



ANGEL'S FRIENDLY COACHING

RELEASE NEGATIVE ENERGY

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| Release Negative Energy

Use your sensing palms like radar. Let yourself find the energy blocks in your body. You may notice a shift in various places in your body. Don't analyze it- just notice the blocked or stuck areas. Your perceptions may be quite subtle at first, and this is OK.

Clear it:

Just pretend- gently, yet mindfully, lift the energy block out of your body. It's OK to pretend. You're sane. You're safe. Lift the energy blocks out of your body, and place them far away from your body. Just look at it, or sense the block. No judgment- just be aware of it.

This non-judgmental awareness lets you shift your attitude about the energy so that your response is not reactive or dramatic. Now you can become neutral about the energy, and this makes it easier for you to see the energy as being changeable. And that means that you can transmute and release it easily.

Transmute it:

Imagine that you are slowly and confidently reaching towards the energy block. Rotate the block, and notice how this lightens the energy block. Keep rotating it, and notice how it dissolves and crumbles away. Turn it this way and that, as it melts into nothingness. To really lighten it, make it spin, so that it loses its form and becomes tiny particles of energy.

To make this effect even stronger, affirm as you do this: This energy is dissolving now.

Release it:

Affirm: I return this energy to the universe, as you spread the melted energy all over the universe. Imagine it. This step is easier when you relax, focus, and work gradually and deliberately. The energy becomes lighter, and you easily spread the last remaining particles all around the universe.

Integrate yourself:

Give the area where you cleared the block an energy massage, and affirm: You are safe, you are well, you feel good.

Your "energy hands" are moving just as if they are massaging that part of your body or your aura where you were clearing the block. You imagine that your energy hands are performing an energy massage, and the energy really does shift in your body and your aura. Your hands are massaging directly into the area that you are focusing upon, even though your hands are at a small distance from that area.



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Though it seems that you are just imagining this, it's all really happening, because you gently focused your massaging energy hands upon the area of the body and aura needing integration. The shift took place within the realm of energy — and energy is the underlying reality of everything that we consider as Real.

Smooth it:

Now use your massaging hands to smooth your entire body and aura. You are not touching your body, because you are working at a distance from your body. Your hands are moving in smooth massaging motions. You are using your palms to smooth your entire body and aura. Affirm: I am safe, balanced, and focused.

Notice the subtle shifts in body and mind, and repeat the process if needed. Be patient — sometimes you feel lighter and clearer immediately, and sometimes it takes several repetitions to make a difference. Remember that any slight improvement is good. Please be patient with yourself, and give yourself credit whenever you sense any improvement, however subtle it may be.

The technique, simplified:

Clear - find the blocks and lift them out. Be patient, and lift them out bit by bit.

Transmute and release - disperse the blocks and return the energy to the universe.

Integrate and smooth - energy massage the area where the blocks were to stabilize and integrate. Then smooth your entire aura.

Repeat as needed - Notice the subtle improvements with each repetition. The changes are gradual, yet real.

When you are able to transform a situation, even if you only make small, yet gradual improvements, your confidence grows. Congratulate yourself. You have taken these simple, yet important steps in self-empowerment and soul wellness. Now you know that stuck energy is temporary and changeable, and you realize that you can be proactive with your energy, because you have deeper abilities than you had realized