

# Beautiful Soul, Welcome

The Angels are delighted you are here

So am I



## An Angelic Invitation

Many years ago, I was exploring these Divine Beings called Angels: who they were, how to connect with them, and what they offered. One day, they invited me to begin teaching Angel Workshops. This eventually blossomed into translating Angelic Wisdom via oracle card readings, Angel Healing Journeys, and Angelic Immersion Retreats. These years were delightful and I learned so much from the Angelic teaching and my direct experience.

The Angels then suggested I synthesize the wealth of their teachings and energetic practices with the beneficial techniques of Energy Psychology and Energy Medicine. They called this energy healing method AngelicEnergetics™ which included an 8 Ray Path to Remembering Divine Wholeness.

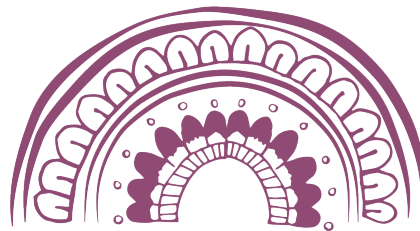
Whether the focus was for self, others, or planetary, the Angels intended that AngelicEnergetics™ would empower people to experience greater harmony as they explored how they were uniquely suited to love, live, and serve well. The Angels generously revealed this healing method as I wrote

the manuals, worked with clients, and had my own direct Angelic experiences.



## What is AngelicEnergetics™ ?

AngelicEnergetics™ is an Angelic energy healing method intended to restore your natural state of wellbeing. Sessions and Practitioner training offer a subtle energy healing process used to address any life area in need of healing or transformation. AngelicEnergetics™ methods empower enhanced intuition, direct connection with the Divine, greater peace within life circumstances, and a Model of Wholeness which invites a recognition of self worth. It may be used for the benefit of yourself, others, and the planet.



## The Seven Rays of Divine Light

The Seven Rays of Divine Light offer information-energy that will harmonize your sacred light architecture by releasing energetic interference, raising your frequency, and strengthening the qualities and gifts that empower you.

Imagine the pure energy of the Cosmos pouring itself into Seven Rays of Light. Each Ray frequency appears as colored light: brilliant blue, bright yellow, soft pink, pure white, emerald green, purple and gold, violet. Each of the Seven Rays carries unique informational signatures of qualities that are beneficial.

The Angels of the Rays, as they are called in AngelicEnergetics™, partner with the Seven Rays of Divine Light. Each pair serves to flow this Light in the perfect “dosage” to support the individual, group, situation, place, or planet. You may engage the Rays and the Angels as intelligent systems which interact with your own Soulful and body wisdom. Working with the energetic architecture of your system, the light empowers a new energetic arrangement within so that you may live more freely in sync with Life.

AngelicEnergetics™ utilizes Energy Psychology techniques and conscious partnership with the Angels of the Seven Rays who offer Divine Light transmissions. This combination seeks to restore the harmonious flow of Life Force energy (qi, chi, prana, ki, ti) throughout your physical-energetic body. This Divine Light also nourishes your energy system with beneficial qualities such as wisdom, peace, clarity, and heightened perception.

Each unique Divine Light transmission generates a release of energetic interference within your subtle energy system. Energetic interference is common to all people and naturally results from a variety of emotional, mental, physical, and environmental insults in life. When disruptions in

your energy architecture exist, your natural state of health and wellbeing is disturbed. This is often experienced as discomfort, dis-ease, or dissatisfaction.

AngelicEnergetics™ recognizes that at the foundational level, you exist as a Sacred Matrix of Light. This refers to your subtle energy system of meridians, nadis, chakras, and layers of your biofield or aura. All aspects of this foundational energy architecture function in an interdependent manner with the physical body (eg, organs, cells, chemicals), as well as the emotional and mental bodies (feelings, images, thoughts, dreams).

Interventions within your subtle energy system, which vibrates faster than the physical body, powerfully informs change in all other levels. As the AngelicEnergetics™ process clears energetic interference and restores the free flow of your life force energy, your inner wisdom will guide your natural healing process. This translates into the potential for positive transformation in related areas of your life: physical, mental, emotional, spiritual, relational, and functional (eg, career, finances).

