

## SPIRIT VIBRATIONS, GUIDES, AND CONNECTIONS

1. The Divine, The OVERSOUL, Creative Consciousness, Universe, Cosmic Consciousness
2. The Consciousness Field of Time and Information Called The Alaya Consciousness or The Akashic Records
3. Those That Reside In The Energetic Realm, but can communicate and assist in the physical:
  - a. Angels and Archangels
  - b. Spirit Guides And Ascended Masters
  - c. Spirit Friends and Loved Ones
  - d. Elementals and Animal Spirits
4. The Physical and Energetic Individual
  - a. The Soul/Higher Self; Your Eternal Spiritual Identity, Your Intuition
  - b. The Vibrations of Your Energetic and Physical Bodies
  - c. Your Encoded Consciousness

Your energetic vibration is a part of the network of all Universal energy, and can communicate with, influence, and be assisted by the other beings that share this multi-realmed experience. As you forge greater connections with the loving beings in the energetic realm, you create an ever-flowing pipeline of inspiration and manifestation that can change your life.

### Five Ways Of Receiving Spirit Communication

- A. Clairvoyance or *clear seeing*. This type of seeing is rarely done with the physical eyes, but most often a receiving of images, symbols, colors, or even whole scenes in the mind's eye.
- B. Clairsentience of *clear knowing (or feeling)*. This is a sense of knowing something, and the information can come through in any part of the body.
- C. Clairaudience or *clear hearing*. Most often words, phrases, or full sentences will be "heard" in the mind. Sometimes they seem to be heard from a great distance.
- D. Clairgustience or *clear tasting*. This is a rarer process of receiving information through the sense of tasting, and it often feels like you are actually tasting something with your physical senses.
- E. Clairolfaction or *clear smelling*. Like clear tasting, you may feel that you are actually smelling something with your physical senses. It's common to get the scent of flowers with gardeners or smoke with smokers.

## SPIRIT COMMUNICATION, LIFE FORCE, AND BRAIN FREQUENCY

Brain Frequency	Cycles Per Second	Common Activities
Beta	15 and above	Continuous thought, analysis, and worry create increasing frequency. The higher your brain frequency, the <i>less</i> receptive you are to spirit connection and the <i>less</i> specific <b>creative</b> power you have in the energetic realm. Life-force agitation goes higher as frequency increases, and <i>magnetism decreases</i> .
Alpha	7 - 14	Inspiration, mediumship, meditation, hypnosis, relaxation, beginning of sleep & dreaming. Greater ability for spirit communication and intuition with conscious understanding. Also stronger level of specific <i>creativity and manifestation in</i> the energetic (and physical) realm. Psychism, precognition, and past life memories.
Theta	4 - 7	Trance, deep meditation, deep hypnosis. Continued communication, but less likelihood of conscious memory of the experience.
Delta	1 - 4	Deep unconsciousness

### PATHWAYS TO CONNECTION

1. **Meditation** — Frequent (non-sleep) experience of the alpha state, including *passive and active*
2. **Prayer** — Communication with Divine Consciousness
3. **Asking For Assistance, Guidance, And Benevolent (Not Necessarily Specific) Outcomes**
4. **Visualization (or Directive) To "Carry" Specific Intentions**
5. **Dream and Meditation Journal**
6. **Automatic Writing**
7. **"Yes" Or "No" Investigation**
8. **Psychic Or Intuitive Information, Spontaneous Inspiration**
9. **Mediumship, Receiving And Giving Messages For Yourself and Others**

## Tips for Spirit and Angel Communication

1. **Quiet the mind and let go of any concerns.** Breathe deeply and relax.
2. **Release analysis and expectation.** Don't think about what you *want* to happen; just allow the information to come.
3. **Drop your consciousness into your heart** and just let everything go.
4. **Open your heart and mind to receiving** any information that spirit may give you—in any way that is most comfortable.
5. **Ask a specific question** or invite spirit to give you any information that you may need.
6. **Allow yourself to receive the information as it is given.** You may intuitively know the meaning right away, or you may need to ask for more information to get a clearer meaning.
7. **If reading for another, give the message as you receive it.** It may be clear to the recipient even if it isn't to you.
8. **TRUST** your process, trust your intuition.  
**DON'T ANALYZE** the answers, this takes you out of the connection.  
**RELEASE** self-doubt and choose peace.  
**ACKNOWLEDGE** what you get.  
**PRACTICE**, practice, practice.
9. **Meditate every day** and use the process to get information for yourself. Write it down in your dream/meditation journal.

