?
- Where do I judge, criticize, or disconnect from my body?

Higher Self Reflection

- What would my Higher Self say about this belief?
- What truth is ready to replace this old belief?
- What new belief feels more loving, expansive, and aligned with my Authentic Self?
- What part of me is asking to be seen, loved, or accepted?
- What truth is my Higher Self helping me remember?

Release and Transformation

- Am I ready to release this belief with love, gratitude, and compassion?

As you reflect, let each question be an invitation rather than a demand. Pause, breathe, and allow the answers to rise gently from within. Your Higher Self speaks through awareness, compassion, and the quiet truth that feels expansive in your heart.

There is no need to force an answer. Simply notice what is ready to be seen, loved, healed, and released.

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SELF-LOVE PRACTICE

Here are two simple practices to help you deepen self-love and acceptance:



1 Mirror Practice

Stand in front of a mirror and look gently into your own eyes.
Call your Higher Self forward and say to yourself:

"I love you."

At first, this may feel unfamiliar or even uncomfortable—that's okay. Stay with it. The more you practice, the more natural and genuine it will begin to feel.

2 Morning & Evening Practice

Before going to sleep and upon waking, say to yourself:

"I love you [your name]"

or simply

"I love you."

Repeat this several times (around 10), allowing yourself to slow down and feel the words.

Integration

In both practices, the key is to feel the emotion of love as you say the words.
If this feels difficult at first, that is part of the awareness this practice brings.
It gently opens the door to deeper self-love and compassion within your being.

Closing Reflection

You are a magnificent being of Love and Light.
Allow yourself to walk in the certainty of your light—more and more, each day.

HEART CHAKRA AFFIRMATION

I am love. I am worthy. I am enough.

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Are You An Empath?

An empathic person is someone who deeply feels the emotions, energy, and needs of others. Their compassion is a beautiful gift, but without loving boundaries, they may absorb what is not theirs to carry.

- Deeply feel others' emotions
- Naturally nurturing & compassionate
- Strong intuition & inner knowing
- Easily overwhelmed in chaotic or negative environments
- Need regular energetic protection & self-care
- Absorbs the energy around them
- Can struggle with boundaries
- Sensitive to tone, mood and body language



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EMPATH
LIGHT BUBBLE

A Sacred Space of Self-Love, Protection & Empowerment

Protect Your Energy
Your energy is precious.
Guard it with love.

Set Loving Boundaries
It's okay to say no.
Your needs matter.

Honor Your Sensitivity
You feel deeply, and that
is a beautiful strength.

Release What's Not Yours
You don't have to carry
others' emotions or problems.

Stay Centered in You
Return to your breath,
your heart, your truth.

You have the right to protect your peace.
You have the right to be you.
Your loving boundary bubble
keeps you safe, open, and aligned.

Call upon your Higher Self and Guides to surround you in a beautiful bubble of Divine Light. This light creates a loving energetic boundary, protecting you from absorbing the negative emotions or energies of others.



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INNER CHILD
CONNECTION

Working with your Inner Child can be one of the most profound and transformative aspects of healing. Your Inner Child represents the younger parts of you that still carry the emotions, beliefs, and unmet needs formed during childhood. When these aspects are acknowledged and nurtured, deep healing and integration can occur.



MORE REASONS TO DO INNER CHILD WORK OR MEDITATIONS

- **Heal your adult self:** Inner Child work helps heal your adult self as well as your Inner Child who always needs your love & support.
- **Recognize old emotional patterns** that may still influence your reactions, relationships, and choices.
- **Understand unmet childhood needs** and begin offering yourself the compassion, reassurance, and support you needed then.
- **Release limiting beliefs** about yourself that may have formed during childhood.
- **Develop greater self-compassion** by understanding where certain fears, sensitivities, or behaviors originated.
- **Reconnect with joy, creativity, playfulness, and curiosity** that may have been suppressed or forgotten.
- **Create a sense of safety within yourself** by developing a more nurturing relationship with your younger self.
- **Recognize emotional triggers** and respond from your present-day awareness rather than an old wound.
- **Strengthen self-worth and self-acceptance** by embracing parts of yourself that may once have felt rejected or unseen.
- **Bring awareness to memories or emotions** that still need acknowledgment, allowing them to be witnessed rather than pushed away.
- **Support deeper integration** by bringing the younger and adult aspects of yourself into a more loving relationship.
- **Inner Child meditations are a tool** to assist you in healing the Adult self as well.