Energy Psychology and Energy Medicine also seek to address the energetic disruptions in your system, created by challenging life events, in order to facilitate the free flow of your vital life force.

Additionally, they are used to restore cohesion within all body systems and create an open, receptive system to receive the healing light. Combined, these energy practices and Divine Light transmissions naturally empower the potential for wellbeing and transformation.

***It's a simple idea: release interference, enhance natural flow, and awaken dormant light qualities.***



The Angels refer to this process as “Weeding and Watering.”

Throughout your Angelic Immersion, and throughout your life, the Angels remind you to get serious about “gardening.” Awareness is your companion as a Master Gardener who is intent upon weeding out old conditioned patterns and habits. And watering your Light Potential. You can be both serious and relaxed about this process. Remember that “gardens” require time and tenderness to be restored to their intended beauty.



## AngelicEnergetics™ An Open Intention, Quantum Healing Method

The intent of every AngelicEnergetics™ session is often called True Healing. This refers to the restoration of the free flow of your life force and emerging awareness of yourself as Divine Wholeness. This is the evolutionary work of every Soul.

Each AngelicEnergetics™ session begins with an invitation to speak of

your desire for healing. This is welcomed and acknowledged before you are asked to fully release this intent to the Cosmic Intelligence, allowing the highest outcome to be realized. Once surrendered, there is nothing to do but relax and open to receive the Light transmission.

This level of surrender, known as Open Intention, invites the Rays of Divine Light to offer the perfect healing across all aspects of your life. Letting go isn't easy, however, the Angels remind you that the Light knows where to flow. This realization frees you from any conscious need to "direct the Light." It also requires some trust that this energy healing reaches beyond the idea of the problem at hand, beyond this current time of life, throughout time and every space to positively impact all involved.

As quantum physics has revealed, the observer effect influences the outcome. In cases of healing, this limits the effect according to the conditioned ideas of every participant. While the conscious intent for healing may be purely offered (I want to heal this), it is the hidden layers of unresolved conflict and limiting beliefs at the subconscious, unconscious, and energetic levels that collapse the broad potential into something less (I don't believe this is possible because...).

AngelicEnergetics™ incorporates WholeHearted Energy Psychology and energy medicine techniques to empower the energetic action of surrender and to free you from conditioned patterns and limited beliefs. These simple steps prepare the physical-energetic body to relax and open receptivity of the Light Transmission.

AngelicEnergetics™ honors the equal role and gifts that each “energy system” offers to the process. These energy systems include the Archangels, Archeiai, seven Divine Rays, Sacred containers (eg, Angelic Healing Chamber), and all participants.

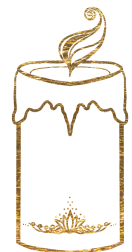


Within the Angelic Healing Chamber, the Angels of the Rays act as Sacred stewards of the Divine energy transmission. They assist by amplifying your receptivity to the information (Light) flowing through your system and modulating the intensity of the flow according to the wisdom of your Soul.

Within this quantum model of healing, Divine energy is the healer and your energy system, also Divine energy, is the recipient. It is important to understand that when transformation occurs at the foundational level of your energetic structure, every area of life may be affected as all are interrelated. And that you as an individual are embedded within a larger network that includes humanity and all life on Earth.

Every AngelicEnergetics™ session offers a unique nurturing experience with the benefit of a cumulative, broad effect to reveal your path of transformation. A variety of daily practices may be used to reinforce the benefit of the Divine Light transmission.

Paying attention to inner wisdom, outward invitations or synchronicity, and inclusion of the Angelic Energetics™ method in your self care enhances the transformational process.

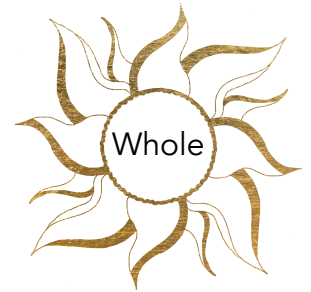


# The AngelicEnergetics Process in a Nutshell

Divine Love is the Healing Energy (Light)  
A Chamber of Light is the Sacred Container  
Archangels and Archeiai are the Amplifiers  
Seven Rays are the Pathways  
Practitioner serves as the Facilitator  
Participant's Intent Invites Healing



AngelicEnergetics™ Training



The AngelicEnergetics™ training offers simple, accessible techniques so you may deepen your innate capacity to directly commune with the Angels and Divine energy, boost intuition, heal with light, and serve the others or the planet in your unique fashion.