<b>ARCHANGEL</b>	<b>AREA OF EXPERTISE</b>
<b>Michael, The Warrior</b>	Power, initiative, action, strength, single-mindedness, courage. Connect when you need courage, strength, conviction, new action, and power. Color - Red.
<b>Uriel, "Fire of God"</b>	Transformation, growth, change, energy, transmutation, initiation, alchemy, change of all kinds. Connect for help in getting rid of the old and creating a new life out of it. Colors - Gold, yellow-red of transformation, fire and creativity.
<b>Gabriel, The Messenger</b>	Communication, correspondence, teaching, writing, counseling, public speaking. Connect when you're dealing with communication blocks or projects, media, mediumship or personal spirit communication, counseling, writing, speaking, performing. Color - Blue.
<b>Raphael, The Healer</b>	Healing, love, relationships, release of negative emotions, travel. Connect for healing; love; romance; travel; healing eyes, insight; ridding self of toxic patterns, difficult emotions and trauma. Colors - forest green, turquoise blue for travel. Pinks and burgundies for love. Yellow and soft green for healing.
<b>Healing Angels</b> —usually seen in yellow, gold or white; bring physical, mental, and emotional healing.	
<b>Angel Guides</b> —usually seen in blues; bring information, inspiration, guidance, wisdom and precognition.	
<b>Guardian Angels</b> —often present, colors - white or your favorites; bring information, help & protection	

#### ASCENDED MASTERS

<b>The Buddha</b>	There are several historical and legendary figures called the Buddha, including Gautama Buddha and Shakyamuni Buddha. Connect for reflection, transcendence, and inner peace. Color - Gold, orange, red
<b>Jesus Christ</b>	Master of Love and Spiritual Wisdom; World Teacher & Healer; Connect for healing, deeper wisdom and understanding, and for Divine Experience and Expression. Colors - Yellow for healing. Pink/green for love. White for Divinity and Clarity.
<b>The Comte de Saint-Germain</b>	Also known as Master Rakozy - (Hungarian Alchemist, painter, composer, scientist who lived in the 1700s) Master of ceremony and ritual, discipline, groups and organizations. Connect for these reasons and for creativity and shifting consciousness. For shifts in groups and shared consciousness—taking world to Aquarian age. Color - Purple
<b>Hildegard of Bingen</b>	Master of Understanding, right thought and expression. (12th Century mystic who experienced trances and wrote extensively about the mysteries of the Divine) Connect for truth, contemplation, self-expression and intellectual understanding. Colors - White and blue.
<b>Teresa of Avila</b>	Master of Devotion and self-discipline. (Medieval Carmelite nun who lived in austerity and prayer and wrote <i>The Way of Perfection</i> and <i>The Interior Castle</i> .) Connect for a closer relationship with God, deeper devotion and stronger self-discipline. Colors - Reds and earth tones
<b>Hilarion</b>	Master of intellect, science, detail, & follow-through. Color - Earthtones

**Individual Masters** having strong experience in specific fields may appear at the appropriate time, can be called or invited, and requested for guidance. (i.e.: Mozart for composing, Shakespeare for writing, etc.)

### Angel Circles for Release:

1. Think about the block, the issue, the toxic pattern you want to release.
2. Take a deep breath and visualize a circle of angels all around you.
3. Hand over the issue, situation, or pattern to the angels and see or sense them rising and lifting it away.
4. Visualize the angels moving up and away—far behind you. Watch them disappear into a great, radiant light in the distance along with the issue, which they will release and resolve.

