



## **Bringing Forth Soul Consciousness Prayers and Invocations**

**Bringing Forth Soul Consciousness Akashic Records Prayer**

**I and My Soul are One**

**Great Creatress Invocation**

**Integrating Soul Prayer**

**How to Embody Your Soul's Light**

**Affirmations: I and My Soul are One**

**Interacting with the Space Between the 7th & 8th Chakras**

**Feeling Your Soul's Light in Your Body**

**Becoming Conscious of All That Is Holy**

**Claiming Your Soul**

**Receiving Light From Your Future Self**

**Healing an Undesirable Past Life**

**Your Permanent Atom of Light©**



## Bringing Forth Soul Consciousness Akashic Records Prayer

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### Opening Prayer:

1. By the Power of Divine Light within me
2. Come Holy Spirit! Spirit of Light! Spirit of Truth!
3. For the highest good of all, throughout time, fill my heart with Divine Love as
4. I humbly ask permission to open the Divine Portal to the highest realm of the Akashic Records for (LEGAL NAME).
  
5. **Akashic Beings of Light**, guide me to the deepest Truth of my being, releasing any blocks & restrictions to my abundance & highest good.
6. **Great Creatress**, assist me to fully embody my Soul's Light, to fulfill my Soul's purposes, & to heal any accumulated karma.
7. **Surround me** with the enlightenment & wisdom of my Masters, Teachers, & Loved Ones.
8. **Clearly direct** my perspective & actions to those that manifest my Divine Plan. (To connect more deeply, repeat lines 5,6,7, & 8 two more times, then say line 9)
  
9. **Free of all resistance, judgment, and fear**,  
I am now filled with Divine love & the Records are now open.

### Closing Prayer

**Thanking** the Great Creatress & Her Holy Spirit for Love, protection, & healing received today.

**Thanking** the Akashic Beings of Light for guidance.

**Thanking** the Masters, Teachers, & Loved Ones for wisdom & direction.

The Divine Portal & the Akashic Records are now closed. Amen. Amen. Amen.

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## I and My Soul are ONE

I and my Soul are ONE

I and my Soul are inseparable.

I and my Soul belong together.

I and my Soul walk hand in hand on the path of enlightenment together.

I trust my Soul to love me no matter what transpires.

I trust my inseparable Soul to stand by me.

My Soul has never, and will never, reject me.

Consciously linked, my Soul and I are clearly directed to the highest and best outcomes for our mutual benefit.

My Soul and I safely explore, grow, and expand together.

My Soul is my best friend and the keeper of my innermost gifts, talents, and abilities.

My Soul assists me with solutions, insights, and inspiration.

My Soul never abandons me in times of trouble.

My Soul aids in my healing, maturation, and supplies the courage needed to progress on my path.

My Soul actively draws me toward uplifting opportunities, experiences, and abundance.

The more I merge with my Soul the more healed and whole I am.

The more my Soul merges with me, the more we can accomplish together.

The more I identify with my Soul, the capabilities for achieving my aspirations increase.

The more I identify as my Soul, I experience fewer limitations, distractions, and obstacles.

The more my Soul becomes my human identity, I experience more peace, inclusivity, and harmony.

I now see through the loving eyes of my Soul.

I now experience through the expanded awareness of my Soul.

I now love with my Spiritual Heart, the heart of my Soul.

I now clearly hear and follow the wisdom and direction of my Soul.

I and my Soul are indivisible.

My Soul and I are one.

We are one with the Great Creatress.

Thank you, dear Soul. Thank you.



### **Great Creatress Invocation**

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Oh, Great Creatress! (Okay to substitute Source, Divine, God, Goddess, Buddha, etc.)

I invite your Divine and Holy Presence to flow through me now.

Opening my Spiritual Heart©, I receive the fullness of your gifts.

Perpetually aligned in Divine partnership with you, I offer my mind, body, and spirit in unity with Your Power and Purpose.

Surrendering all obstacles, Your pure Light flows gracefully through me.

Receiving your Divine instructions for this day, all thoughts, words, and deeds that most serve You arrive preformatted with Your Impeccable timing, love, and strength of purpose.

Inspire me to proceed in the direction and manner that You prescribe.

