

Making the Process Easier

The Angels know that we can be going through a tough time, clearing stuff not only from this lifetime but other lifetimes.

- **Ask for Re-integration** at least 3 times per day, especially first thing in the morning, some of you may notice you can be feeling quite scatty and sometimes emotional in the morning, this because different parts of your consciousness are working double time to healing various aspects of your soul consciousness: **“I call upon my angelic family of light to be present and connect with me now, I ask for full re-integration of my soul, chakra system, angelic core channels now. I ask for full re-calibration and realignment of chakras and auric bodies now, Thank you.”**
- **Continuously ask for support:** Call on the angels as many times as you can a day to help, support and nurture you – to give you comfort, peace and reassurance – even if you don’t feel like it. Some parts of us can be resistant to this change or fearful of emerging out of our spiritual cocoon.
- **For those experiencing dark dreams;** clearing other dimensions or aspects of subconscious: Keep on asking your healing angels and Holy Spirit to be in your dreams nightly. Also when you experience fears or feelings of discomfort during the day time immediately call on the healing angels to heal the source of those feelings whatever they are. Remember any dark dreams are not really there in this reality although it may feel real – although it is real in another space and time – a prayer I use is **“In the name of Father-Mother God I declare nothing or no one has any power of me, I am a Master of (Christ) Light, I serve the (Christ) Light, I am of the (Christ) Light”**.
- **Get support – allow yourself to be supported** – attend the angelic nights – if you can’t do please meet up with the other healers for healing exchanges – at least every 2 weeks. Allow the Angels 20 mins nightly to give you healing for whatever issues/themes are coming up during the day. If not, your physical body will start clearing the backlog of emotions and it is simply easier to get healing to alleviate any symptoms of angelic transition.
- **Stay Connected: Most important of all** – Daily, **Ask to be reconnected to “your own Unique Spiritual Source of Divine Power and Light”** – Visualise and feel yourself connected – ask for your own Holy Soul to send you support and light. Ask your healing angels to clear your connection to Source of Holy Light & Love and amplify it one hundred times. Do this twice a day and especially if feeling tired and unsupported.