### Angel Circles for Achievement

1. Release all thoughts and concerns. Take a deep breath and drop your consciousness into your heart center.
2. Think of something you appreciate, something you love, or makes you happy.
3. Hold that sense of gratitude in your heart center as you start to visualize your desired end result. Picture it in detail, along with your joyous experience of it.
4. Sense and see your circle of loving angels all around you. They start to lift the image of the completed achievement up to the light and beautiful energetic realm. They take it off into the distance in front of you until it and they are surrounded by light. Know that your dream is being assisted by the angels and is already taking shape in the great field of all possibilities.

### Angel Healings

1. Relax and drop your consciousness into your heart center.
2. Visualize or think of the area (issue) that needs healing (or you can think of your whole body, or ask to bring healing to your life—or to another).
3. Name the angel you're calling, or state the purpose, inviting the healing energy of the angels.
4. Allow the energy of healing to flow through you. Notice any vibrations, colors, other sensations.
5. When done, thank your angel and ask for their continued love and healing presence in your life.

### Readings with – and Identification of – Angels, Guides, and Masters

1. Breathe deeply and relax. Focus your awareness on your heart center.
2. Say a short prayer of invocation, inviting the loving guide or angelic presence.
3. As you continue to connect, notice any sensations you may have in your body or vibrations in your chakras.
4. Take a moment to sense, feel, or see if there are any colors present with this angel or guide.
5. Notice if you get any images that may represent a specific angel, such as a horn with Gabriel, a sword with Michael, a book or scroll with Uriel or Metatron, an animal with Arael, etc. (A guardian angel might have an image that pertains to your own history and they may bring that with most visits. A guide may have an identifying image as well, such as a piano for Mozart or quill pen for Shakespeare.)
6. Ask for a name or purpose that the angel brings. Do not strive for this, allow whatever comes up (or doesn't) to be okay.
7. At this point you can ask a specific question or ask for a message for yourself or someone else. Be open to receiving whatever you get. You don't have to know the exact meaning at the time of the message, just absorb it or give the message in a reading.
8. Ask if there is any more information they want to impart.
9. Thank the angel (or guide) for their love and assistance. Affirm your love, constant connection, and deep appreciation.

## Invocations and Prayers

### Raphael for Love

*Oh, Archangel Raphael,  
Who brought Sarah and Tobias together in joy,  
Bring to me one who is loving and giving.  
I will do my part by being loving and giving to myself—  
In every thought, word, and deed.  
I shall open my heart to your guidance  
And fill my life with love.*

### Uriel for Creative Forces

*Dear Uriel, Angel of light, Fire of God,  
Light the spark of creativity within me.  
Help me discover ideas that shine,  
And I will do my part.*

### Prayer to Archangel Michael

*Dear Michael before me, Michael behind me,  
Michael above, below, and beside me;  
Stay with me and spread your wings,  
Care for my body and soul and earthly things.*

### Invoking Your Guardian Angel

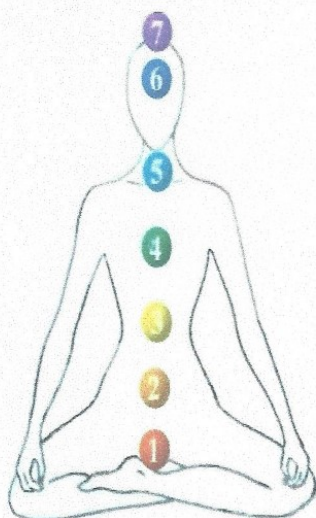
*Angel of God, my guardian dear,  
To whom God's love commits me here,  
Ever this day be at my side,  
To light, to guard, to heal, and guide.*

### Invocation to St. Anthony

*Dear St. Anthony, come around; something's lost and must be found.*

### The Gayatri (Facing the Sun)

*You who are the source of all light and power,  
Whose rays illuminate the world,  
Illuminate also my heart so I too can do your work for you.*



### Inner Energy Blocks Held in the Chakras:

1. Difficult experiences & memories from the past;
2. Negative conclusions based on those experiences and other misinformation;
3. Encoded Karmic energies, emotions & intentions;
4. Persistent emotional patterns, unspoken fears, doubts, and self-negation;
5. Unhealthy, limiting beliefs learned in this life.