Born of Your Divine Light, and filled with gratitude, your steady Presence gives me the energy, clarity and empowerment needed to fulfill Your Divine Plan.

Gratefully, I say **And so it is, Dear Goddess! Amen!**



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## “Integrating Soul Prayer”

For the highest good of all, Great Creatress,  
please, open my Spiritual Heart to full vibrancy.  
Awaken me to your Divine Design.  
By the power of your Spirit within me, I presence my Soul.  
I embody Its Light and consciousness.  
Oversee my Soul and physical experience as we become One.  
Safe in Your embrace, my Soul’s Light fills me to the brim.  
Recognizing my Soul’s Divinity and alliance with You,  
I open to receive Its beneficial influence.  
Embodying my Soul’s Light, I am strengthened.  
I am awakened to Its consciousness.  
Like you, Great Creatress, my Soul embraces me kindly,  
Guides me wisely,  
Fills my heart with Its love,  
Sweetens my thoughts, words, and deeds with compassion.  
My Soul naturally forms my link with Thee, Great Creatress.  
May all consciousness be of the Light.  
And so, it is.

**Amen**



# *Reverend Annie Bachelder*

DIVINE LIGHT CHANNEL  
AKASHIC RECORDS READINGS

## **Exercise - How to Embody Your Soul's Light:**

With only a little practice you will master the steps below in order to bring your Soul's Light into your whole body and energy system. Your Soul's Light is energy that contains the consciousness of your Soul and Its love for you. Your Soul's Light contains the very vibration of your essence as designed by the Divine (which we call the Great Creatress) at the moment of your Soul's inception. Give yourself permission to have a variety of experiences with this ever-evolving process.

Take 3 or 4 deep, cleansing breaths followed by complete exhalations to bring yourself fully into this moment.

- 1) Begin by becoming aware of a glowing sphere of Light located about 12 to 15 inches above your head. This is your 8th chakra (your Soul chakra). Notice the color, the consistency of the sparkle, and the vibration in your Soul's Light. These qualities may change from time to time. Trust the changes and roll with them. The Light is infinitely wise and knows exactly what is needed at every moment.
- 2) Observe as the Soul chakra pours its Light into the space between the 7th and 8th chakras creating a column of connecting Light.
- 3) Open your crown chakra and receive the Light of your Soul as it pours into your crown chakra. Pay attention to the cylinder formed by your Soul's Light entering your crown chakra.
- 4) Your Soul's Light fills your entire head, inside and out, and all the body structures along the way, including your brain, scalp and hair, eyes, sinuses, jaw, and the atlas bone at the top of your neck. At any point in this process, you might even feel a sense of your Soul's character.
- 5) Notice your Soul's Light filling your shoulders, arms, hands, and fingers.
- 6) Observe as your Soul's Light lovingly fills every part of your body, affectionately touching every organ and system in your physical body.
- 7) Allow your Soul's Light to fill the entire trunk of your body, inside and out, including your skin. Notice when your Soul's Light naturally pauses, in your hip sockets.

8) Follow your Soul's Light as it evenly fills your thighs, knees, calves, ankles, and feet. Your Soul's Light fills the bones, muscles, tendons, and fascia tissues throughout your body, as well as your blood system.

9) Each and every cell throughout your entire body has a corresponding spark that reflects your Soul's Light as It fills your body. The recognition of the spark of Light in your cells of your Soul's Light generates a feeling of joy.

10) Remain focused on your Soul's Light and all your cells as they re-connect. Observe any activity or interaction(s).

11) You might feel a click or a buzzing in your feet as your body's connection with your Soul's Light is complete.

12) While some people naturally ground themselves by going up, sending their consciousness up to the Great Creatress, (Source, or the Divine), you are welcome to ground your Soul's Light deep into the very center point, the balance point, of blessed Mother Earth. You may choose to ground both up and down.

13) Spend as much time as you like here. Create a memory file so that returning to fully embody your Soul's Light is easy.

14) Easily and effortlessly return to ordinary consciousness, wiggling your toes, rolling your shoulders, and enjoying a few relaxing breaths.

