

Common Method & Script for all

1. Clear you aura.
2. Invite your Angel or Guide or God.
3. Set your intention.
4. Only one intention per session. 5. Be specific and clear.
6. Write it down, if necessary.

1. Do some deep breathing.
2. Breathe love into your heart.
3. Breathe love out of your heart into the room and encompass yourself in that cocoon of love.
4. Keep feet on the ground.
5. No folding or closing hands.
6. No crossing of legs.

1. Now heart center is clear.
2. Send love to your lower body.
3. Go more downward.
4. Reach the legs & the ground.
5. Move deep into the earth.
6. Receive love from Mother Earth & come back slowly upwards with that love into the heart center.