

Ask Angels to SHOW you the core of the energy you wish to heal.

Date: _____

I suggest using the Quiet Your Mind exercise to shift out of the anxiousness of the energy you wish to heal.

Prayer: Father Mother God, Creator of All That is, I ask that only those of the light be allowed to communicate with me. I ask you to help me open my heart to heal this life situation, event or relationship. Please show me the core of this energy to heal it.

In gratitude,
Amen
(or prayer of your choice)

Today I ask my angels to show me the core energy of this life situation, event or relationship that I wish to understand and heal: _____

I anchor healing this resistance by writing: I'm willing to look deeply within to heal this life situation, event or relationship from this SAFE place: _____

I step outside the emotions of this situation and ask: Angels, please show me the root source of the pain/resistance I feel within me regarding this life situation, event or relationship: _____

Angels, please show me all life events that feed the energy of this resistance/fear: _____

Who was involved in my earliest experience with this energy of resistance? _____

I affirm my healing by writing: *I am safe now – I am in a safe place to heal this resistance:* _____

Angels, please help me to disconnect from this wound of my heart, please show me the disconnection: _____

I forgive those involved, knowing forgiveness doesn't condone behavior. Forgiveness is a gift I give myself, disconnecting me from the pain of the experience: _____

I forgive myself for my part in the experience: _____