### Individual Chakra Clearing Process

1. Determine which chakra you want to focus on, based on the issue or related organs.
2. Relax and take a few deep breaths, letting all thoughts go and bringing your consciousness into the chakra you're focusing on.
3. See or sense that chakra moving in a counter-clockwise direction. It starts to spin more rapidly, spinning out the darkness, stuck energy, or blockages there, clearing the space and opening the chakra even more. Continue to see or sense any negative stuff being cast out by the spinning chakra, until it feels open and clear. Affirm: *Any old stuck energy is being released. I am free.*
4. Then start to see or sense the chakra slowly reversing to a clockwise direction. See a bright light pouring into the area and spinning the chakra faster, sending radiant light through the area of the body and the issue intended. Affirm: *I am whole, healed, and balanced, living in my truth and power in every way.*
5. Visualize the corresponding angel (or any chosen spirit helper) bringing healing energy, love, support, and inspiration.

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**Healing Affirmation:** *Divine Consciousness fills every cell, every tissue, every organ of my body. I am blessed with the healing love of the Divine. My energy is balanced and healthy, radiant with joy, purpose, and contentment.*

### Angels, Energy, and the Chakras

The Chakras are the energy centers of the body. Many things can become stored there, including emotions, beliefs and encoded information from this or past lives, as well as physical problems and etheric memories. When energies get locked into chakra storage, it can be very difficult to balance your vibration and align yourself with the flow of Universal abundance. You don't need to know exactly what's blocked in your energy system, but certain signals can indicate where an issue or memory may be lodged, and certain angles can help you clear and heal. Any Angel can work with any chakra, and colors may change also. Use your intuition.

Chakra & Common Color	Location	Central Issues and Emotional Signals
First Chakra - Root (Red) Angel: Michael	Base of the spine	Issues: Survival, security, stability (even financial) Courage, Action. Signals: Fear for safety, feelings of insecurity, depression, financial scarcity.
Second Chakra (Orange) Angel: Ariel (Arael)	Above the root- near sexual organs	Issues: Sexual issues, self-nurturing, intimacy, creativity, trust. Signals: Fear of intimacy, stuck creativity, lack of self-nurturing, lack of trust.
Third Chakra - Solar Plexus (Yellow) Angel: Chamuel	Above the navel, below the sternum	Issues: Emotion, desire, life force, self-valuing, energetic balance. Focus, purpose. Signals: Scattered energy, low vitality, lack of purpose, inability to focus, hopelessness.
Fourth Chakra - Heart Center (Green or Pink) Angel: Raphael	Mid-chest at heart	Issues: Love, acceptance, hope, forgiveness, emotional balance and compassion. Signals: Hatred, anger, self-loathing, trauma, sadness, longing.
Fifth Chakra - Throat Center (Blue) Angel: Gabriel	Center of throat	Issues: Communication with self & others, self-expression, speaking your truth, Spiritual expression. Signals: Inability to express or stand-up for oneself, fear of conflict, self-criticism.
Sixth Chakra - Brow (Indigo) Metatron for thought and memory Angel: Raphael for physical vision Uriel for Spiritual Insight	Forehead between the eye brows	Issues: Sight, insight, personal vision, clarity of thought, intuition Signals: Confusion, lack of direction and clear thinking, blocked intuition.
Seventh Chakra - Crown Center (Violet or White) Angel: Uriel, "Fire of God"	Top of head	Issues: Spirit connection, "door to higher self," intuition, higher power Signals: Lack of faith or trust, feelings of isolation, issues of lack, not feeling able to connect.

**Intention:** Powerful, vital energy is flowing through me now. My chakras are open to their perfect, healthy, vibrant state. I am free, flowing, and aligned with the blessings and beauty of the Universe. The angel \_\_\_\_\_ is bringing loving healing and balance to me now.

### **LIGHT BATHING PROCESS:**

3. Let your body relax and take a deep breath. Let go of concerns – just let yourself move peacefully through this process.
2. Let all the tension drain away from your arms and legs as you relax even further.
1. Gently drop your consciousness into your heart center and take another deep breath.

