

In LOVE

aligning to the
FREQUENCY OF LOVE

Prayers and Healing (ask Source, God, Creator to assist and heal)

- Clear channels (clairsentience, claircognizance, clairvoyance, clairsaudience) and open up channels.
- Please turn my channels in (so you aren't scanning and absorbing other's energy)
- Lift any dark magic, black magic, spells curses and release all psychic attacks.
- Call in Melchizedek (the guides in Paul Selig's books) or Source and ask for healings. Healings on fear, unworthiness, and to give you love, love, love and clear unconscious energy.
- Soul healings: hold hands over body part that you want healed and ask for healing. "I need this healing on..."

- Put hands out faces up (like you're getting handed something and ask for more gifts). What do you want more of right now? Love? Prosperity? Worthiness? Healing? No lack of anything in the universe. Ask for more love and grace and rose crystal quartz.
- Blow on food and wine and bless it will love and ask for the frequency to be raised and for it to be infused with love.
- Help me to take action and step into my power
- Show me some magic universe
- Feeling stuck? Ask for healing on stagnation.
- Confused? Ask for a healing on confusion.
- In lack? Ask for a healing on lack.
- In pain? Ask for a healing on the pain.

Mantra:

"I choose to hear my soul with clarity. I ask for any distortions or low frequencies to be cleared by Source, Creator God and the Angelic Realm. I choose to hear the truth with clarity. SB123"

"The light is always more powerful than the dark" SB123

"I know who I am in Truth. I know what I am in Truth. I know how I serve in Truth. I am free. I am free. I am free." SB123