AngelicEnergetics™ offers you an 8 Ray Path of Remembering your Divine Wholeness. The energetic potential of this path is visually represented by a mandala known as The Map of Awakening Wholeness (cover image). All levels of training offer you the opportunity to explore, as deeply as you

desire, the impact of Divine Light transmissions which empower personal harmony and transformation.

Offering AngelicEnergetics™ healing sessions and Treasure Mapping Oracle Card Readings will deepen your personal confidence and open the way to be mentored directly by the Angels of the Rays. If you are interested in the Practitioner route as a business or as a free service to friends and family, you will also complete a practicum. This offers you the opportunity to practice the techniques, obtain personal feedback about impact, and identify questions as they arise.

Of course, there is no requirement to become an AngelicEnergetics™ Practitioner if you are only to use these techniques for yourself. Enjoy the training and see where it takes you. If you desire to share any of these techniques with others, as a free or paid service, you may continue on with the practicum to become certified. You are at choice with how you use the AngelicEnergetics™ method with integrity.



Once you are an AngelicEnergetics™ Practitioner, you may travel further within the 8 Ray Path to integrate knowledge, understanding, direct experience, practice, and service. The Advanced Practitioner level expands on the foundational concepts and techniques to offer a flexible array of interventions to support healing in and between sessions.

Ongoing opportunities to explore AngelicEnergetics™ empower you to create a business, integrate AngelicEnergetics™ within an existing healing practice, or explore how to creatively apply these techniques in your daily

personal life, business setting, or prayer practice. There is no end to the variation in how AngelicEnergetics™ may be used as it is an evolving system of healing wisdom and practice.



## The AngelicEnergetics Practitioner Training Foundational Principles and Techniques



Creation of AngelicEnergetics™

Model of Wholeness

Angelic partnerships with Archangel/Archeiai pairs

7 Rays of Divine Light frequencies

Basic Energy Psychology and Energy Medicine practices

Angelic Healing Chambers as foundational Sacred Light Matrix

AngelicEnergetics Protocols: Healing Sessions & Planetary LightWork.

AngelicEnergetics Breathing and Light Practices

Ray Attunements to the Seven Rays

Treasure Mapping Oracle Card Readings

Only Light exists. Only Love is real.

You are a magnificent Being of Light

Made holy of Love

Fully residing within the Heart of One.

Accept this Truth for yourself and you are healed.

Be this Truth for others and the world is healed.



## The Angelic Realm



## The Quick Invitation

Remember this. The Archeiai, Archangels, Seven Rays, YOU, Pachamama, and the Cosmos are a unified field of flowing information-energy. There is no end and no beginning. The field may be perceived at any entry point of perception and from there opened further. This is what is meant by “reading the field.”

Start somewhere, anywhere, and dive in. Noticing, breathing, noticing, following the stream. As you expand your practice and understanding of AngelicEnergetics™, you will continually encounter the unified flow and your perceptual translation of this field.

It is that simple and everyone will experience this in their own way, including your clients.



## Suggestions to Enhance your Experience

You are invited to Participate WholeHeartedly.

You are safe here.

We are all friends and support one another.

Trainings offer Playful Practice (think recess, rather than exams).

Imagine you are a Curious Child Scientist.

Be a Know Nothing (expertise will get in the way).

Lay down your doubt. Repeatedly. Breathe and refocus.

Really listen. WholeBody listening engages relaxed alertness.

Drop in to your Wisdom Space. Repeatedly. Breathe.

Give yourself permission to Notice (anything at all is fine).

Explore HOW you WORK (you do). Be Curious.

Disrupt your habitual way of relating.

Notice what is happening right now.

Open wide, smile, and let the Light In.

Recognize that expansion happens naturally.

Share your love and gratitude freely.