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Inner Child Guided Meditation Resources



UNDERSTANDING THE STARGATE

Here is the link to understanding the Stargate before you listen to the Inner child meditation:

soundcloud.com/thestargateexperience/working-with-an-etheric-1



INNER CHILD MEDITATION

Here is the link to the Inner Child meditation which is channeled by Prageet via a group of Ascended masters called “Alcazar”.

soundcloud.com/thestargateexperience/the-inner-child-work-dissolving-limitations-accelerating-growth



FREE INNER CHILD MEDITATIONS BUNDLE

Here is the link to receive the FREE Inner Child meditations complete bundle if the meditation above resonated with you:

thestargateexperienceacademy.com/free-experiences

Scroll midway down to Inner Child Course Bundle to sign up and receive.

(They just recently offered this free to everyone)

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Ball of Light *and* Releasing Looping Thoughts

When you notice yourself caught in repetitive thoughts, emotional spirals, or mental overwhelm, pause for a moment and gently return to your breath. You do not need to fight the thoughts or force them away. Simply become present with yourself in compassion and awareness.

Breathe Through the Heart

Bring your awareness to your in-breath and out-breath flowing through your heart center. Imagine your breath moving softly in and out through the space of your heart. This helps shift you from mental looping into greater heart coherence, calmness, and inner connection.

Gather the Energy into Light

Now imagine collecting all of the thoughts, emotions, tension, and mental noise into the most beautiful luminous ball of light you can envision. See this light holding everything you have been carrying with gentleness and love.

Place the Ball of Light into Your Heart

With intention, allow the ball of light to gently lower into your heart center. Invite your heart to hold, soften, and transmute what is ready to be released or understood.

Listen in Stillness

Let the ball of light rest within your heart. There is no need to force an answer or understanding. Simply allow your heart, Higher Self, or inner wisdom to speak to you in its own timing—with peace, clarity, compassion, and grace.



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Calling Your Energy Back to *Yourself*



Throughout the day — and especially before sleep — take a quiet moment to return to yourself. Place your awareness on your heart and speak with intention and presence:

I lovingly command and call all of my energy back to myself now.
I gather back the parts of my energy that I have scattered or given away and return them to my Sacred Heart and inner center, purified and clear.

Allow yourself to breathe this in for a few moments. This practice helps you reconnect with your own energy, come back into balance, and stand more fully in your presence, clarity, and personal power.

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The Violet Flame

A Sacred Energy of Transformation

The Violet Flame is a spiritual energy associated with transformation, purification, forgiveness, freedom, and release. It is often visualized as a radiant violet light that gently moves through the body and energy field, transforming lower or heavier energies into higher vibrations of love and light.

The Violet Flame does not erase our experiences or the wisdom gained from them. Instead, it may help us release the emotional and energetic weight we continue to carry. It can be called upon when working with fear, anger, guilt, resentment, limiting beliefs, past experiences, or anything that no longer supports our highest good.

Saint Germain – Keeper of the Violet Flame



Within spiritual teachings, the Ascended Master Saint Germain is known as the keeper and bringer of the Violet Flame. He is associated with spiritual freedom, transformation, forgiveness, and humanity's movement into greater awareness.

Saint Germain is believed to help us recognize that transformation begins within. His teachings encourage us to release the past, accept responsibility for our choices, and consciously create from a place of love, wisdom, and personal empowerment.

You do not need to follow a particular religion or belief system to work with the Violet Flame. Allow your own intuition and Higher Self to guide your experience.

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How the Violet Flame Transforms Energy

Within Violet Flame teachings, transformation does not mean that energy is destroyed. It is understood as transmutation—the movement of energy from a denser or heavier state into a lighter, more harmonious expression.

Emotions such as fear, anger, guilt, resentment, grief, and shame can sometimes remain held within our emotional and energetic field long after an experience has passed. Likewise, limiting beliefs and repeated thought patterns can continue to influence how we feel, react, and move through life.

When working with the Violet Flame, you are consciously bringing awareness, intention, and a higher vibration of love and compassion to what you are ready to release. Rather than fighting or suppressing an emotion, you allow it to be acknowledged and then invite its energetic charge to soften and transform.

The Violet Flame may be visualized moving through the body and energy field, surrounding areas that feel heavy, blocked, or uncomfortable. As the violet light moves through them, imagine the density dissolving and being transformed into light.