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To heal the sense of separation, please use this exercise. We urge you to read this out loud every day for 30 days:

**Affirmations:      “I and My Soul Are One”**      Channeled by Anubis

I and my Soul are One.

I and my Soul are inseparable.

I and my Soul belong together.

I and my Soul walk hand in hand on the path of enlightenment together.

I trust my inseparable Soul to love me no matter what transpires.

I trust my inseparable Soul to stand by me.

My Soul has never, and will never, reject me.

Consciously linked, my Soul and I are clearly directed to the highest and best outcomes for our mutual benefit.

My Soul and I safely grow, expand, and explore together.

My Soul is my best friend and the keeper of my innermost gifts, talents, and abilities.

My Soul assists me with solutions, insights, and inspiration.

My Soul never abandons me in times of trouble.

My Soul aids in my healing, maturation, and supplies the courage needed to progress on my path.

My Soul actively draws me toward uplifting opportunities and abundance.

The more I merge with my Soul the more healed and whole I am.

The more my Soul merges with me, the more we can accomplish together.

The more I identify as my Soul, the capabilities for achieving my aspirations increase.

The more I identify as my Soul, the fewer limitations, distractions, and obstacles I experience.

The more my Soul becomes my human identity, the more peace, inclusivity, and harmony I experience.

I now see through the loving eyes of my Soul.

I now experience through the expanded awareness of my Soul.

I now love with my Spiritual Heart, the heart of my Soul.

I now clearly hear and follow the wisdom and direction of my Soul.

I and my Soul are indivisible.

My Soul and I are One, we are One with the Great Creatress.

Thank you, Soul. Thank you, Great Creatress.



### **Exercise: Interacting with the Space between the 7th and 8th Chakras**

- 1) Close your eyes. Take a few deep, cleansing breaths.
- 2) Inhale Light. Place your concerns in the lap of the Great Creatress while you focus on this exercise.
- 3) Become aware of your 8th chakra, the Soul chakra, about 12 or 15 inches above your head.
- 4) Embody your Soul's Light by witnessing your Soul chakra pouring its exquisite Light into the space between your 7th and 8th chakras. Notice that your Soul's Light forms a column of Light in this space, connecting the two chakras.
- 5) Allow your Soul's Light to entirely fill every part of your body until you vibrate in harmony with your Soul's Light.
- 6) When you are ready, return your attention to the space between the 7th and 8th chakra.
- 7) Zoom in on the column of Soul Light. Notice all you can about the quality of the Light. Notice the vibratory rate, colors, shapes, movement, or any vertical frequency lines.
- 8) Energy is always changing. Just observe the active energy inside the column of Soul Light.
- 9) Notice that there are no barriers to this column of Soul Light that delineate the space. You can test this by running your hand through the space like moving your hand through a hologram.
- 10) Choose a Soul quality such as peace, unconditional love, or kindness, that you would like to experience.
- 11) Get a sense of this quality as a word held just outside the column of Soul's Light and insert the words into the column.
- 12) Give yourself a moment to assimilate and feel the Soul quality.
- 13) Follow the Soul quality as it moves into and around your physical interior. Notice how this quality affects different body parts. Notice where it lands and integrates itself into your body.
- 14) Let that go for now and return your attention to the space between your 7th and 8th chakras and the column of Soul Light.

- 15)** Now, get a sense of a symbol representing the fulfillment of a desired event.
- 16)** Insert the symbol into the column of Soul Light.
- 17)** Observe the energy as the symbol is absorbed into the column of Soul Light.
- 18)** Observe as the symbol enters and moves around your interior. Relax and observe. Don't force anything.
- 19)** Notice if there are particular body locations where the symbol most easily settles or affects.
- 20)** Make a memory file of this process and how it feels, looks, and changes your energy.
- 21)** Returning to the column of Soul Light between your 7th and 8th chakras.
- 22)** Let an embarrassing situation, or a moment you regret, come into your awareness.
- 23)** Notice where in your body you have stored this memory.
- 24)** Allow your Soul's Light to bring it into the column of light.
- 25)** Allow the Akashic Beings of Light to gently and firmly remove the memory and the sensations associated with this experience.
- 26)** When the removal is complete, the Akashic Beings of Light kiss your forehead.
- 27)** Gently and easily, bring your attention back to your Soul chakra. Thank your Soul. Come fully back into the room and open your eyes.