Continue to relax now as you now visualize a ribbon of light descending from Divine Source above you. See it entering through the top of your head at your crown chakra, moving down through your head, slowly and completely filling your whole head with healing, loving light. And now that light moves down into your throat, clearing any darkness or imbalance there completely away.

From the throat, see or sense the ribbon of light moving down and outward in a circle through the front of your upper body, sending light through your entire chest and clearing the breasts, lungs, and heart area. The ribbon continues the circle flowing through your back, filling your upper body completely. Just feel the light circling slowly through your upper body, though your chest, breasts, lungs, heart and back, rolling and circling and completely filling your upper body with healing, light, and love, casting out all imbalance completely and healing all the organs in that area of your body.

From that point, the ribbon of light continues down into the lower part of your body in another circle of light, clearing, circling, and bringing healing to all the organs and energy there. See, feel, or sense the circle of light completely filling your lower body now, bringing peace and healing to all the organs there. Spend a few moments sensing the peace and healing light circling through your body and when you feel the time is right, finish the exercise by seeing the beautiful ribbon of light moving down from your lower body into your legs, moving down into the earth where it is released, neutralized, and purified with love.

### **SHORT LIGHT BATHING MEDITATION:**

Take a few deep breaths and relax. As you let go of all your concerns, see or sense a bright light blasting down from Heaven into your crown chakra at the top of your head. This beautiful light brings healing and peace filling your head with radiant energy, moving down into your body. The healing energy of the Divine fills your entire body, moving out through your arms all the way to your fingertips, and down your legs all the way to your toes. This loving radiant light releases any old imbalance and brings powerful peace and healing to your body, mind, and soul.

## Easy Energy Activation and Shifting Techniques

### 1. Attraction Intention

On the top of a blank page in your journal, write your specific intention of attraction. For example:

*I am attracting the ideal (partner, job, residence, buyer for my home, assistant, etc.) that is:*

Then write your list of descriptive words and phrases down the page. You can change, delete, or add the qualities you desire.

Once or twice a week read just one intention before bed. As you're falling asleep, visualize yourself giving it to the angels, spirit friends, or your own higher self, with the request to take the intention to the energetic realm. Just let it go and know that spirit will be working on your vibrating intentions, too. Those intentions will entrain with the people and situations that will bring the solutions in real time.

### 2. Freezing someone's name to soften or release energies of attachment or difficult connections.

On the top of a small piece of paper put the full name of the person or organization to be frozen. Circle that in yellow. Below that, write the full name again followed by the phrase "*is sealed in the light.*" Fold the little paper up and either put it in a lemon or in a paper cup with water and place that in the freezer. Repeat the process whenever needed.

### 3. Neurotransmitter Affirmations – directing your body to create what you need.

Use the following affirmations often to counteract depression, anxiety, hopelessness, or lack of enthusiasm:

*My body is releasing (producing) more and more neurotransmitters of peace and well-being bringing me greater \_\_\_\_\_ comfort \_\_\_\_\_ and \_\_\_\_\_ joy \_\_\_\_\_ now.*

Fill in the blanks with those words or any of the following:

Peace, happiness, satisfaction, contentment, joy, courage, confidence, purpose, balance, calm, creativity, optimism, tranquility, clarity, hope, understanding, equanimity, peace of mind, etc.

Switch the words often, use your intuition to declare what emotional quality you want to increase in your life. Here's a more specific direction: My body is releasing more serotonin and oxytocin, bringing me greater happiness and vitality every day.

### 4. Metaphorical Intentions – Add a personal, emotional, psychological, or energetic intention to any activity, such as showering, drinking water, cleaning, travel, exercise, etc.

### 5. Personal muscle testing – Place the item in question at your heart center, take a deep breath, and let your body sway either forward or backwards. If forward, it's a good choice; if backwards, either choose another option or ask again later.

### Releasing and Empowering Affirmations:

Use the following Affirmations to release known (and unknown) blocks and to establish new intentions and actions for success.