This process may support:

- Releasing emotional heaviness that is no longer serving you.
- Transforming limiting beliefs and repetitive patterns.
- Softening anger, resentment, guilt, and fear.
- Supporting forgiveness of yourself and others without denying what occurred.
- Clearing stagnant energy and creating greater energetic spaciousness.
- Returning your awareness to love, compassion, peace, and personal freedom.



An important part of Violet Flame work is not rejecting the experience that created the emotion. The wisdom gained from an experience remains with you. What you are releasing is the energetic burden you no longer need to carry.

I honor what I have learned & release what I no longer need

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Working With the Violet Flame

- Find a quiet place where you can sit or stand comfortably. Close your eyes and take several slow, gentle breaths.
- Imagine a soft violet light appearing beneath your feet. See or sense this light rising around you like a gentle flame, surrounding your entire body without heat or discomfort.
- Allow the Violet Flame to move through your physical body and energy field. You may visualize it transforming any fear, heaviness, limiting beliefs, or emotions that are ready to be released.
- You may then invite Saint Germain's assistance:

> *Saint Germain, I invite your loving presence and guidance. Please assist me in working with the Violet Flame for my highest good. Help me release and transform all energies I am now ready to let go of, across all timelines, space, dimensions, and realities.*

- Remain within the Violet Flame for as long as feels comfortable. You may experience warmth, peace, emotion, lightness, tingling, imagery, or simply a sense of stillness. Trust that your experience will be unique to you.
- When you feel complete, imagine the violet light becoming softer while remaining gently present within your heart and energy field. Take several grounding breaths and feel your connection with the Earth.



Violet Flame Affirmation

> *I AM the Violet Flame of transformation, forgiveness, and freedom. I lovingly release all that no longer serves my highest good and welcome greater peace, clarity, and light into my life.*

- The Violet Flame may be used whenever you feel guided. Follow your intuition—your Higher Self will help you recognize when this sacred practice may support you.

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Steps for Forgiveness and Healing

Using the Violet Flame for forgiveness and emotional healing helps dissolve heavy, stuck emotions like resentment, guilt, and grief. It acts as a spiritual solvent, breaking down painful energetic ties without forcing you to re-live the trauma.

1



Identify the Target:

Focus on a specific person, past event, or a painful feeling within yourself that you want to release.

2



Call on the Law of Forgiveness:

Acknowledge that everyone—including yourself—acts from their current level of awareness and ask for all past mistakes to be dissolved.

3



Visualize the Exchange:

Picture the person or situation wrapped in the violet flame, seeing the toxic energy between you burning away and transforming into a soft pink light of divine love.

4

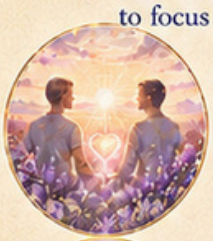


Release with Gratitude:

Exhale deeply, consciously letting go of the emotional weight, and thank the universe for the lesson and the freedom.

Specific Decrees for Emotional Release

Recite these decrees with deep feeling to focus the energy directly on healing:



For Forgiving Others:

"I AM the Law of Forgiveness and the Consuming Flame of all discordant energy created by me or directed toward me. I release [Name] into the light."



For Forgiving Yourself:

"I AM the violet flame consuming all my past mistakes, guilt, and regrets. I accept my healing and walk forward in peace."



For Deep Emotional Pain:

"Violet flame, blaze through my heart and dissolve all grief, resentment, and anger. Turn my pain into pure love and freedom."

Key Tips for the Best Results

Focus on the feeling: The words matter less than your genuine emotional desire to let go of the burden.

Expect emotional detox: You might feel sudden crying, fatigue, or a wave of memories as the energy clears; let these feelings pass through you without judgment.

Be patient with deep wounds: Chronic resentment or childhood trauma may require daily invocation over several weeks to fully dissolve.

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Violet Flame Invocations

"I AM a being of violet fire,
I AM the purity God desires."

"I AM the violet flame
in action in me now."

"I AM the violet flame,
I light alone what does not
serve my highest good."

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The To Be List

Instead of only creating a “To Do” list, I gently invite you to try something different… a “To Be” list.

A “To Do” list keeps us focused on tasks and outward action, while a “To Be” list brings us back into how we want to feel, show up, and experience our life from within. It’s a simple yet powerful way to stay connected to yourself throughout your day.



