



Steps for Connecting to Source



1

Visualize all heavy, dense, dark energy leaving your body and energetic field. Blow it up into light.

2

Intend: I choose to connect to Source Energy.

Visualize rays of light extending from your crown up to Source Energy. Affirm: I am in you.

3

Visualize rays of light from Source Energy coming down and meeting your rays of light, forming a pillar of light.

Affirm: You are in me.

4

Allow Source Energy's light to travel from above, through this pillar of light, down your entire body and into the earth, grounding you.

5

Intend: I choose to open my energy to the highest healing and guidance from Source. Visualize your energy, mixed with Source Energy, expanding from the center of your being outwards, limitlessly into the universe.

6

Intend: I choose to be protected from all negative and harmful frequency and vibration by the power of Divine Fire within me. And so it is.

7

Visualize destroying any cords connecting you to any negative energies.

8

See a Divine Fire from the center of your being expanding out and blasting any negative entities or intentions out of and away from your body and energy field.

9

Take a deep breath and bring your awareness back to your physical body in the present moment. Your connection is now complete.