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## **Exercise: Feeling Your Soul's Light in your Body**

- 1) Close your eyes. Allow yourself to fully arrive in this moment. Yes, simply this moment.
- 2) Scan your body inside and out. Take it all in.
- 3) Feel the quality of this moment.
- 4) Ask your mind to stop rushing you.
- 5) Ask your mind to help you to focus on this moment as your total experience.
- 6) Now, take a few very deep, relaxing, and calming breaths to aid your centering.
- 7) Notice your inner screen on the inside of your eyelids.
- 8) Fully embody your Soul's Light.
- 9) You may be seeing, sensing, or "knowing" your Soul as beautiful Light that is illuminating your body.
- 10) Observe the color, or colors, of your Soul's Light.
- 11) Does your Soul's Light have a misty outline? Or a crisp demarcation, a defined boundary?
- 12) Observe your Soul's Light deep inside your body.
- 13) How does your Soul's Light adjust to best harmonize with different organs?
- 14) Notice the wisdom of these adjustments, measured by the vibrance of the life-force energy these organs now exhibit.
- 15) Notice that your Soul delights in these excursions as you invite it to participate in unity with your blessed body and your consciousness.
- 16) Flowing between your physical body and your Soul's Light, is a mutual respect and adoration of your blessed body.
- 17) There is an intimacy between each individual cell and your Soul's Light as it flows gracefully through your blessed body.
- 18) In chapter 7, "How Your Soul is Constructed", we discussed how your Soul specifically and lovingly chose your body and your personality, as the perfect choice to be your Soul's expression on Earth.
- 19) Your Soul created you as it's experience module. This was done with respect and care. This is the bond between Soul, personality, and body. This is the agreement between your Soul and your physical self.
- 20) Your Soul's Light is wise and knows exactly what you need at this moment.
- 21) Let your body absorb all the Light it needs. Revel in the peace and fulfillment of this moment.
- 22) Place your right pointer finger in the center of your left palm as a physical reminder of this experience.
- 23) You have the wisdom of the ages within. You know there is no other self that you need to be, to see, to feel, to know. The deeper you flow into your Soul, the more rarified and clarified are your perceptions, and the more connected to you are with the Great Creatress. And when you call out to your Soul, saying, "Come Soul, come Holy Light", you are calling all the

Forces of Light to you. You are asking to be united with your blessed body, your Soul, and the Great Creatress.

- 24) You have everything you need, for the moment, for the day, and for continually improving life, don't you?
- 25) When you feel ready, return to reading the rest of the chapter.

## **Exercise: Becoming Conscious of All That is Holy**

- 1) Take 7 deep, refreshing breaths. Inhale to your fullest point. Slowly and thoroughly exhale.
- 2) You can experience all that is Holy in your Permanent Atom of Light©.
- 3) Place all of your consciousness inside of that very tiny yet powerful, brilliant spark of Light within you.
- 4) Sense the Holy energy within that exuberant spark of Light. Sense the life packed within it ready to explode into your complete Soul.
- 5) You might find all that is Holy by embodying the Light of your Soul.
- 6) This too, was created in Holiness by the Great Creatress.
- 7) As you embody your Soul's Light you realize it is sustained in Holiness by the Great Creatress.
- 8) You might experience all that is Holy in the depths of your breath as you let yourself simply be.
- 9) No demands. No requirements. No effort. No muscling anything. No forcing. 11) Just breathe and be.
- 10) All that is Holy is within you. It is always there. Like an old friend.
- 11) Kind, patient, accepting. Yes. You know that Holiness, don't you?
- 12) Sense that Holiness in you. It is perfectly alive and well inside of you.
- 13) All that is Holy has you, and you have it.
- 14) The distinctions between you and Holiness are becoming quite blurred, aren't they?
- 15) Play with that blurriness. Put your attention where both you and all that is Holy reside, in peace, in comfort, in total ease. Rest there.
- 16) Breathe in that overlap of you and all that is Holy, and you find there really is no difference.
- 17) You belong to one another. Your essence is made of all that is Holy.
- 18) This is the strength of your heartbeat, the constancy of your blood flowing, the depth of your breath.
- 19) This overlap is the Spirit that lives within you that we are calling your Soul, that we are calling the Great Creatress, that we are calling all that is Holy.
- 20) There simply is no division. All is All. You are in it, part of it, filled with it, surrounded by it, enamored of it, and it is enamored with you.
- 21) By All That Is Holy, you are that. And that is you. By All That Is Holy. Created in pure innocence. Created divinely.

