

Take Care of Yourself and Heal Your Relationship with Yourself

Our most important relationship is the one we have with ourselves and the core of healing is taking care of yourself. I created this audio for participants in a February Group Healing session but it was such a powerful recording that I decided to release the audio as a separate product. This is the original script for the healing mp3 but I also added some additional transmissions to the recording as I was creating it.

I boosted the power of the session and audio by adding three guided healing visualization exercises:

1. A timeline healing for everything we thought, felt, said or did that harmed ourselves;
2. Angelic clearing and rescripting of past situations where we did not take care of ourselves;
3. Angelic color healing treatment to reinforce, support and anchor self love, acceptance, esteem and worth.
 1. Angelic healing profiles for accepting, liking, loving, trusting and accepting ourselves no matter what is going on all around us.
 2. Angelic healing profiles for being at peace with yourself no matter what is going on all around you.
 3. Angelic healing profiles for healing our image of ourselves and our bodies.
 4. Angelic healing profiles for losing weight and looking younger.
 5. Clear, transmute, heal, release and dissolve anything we ever thought, felt, said or did that lowered our self esteem, self worth and deserving across time, space, dimensions, vectors and angles.
 6. Angelic healing profiles for honoring our time and energy.
 7. Angelic healing profiles for honoring and healing our relationship with our body.
 8. Angelic healing profiles for healing our relationship with money.
 9. Angelic healing profiles for playing nicely with others and getting along well with others.
 10. Angelic healing profiles for healing our relationships with our family.
 11. Angelic healing profiles for healing our relationship with our personality self, selves and sub-personalities.
 12. Angelic healing profiles for aging and accepting the aging process with ease and grace.
 13. Angelic healing profiles for taking care of ourselves and nurturing ourselves no matter what.
 14. Angelic healing profiles for being true to ourselves and living authentically from our heart.
 15. Angelic healing profiles for clearing, healing, releasing and dissolving negative ego programming.
 16. Angelic healing profiles for clearing, healing, releasing and dissolving negative thoughts, feelings, words and deeds.
 17. Angelic healing profiles for forgiving ourselves, others and Spirit.
 18. Angelic healing profiles for trusting ourselves, others and Spirit.
 19. Clear, transmute, heal, release and dissolve all negative, unloving and fearful family of origin programs, patterns, energies, influences, frequencies or imprinting across time, space, dimensions, vectors and angles.

20. Clear, transmute, heal, release and dissolve anything we thought, felt, said or did that was not aligned with accepting, healing, loving, nurturing and caring for ourselves across time, space, dimensions, vectors and angles.
21. Clear, transmute, heal, release and dissolve anything we thought, felt, said or did that sabotaged, injured, harmed, limited, hurt or restricted ourselves across time, space, dimensions, vectors and angles.
22. Clear, transmute, heal, release and dissolve all beating up on ourselves across time, space, dimensions, vectors and angles.
23. Clear, transmute, heal, release and dissolve anything, anyone, and anywhere we hold on to that is not grounded in self love across time, space, dimensions, vectors and angles.
24. Clear, transmute, heal, release and dissolve as many as possible core soul issues/lessons around self love across time, space, dimensions, vectors and angles.
25. Clear, transmute, heal, release and dissolve all karma around self love across time, space, dimensions, vectors and angles.
26. Clear, transmute, heal, release and dissolve vow, covenants, promises, oaths, and contracts that are not aligned with self love across time, space, dimensions, vectors and angles.
27. Clear, transmute, heal, release and dissolve all misconceptions, veils, illusions, and untruths around self love across time, space, dimensions, vectors and angles.
28. Clear, transmute, heal, release and dissolve thoughts, feelings, beliefs, and emotions that are not 100% grounded or based in self love across time, space, dimensions, vectors and angles.
29. Clear, transmute, heal, release and dissolve all polarities and unloving, negative and misaligned mass consciousness energies, frequencies, held within our consciousness and awareness around self love across time, space, dimensions, vectors and angles.
30. Clear, transmute, heal, release and dissolve all misaligned energies – especially those that are not aligned with self love - across time, space, dimensions, vectors and angles.
31. Clear, transmute, heal, release and dissolve anything we thought, felt, said or did when we looked outside of ourselves for love and approval from others across time, space, dimensions, vectors and angles.
32. Clear, transmute, heal, release and dissolve all seeds, origins, roots, causes and sources for looking outside of ourselves for love and approval from others across time, space, dimensions, vectors and angles.
33. Clear, transmute, heal, release and dissolve all series of now moments that were not 100% self love across time, space, dimensions, vectors and angles.