



## ANGEL'S FRIENDLY COACHING

# Clearing and Protection

*Say a clearing and protection prayer / mantra*

I, (insert your full name), refuse permission for any living and non-physical being to enter my body, mind, soul, spirit and energy field for intentions that are other than love. I break all contracts, vows and agreements I might have made knowingly or unknowingly in all time, space, and dimension that in any way diminish the fullest expression of my joyful soul essence. I break these agreements from this moment backwards, through every experience of my past, and from this moment forward until the end of all time. I command that these energies and people to leave my space NOW! They have no power over me. I ask for divine protection from these energies, that they NOT return to my energy field in any way, and for any reason. I now build a shield of light around me with this heart intention and my free will. I thank you that it's already done.

*Angelique Mercurio*

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### *Burn Lemon or Orange Peels*

Use a cheese grater to get some peels and throw them into a non-stick pan to cook for a short time. Do this as if you're sauteing onions. The smell is very pleasant and uplifting. It will fill up your space to repel any lower energies that may be lurking in it.

### *Laughter*

Laughter is not only the best medicine for sickness but it is a very effective tool for clearing lower energy. Joy is the highest vibration there is, so it works beautifully for canceling out lower vibrations. You probably won't feel like laughing when under the influence of these negative energies. So, pull up some funny videos on Youtube to watch. I have a handful of favorite comedians whose bits make me laugh out loud. Some examples are: Wanda Sykes, Jim Gaffigan, Louie C.K., Chris Rock, Seinfeld, Ellen DeGeneres and Aziz Ansari to name a few. No doubt you have your favorites too.

### *Light a Candle*

One candle should be enough (you can light more than one if that feels right) with the intention that the flame absorbs and melts away these lower energies. I use white emergency candles that I keep handy at home for this purpose and sometimes let it burn all the way till it's all gone. Then I throw it in the garbage. You can also bury it somewhere in your yard. Before buying candles, please be cautious about where your candles are manufactured.

I have candles and kits for sale as well

In Light and Love,

*Angelique Mercurio*

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