1. *I release any negative energy from any difficult experience of the past.*
2. *I release any toxic conclusions I may have made as a result of those experiences.*
3. *I release feelings of powerlessness or any other negative feelings that may keep me stuck. I am free.*
4. *I have free will and I make my own choices. I no longer need to respond according to any hidden intentions. I release them and let them go.*
5. *I release any toxic feelings or conclusions that I may still be carrying from the past.*
6. *I release any old physical or emotional blocks. Vibrant energy flows freely through me, bringing balance, health, and peace.*
7. *I release any toxic attachment to any person, habit, or situation—past or present.*
8. *I bless the past and let it go. I am free to choose a new direction at any moment.*
9. *I am free and clear. I live in the power of my eternal truth.*
10. *I open myself to my spirit's capacity to \_\_\_\_\_ (fill in the blank).*
11. *My body is healthy, vibrant, and energetic. Divine Consciousness fills every cell.*
12. *I open my heart and mind to a deeper connection with my own spirit. I awaken to my Divine Source and to the power, value, and deserving that is always present.*
13. *I open myself to my spirit's capacity for knowing how to attract and maintain loving relationships—and fulfilling and prosperous careers.*
14. *I open myself to the free and full expression of my power, value, and truth in every situation.*
15. *I forgive all karmic debt and ask that all my karmic debt be forgiven. I deserve happiness now.*
16. *I engage in healthy thoughts and choices. I honor myself and attract great things.*
17. *It is safe and comfortable for me to \_\_\_\_\_ (express myself, speak my truth, heal, love, be loved, trust, connect with spirit)*
18. *Divine energy moves through my eternal life, releasing the past, healing the present, and blessing the future.*
19. *I am open to a deeper awareness of my soul's powers. I live in the peace of my eternal truth and I know that I am blessed.*
20. *I experience a free and open connection to the spirit world. I receive guidance and inspiration now and always.*
21. *My soul guides my choices every day. My life is sacred.*
22. *I lovingly and gratefully ask for spirit's help, and I receive wonderful blessings in many unexpected ways.*

# TREASURE MAPPING

\_\_\_\_\_ 's DESTINY GARDEN

**Annuals and Perennials  
Guaranteed to Grow**

## Tapping the AKASHIC RECORDS

### The Unlimited Source of Healing, Wisdom, and Inspiration

#### 1. What The Akashic Records Hold

1. Personal information of your eternal history, present experience, and future potential.
2. Unknown talents and skills, including inspiration available from the spirit realm.
3. All information concerning the human experience and other kingdoms, including physical truth and undiscovered scientific knowledge of every kind.
4. All potential guidance for personal and professional goals.
5. All of the wisdom of spiritual existence, including information about creation, spirit evolution, and all the realms of existence.

#### 2. Preparing to Open the Records on a regular basis

1. Daily Meditation, identification with your own eternal consciousness.
2. Peaceful, non-urgent attitude, with a genuine desire to learn.
3. Regular connection with Spirit.
4. Openness to receiving information necessary for healing or growth.
5. Connect with the earth in quiet walks or outdoor meditations.

#### 3. Simple Process for connecting with the Akashic Records

1. *Before starting*, create a *pure* and *focused* specific intention. For Example:
  - To find out personal information about how past lives have influenced \_\_\_\_\_ issue or relationship in this life. (name the issue)
  - To receive information to help with healing \_\_\_\_\_ (name the physical, mental, or emotional problem, or the self-sabotaging pattern.)
  - To receive inspiration for *my* project of \_\_\_\_\_ (art, music, writing, etc.)
  - To receive specific, helpful information about \_\_\_\_\_ (science, technology, other discovery—including spiritual).
2. Relax, meditate. Let all thoughts and concerns go, and drop your consciousness into your heart.
3. Say a short prayer opening the records or inviting the Record Spirits.
4. Ask a specific question or state your specific intention. You can visualize a screen or a book offering the information you need in the form of words, images, or knowing.
5. When getting ready to close the meditation, thank the spirit(s) with you or the loving Universe itself, making a simple request that you'll continue to get more information and clarity in ways that you will be able to identify, remember, and understand