22) When you die, you transition from being encased in a body to being purely All That Is Holy. You become non-substance. You exist only as consciousness. Soul Consciousness. You transition into Holy peace. You leave the drama, exit stage left. No bow. No curtain call. No standing ovation. Simply released into peaceful Allness. We will be there to welcome you.

## **Exercise: Claiming Your Soul**

1. Begin by embodying your Soul's Light, energy, and consciousness.
2. Become aware of your Soul chakra, the 8<sup>th</sup> chakra, about 12 to 15 inches above your head.
3. Sense the Light and energy in it.
4. Open your crown chakra and allow the Light of your Soul to enter your lower chakras and your physical body.
5. Sense your Soul's Light as it fills every part of your body, even your toes.
6. Include your Soul's Light, energy, and consciousness in your physical experience.
7. Sense your Soul's Light as infusing with your body.
8. Wear your Soul as invisible clothing, as internal reckoning.
9. Orient your vision so that you are gazing through your Soul's eyes.
10. Listen with your Soul's hearing.
11. Feel your Soul's Light in your palms and fingers. Activate your Soul's sense of touch.
12. Activate your Spiritual Heart, your Soul's Heart.
13. From the deepest, tenderest part of the human you, send an invitation to Your Soul to show you how it claims you.
14. Open your receiving as wide as you can and receive your Soul's connection, your Soul's claim of you.
15. Notice where it connects, and how. Notice its gentle demeanor.
16. Perhaps there is an embrace. A deeper infusion of love.
17. Offer your Soul the best part of you, the part that is willing to grow, to play, to change.
18. Feel the acceptance, the partnership, the cooperation between you.
19. Silently claim your Soul.
20. Communicate with your Soul your willingness to see, hear, and know all that your Soul sees, hears, and knows.
21. Feel how secure you feel now.
22. Embody your partnership with your Soul often, while navigating even the simplest of moments. Do this regularly, and you will discover that this feels natural, and you can hardly remember a time when you did not feel the loving infusion and partnership of your Soul.
23. When this ends, bring your attention back into the room, and into ordinary reality.

## **Exercise: Receiving Light from Your Future Self**

- 1) Begin by taking seven slow, deep inhalations followed by strong, complete exhalations.
- 2) With every inhalation you are bringing in your Soul's Light and Consciousness.
- 3) With every exhalation you are releasing density and complexity.
- 4) Inhale and feel your Soul's Light as it fills your whole beautiful body-servant.
- 5) Exhale, forcing all the old energy completely out of your lungs.
- 6) Inhale Soul Light. Exhale density.
- 7) Inhale Light and exhale overwhelm. Relax.
- 8) Inhale Soul Light. Exhale and relax.
- 9) Your Future Self stands in front of you. This is your Future Self of 2 months, 2 years, 20 years, even 2 lifetimes in the future.
- 10) Your Future Self looks kindly upon you. It is clear, calm, and composed.
- 11) Your Future Self emanates brilliant multicolored Light.
- 12) Your Future Self begins to direct its brilliance toward you.
- 13) This Light feels like a secure force for good.
- 14) Your Future Self is letting you know that everything is all right. Everything has worked out for your highest and best good.
- 15) Your Future Self makes clear that you have become stronger and clearer in the process. You become more your Soul Self in the process you are currently undergoing.
- 16) Your Future Self may have an important detail or message to share with you.
- 17) Your Future Self may simply be saying, "Relax. Everything is okay. The problem got solved. The dilemma got resolved for every ones highest good. You may now make peace with all your frustrations and all that has been bothering you."
- 18) Drink in your Future Self's Light. Soak up its presence. Fill yourself with your Future Self's peace. Soak up your Future Self's wisdom. You easily trust your Future Self and know it is on your side, on your team, working for your highest good.
- 19) Now ask to be in the Light radiating from your Future Self of 2 lifetimes from now.
- 20) What is different about this Light? How have you grown?
- 21) What do you have to adjust in your present self to receive Light from this Future Self?
- 22) How does this Future Self deal with problems and dilemmas?
- 23) Ask if there is another message from this Future Self?
- 24) Thank your Future Selves, reserving a future opportunity to share your Future Self's bountiful Light and wisdom.