YOU MIGHT BEGIN WITH INTENTIONS LIKE:

- To be quiet and still, and listen
- To be more loving toward myself
- To be more loving toward others
- To be more present and aware
- To be happy and grateful for the abundance I have now
- To be a better listener

There’s nothing to achieve here—only something to gently return to. Let this be a soft guiding presence for your day, rather than something to check off.

Over time, you may notice that who you are being begins to shape what naturally unfolds around you.

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Getting to Know
Your Crystals and Stones

- Crystals and stones are not simply inanimate objects. They carry a consciousness connected to God, Goddess, and All That Is. Before each Reiki/Angelic session begins, I invite you to set the intention to consciously connect with the consciousness of the crystals in the room, the crystals surrounding you on the table, and the crystals you hold in each hand. I then activate and attune the crystals to your energy field, allowing them to support your healing, alignment, and energetic balance.
- Crystals have always been here to assist humanity and the planet in awakening, ascending, and expanding in consciousness. They help lift our vibration, support our spiritual growth, and assist us in meditation, protection, guidance, and healing.
- Crystals and sound tones can also be used to help balance the body's energy system. During your session, I attune the crystals to your energetic field to assist in opening, balancing, and supporting your chakra energy centers.
- Crystals help amplify your thoughts, feelings, and intentions. They can support energetic shifts and help bring the body, mind, heart, and spirit into greater harmony.
- When you wear or carry a crystal or stone, it may help support your energy field, bring balance, and assist in releasing heavy or negative thoughts and feelings.

Selecting a Crystal

- The best way to select a crystal or stone for yourself is to go to a crystal store and allow yourself to be guided. Notice the first crystal that seems to call to you. Trust your inner guidance and follow what you feel drawn toward.
- Hold the crystal in your left hand and feel its energy. Notice if it feels calming, warm, tingling, comforting, or uplifting. If the energy feels good to you, this may be the crystal that has something to share with you.
- If you do not feel anything in your left hand, try holding it in your right hand. If there is still no clear sensation, continue holding the stones that call to you the most. Sometimes a crystal may even create a slight rocking motion in your hand. If this happens, pay attention — that crystal may be choosing you.
- Crystals can hold the energy of others, so it is wise to clear them, especially when you are in a crystal shop. You can set the intention to clear the crystal, then gently blow on it three times, intending that any held energy be released and returned to Divine Light.

After clearing your crystal, hold it in your hands and say:

"I clear this crystal of all held energy and return it to its natural light, balance, and harmony."

Clearing and Charging Your Crystals

- Once you bring your crystal home, it is helpful to clear and recharge it before using it for meditation, healing, protection, or energetic support.
- Crystals can hold energy from the people and environments around them. Clearing your crystal helps release any stored or stagnant energy, while charging it helps restore and strengthen its natural vibration.
- You may charge your crystals in sunlight to bring more life-force energy into them. This energy will remain within the crystal until you are ready to work with it during meditation, healing, or protection practices.
- You may also use crystals with focused intention to send loving, supportive energy to another person. This is sometimes referred to as mental or energetic connection.

Common Clearing Methods

Moonlight
Place your crystals under the light of the full moon overnight to gently clear and recharge them.

Smoke Clearing
Pass your crystal through the smoke of sage, palo santo, cedar, or incense while setting the intention that all held energy be released.

Sound Clearing
Use a singing bowl, bell, chime, or tuning fork over or near the crystals to clear and reset their energy.

Sunlight Charging
Place your crystals in gentle sunlight for a short period of time to energize and recharge them.

Reiki or Intention
Hold the crystal in your hands and intend that all stored or stagnant energy be cleared and returned to Divine Light.

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Using Sage to Bless a Space or Clear Negative Energies



Sage clearing, or smudging uses sacred smoke, prayer, intention and movement to shift the energy of a space, object, or person's aura.

Sage does not "do everything for you."
Your intention, authority, prayer, and connection to Spirit are the true clearing force. The sage smoke becomes the physical carrier of that intention.

SAGE CLEARING CAN BE USED FOR

- Clearing a room after heavy emotions, conflict, illness, grief, or many people moving through a space.
- Preparing a healing room before Reiki, Angelic work, meditation, or client sessions.
- Clearing your own energy field when you feel heavy, drained, scattered, or "energetically sticky.
- Clearing objects such as crystals, jewelry, cards, massage tables, or spiritual tools.
- Clearing corners, doorways, windows, closets, and any area that feels dense or heavy.

A SIMPLE SAGE CLEARING PRACTICE

1. **Open a window or door.** You are not just "moving smoke around", you are giving the released energy somewhere to go.
2. **Light the sage.** Let it catch briefly, then blow it out so it smolders. Use a fire-safe bowl or shell and keep it controlled.
3. **Set a clear intention,** such as:

   "Only love, light, truth, and divine protection may remain here. All lower, heavy, stagnant, or misaligned energy is now released and returned to the Light."
4. **Move through the space slowly.** Pay attention to corners, doorways, windows, closets, healing tables, and anywhere that feels dense.
5. **After clearing, FILL THE SPACE.** This part matters. Say something like:

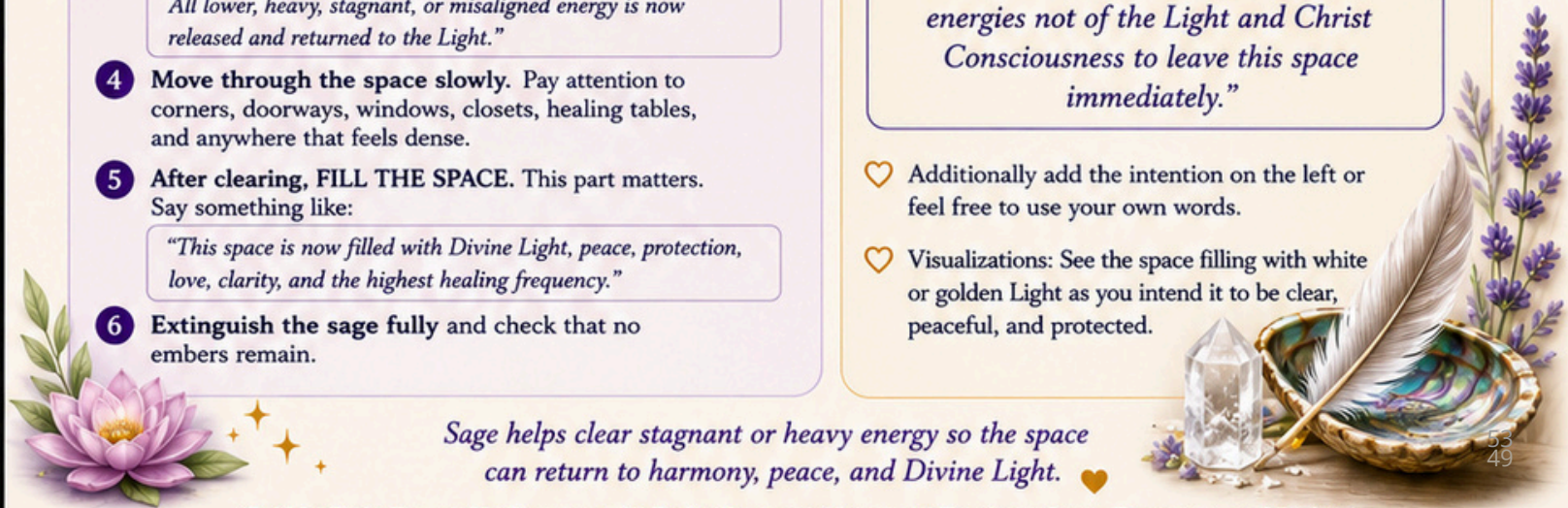
   "This space is now filled with Divine Light, peace, protection, love, clarity, and the highest healing frequency."
6. **Extinguish the sage fully** and check that no embers remain.

ADDITIONAL CLEARING INTENTIONS

- State with a VERY STRONG clear intention (Knowing/Believing that Christ's Love and Light is your Armor Strength, Protection and Power).

"In the Name of the Christ Light and Christ Consciousness I COMMAND all energies not of the Light and Christ Consciousness to leave this space immediately."

- Additionally add the intention on the left or feel free to use your own words.
- Visualizations: See the space filling with white or golden Light as you intend it to be clear, peaceful, and protected.



Sage helps clear stagnant or heavy energy so the space can return to harmony, peace, and Divine Light.

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REIKI
ESSENCE
HEALING
Wendy Logan - Reiki Master / Angelic Channel
PACIFIC GROVE, CA
Thank you for allowing yourself
to heal, grow and shine.
You are a beautiful being of
Love and Light.