### **Exercise: Healing an Undesirable Past Life**

**(It is essential that your Akashic Records be open for this exercise so that you receive the Akashic perspective, the Soul perspective.)**

1. Begin by embodying your Soul's Light and the consciousness within that Light.
2. Follow your Soul's Light as it pours into your body, filling every system, structure, and cell in your body.
3. Your Soul's Light spreads all the way down your toes and out the bottom of your feet.
4. Ground your Soul's Light in the center point, the balance point, of Mother Earth.
5. Your Soul's Light is so brilliant, so strong, that it glows beyond the confines of your physical body. It makes a cone of Light that both infuses you and surrounds you. It holds you steady.
6. Ask your Masters, Teachers, and Loved Ones to show you a past life that is ready to be released.
7. Your Masters, Teachers, and Loved Ones are directing your attention to a place in your body that holds an undesirable past life. Get a sense of this location and the energy of the past life in question.
8. Make your consciousness very small. Small enough that you can enter the interior of your body at the location where the past life has been stored.
9. It is as if you entered a room in another time, another place. Look around. See what is there for you to see. Trust your sense of knowing. Your Masters, Teachers, and Loved Ones may point out things, people, and circumstances that fill in the details.
10. Using your "sense of knowing", notice whether you are male or female, strong or weak, the clothing you are wearing, your social status, the time period, and your emotional state.
11. Who else is involved? What are their chief characteristics? How are they involved? Are they familiar to you?
12. Ask your Masters, Teachers, and Loved Ones why this past life is being shown to you?
13. Ask them what is the most important aspect of this past life for you to know?
14. Ask your Soul how this past life could help you evolve?
15. Ask your Soul why this past life is ready to be released?
16. Become aware of your Soul's Light melting, dissolving, and releasing any attachments to your body from the past life. The sticky, dense energy becomes light, misty, and effortlessly flows out of your energy field.
17. Confirm that your willingness matches the release of the unwanted effects of this past.
18. Confirm also that the new neural pathways are established.
19. Your Masters, Teachers, and Loved Ones are supporting you, assisting in the evaporation of the past life and any residual energy is removed from you.
20. Thank your MTLO's for their love and support. Thank your Soul.
21. Let all that go. Gently bring your full attention easily and effortlessly back into ordinary reality. Make written notes about your experience.

## **Exercise: Release Yourself from Judgment Jail**

1. Breathe deeply 7 times, filling your low belly first, then filling your upper chest. Exhale completely. You may have to push out the last bit of old air.
2. Now feel the relaxation that automatically follows.
3. Embody your Soul's Light. Notice that your consciousness changes from busy mind to relaxed, quiet mind.
4. Bring to mind a moment where you judged yourself or another person.
5. Notice, but do not judge yourself for how fast your mind raced to judgment.
6. Know that your mind is designed to judge, to assess, to evaluate, as a survival mechanism.
7. Your mind is designed to name and classify dangers. That's its job.
8. Rather than resisting this programming, notice that you are choosing to have a different experience right now. As if saying to yourself, "What are my options?"
9. The road to freedom is through acceptance, and through "expanding to include".
10. Feel how your body relaxes when offered the option to accept your pre-programmed response to the other person. Now expand to include the whole scenario, judgment, and all.
11. Your Soul's Light gets brighter and larger in this state of relaxation. See if you can now feel, or sense, the presence of the Great Creatress.
12. Recall another moment where you judged yourself intensely.
13. Feel the judgment in your body, your mind, and your heart.
14. In your inner mind you may be seeing, or feeling yourself trapped in jail, the judgment jail.
15. Accept fully for this moment, that this is your experience when you judge yourself. Sit in this feeling for a moment. There will be a point where the sensations of judgment loosen and lift.
16. Stay with your experience.
17. Look at the bars that make up your judgment jail. You may feel the shackles around your wrists and ankles fall off.
18. The bars fold over or dissolve. You easily step out into freedom.
19. Take a moment to forgive yourself and anyone else involved.
20. Gently accept your new experience, accept the softening in your heart, and accept the friendly tone of your inner voice.
21. Thank your Soul. Thank the Great Creatress.
22. Go on about your day.

### **Exercise: Your Permanent Atom of Light©**

1. Take several deep relaxing breaths. Breathe deeply until your mind relaxes.
2. Let your body relax with each breath.
3. Release any tension in the body by breathing into the tension until it surrenders.
4. Now embody your Soul's Light.
5. Locate a spark of intensely bright Light somewhere in the trunk of your body.
6. This is your Permanent Atom of Light©. Concentrate all your attention on Your Permanent Atom of Light©.
7. Let this spark of Light move in whatever direction and manner it chooses.
8. Simply follow it with your attention.
9. Notice how Your Permanent Atom of Light© increases in size or intensity as you focus intently on it.
10. Observe as Your Permanent Atom of Light© becomes larger, more powerful, more intense.
11. Notice how your body responds to your Permanent Atom of Light©.
12. Noticed the condition of your thoughts as you experience Your Permanent Atom of Light©
13. Your Permanent Atom of Light© is now as large as your body, and becoming larger.
14. Your Permanent Atom of Light© finds its full size and brilliance, and stabilizes there.
15. Allow yourself to bask in this Light.
16. Feel the peace of Your Permanent Atom of Light©.
17. Feel the constancy of Your Permanent Atom of Light©
18. Feel how naturally connected you are to this Light.
19. Appreciate how connected you feel to your Soul and to the Great Creatress.
20. Sense the original power that is contained in your Permanent Atom of Light©.
21. This is the original spark of Divine Light from which you were created.
22. Allow yourself to experience the original Light and consciousness from which you are derived.
23. Get a sense of your belonging with this powerful, intense, brilliant Light.
24. Relax here for as long as you wish.
25. When you are ready, slowly and gently allow your Permanent Atom of Light© to condense into the tiny spark that you first located.
26. Return to ordinary reality refreshed and renewed,

## **Exercise: Clearing Excessive Ancestral Influences**

- 1) Take 5 deep cleansing breaths to refresh and organize your energy.
- 2) Embody your Soul's Light until you feel plump and ready to add in your connection with the Great Creatress.
- 3) Get a sense of two lines of ancestors forming behind you.
- 4) Are these ancestors from your mother's or your father's line?
- 5) Converse with these ancestors, exploring the fearful programming that began with them. Simply gather facts and examples of the kinds of fear that were promoted in the ancestral line.
- 6) What time in history did this pattern of fear begin?
- 7) Ask your ancestors, what was the original danger?
- 8) Which of your ancestors began this fearful reaction?
- 9) How did it personally serve this ancestor at the time?
- 10) How was a fearful reaction helpful to the ancestral line?
- 11) Why are they afraid for you now?
- 12) How are they trying to help you?
- 13) It's time to release the old energy pattern. Simply let the old energy leave your body, your breath, your consciousness.
- 14) Notice how your energy shifts as you release that old programming.
- 15) Acknowledge that you accepted your Ancestors nomination to be the trail blazer leading the whole line to a better future.
- 16) Take a moment to form a new agreement with your ancestors so that you, and those who follow you, have greater freedom to explore, to grow, and to take big, confident steps forward, for the good of the whole ancestral line.
- 17) Show or describe to the ancestors the higher purpose of your intentions and activities.
- 18) Show them what your Soul wants for you.
- 19) You may need to take a firm leadership stand and tell them they are no longer in charge of your activities. As previously agreed, when you designed this life, they are to follow your lead.
- 20) Ask for their cooperation in experiencing a life of achievement which the ancestors previously felt was too risky, daring, or beyond your capabilities.
- 21) When that feels complete, thank your ancestors, your Soul and the Great Creatress for a job well done.