When the body becomes quiet, the Field becomes audible.  
Relaxed awareness is the doorway through which  
Angelic intelligence reveals itself.



Kathy's Wisdom Flow

Whole Body Listening



As you consciously drop into your Feminine Wisdom Belly, you naturally enter a relaxed, attentive space. When deepening your awareness and utilizing Energy Psychology techniques, your potential to perceive information through many channels or levels also broadens. Listening intently from this space of relaxed awareness cultivates the potential to perceive the multidimensional messages that are (always) broadcasting. It is helpful to center yourself within the intent to serve the collective with this simple, yet powerful, mantra:

*I am here. I am available.*

Still and receptive, you signal to the cosmic energy, as well as your Angelic and/or human partners, that you are ready. This statement opens many doorways. It is an invitation, a promise, a vibratory teaching, a practice, a mantra of remembrance, a prayer, and a mystical teacher. In time, this

complex simple statement may be embodied and guide you from within.  
Be curious.

This goes beyond listening to one person or your own embodied response. When you open to the Divine's luminous broadcast, you learn to translate the Light information more accurately. With practice, you can bring this open, alert awareness into everyday relating. Thereby perceiving and translating the field's communication with broader understanding and accuracy.



## Attuning to the Conversation

Throughout the training, you are invited to interrupt habitual patterns of communication with one another. At first, it may seem awkward to take deep breaths, pay attention to what arises within your Feminine Wisdom Space and maintaining that relational posture while others speak. It may not feel natural to take your time and notice what is flowing to, within, and from you. That's why you'll practice the Whole Body Listening a lot in class and in daily life.

Most people are speaking from habit and do not fully listen on the surface level, let alone on a depth level to the person, or field, with whom they are relating. Practice is key. Remember there is one unified field which

communicates effortlessly with itself. Imagine you are eavesdropping on a party line. Tuning in to the perfect conversation.

## Awareness is Qi

Take your time  
Consciously engage your Feminine Wisdom Space

Am I aware of my breath?  
Am I centered in my belly?  
What is happening in my body?  
Am I open, relaxed, and aware?



## Angels Model A State of Being

You'll notice throughout your interactions that the Angels are demonstrating ease, enjoyment, responsiveness without urgency, presence (often without doing anything), a delightful sense of humor, and a deeply reverent perspective toward humanity.

Whenever they are engaged throughout any AngelicEnergetics™ technique or practice, you'll notice three things. The Angels appear immediately, relate completely, and engage in a responsive manner which is perfectly attuned to the person(s) and situation. You'll notice that Angels don't "work" in the way humans have been conditioned to work. They show up, radiating a still presence (even when delighted), and model ease, enjoyment, and humor. This is intentional as every interaction invites you to recognize a way of being that is possible for you as a human.

When you relax into this Divine relationship and allow the Intelligence to move through you, your field naturally reorganizes into coherence and integrates exactly what is beneficial in that moment. When you facilitate in the manner modeled by the Angels, you are free to notice that Life moves through the Rays, the Angels, the Participant, and you as Facilitator. Curious and relaxed, you experience firsthand the delight of being free of effort as you drop within the flow of the session.

## Drop the Doubt



Now you understand more fully why the Angels ask you to drop personal doubt about your intuitive capacity. And invite you turn over any personal issues to them. When your mind gets involved and "tries" to perceive or "do" AngelicEnergetics™ "correctly," you tighten your body and narrow your perception. So, let it go. The Angelic Intelligence knows what is

needed and the Angels just adore the fact that you showed up to play, explore, and serve. Be at peace here. You're held.

Here's a formula to live by:

Notice  
Breathe  
Surrender/Relax  
Move On  
Better yet, Move Down  
Repeat



You are guided to use the out breath to bring your attention to your Wisdom Belly, pelvic/root region, your lower dantian. In doing so, you redistribute your energy away from the mind/brain region where most people focus to your still center. Beyond balancing your energy more efficiently and effectively, this allows you to Drop In and Witness that which wishes to be known and shared. Doubt is an idea of the mind. It only gets in the way and slows you down. Interrupt it quickly, recenter, and jump back in.



## Sharing Wisdom Nuggets

Nugget Speak. You'll get used to this idea and may even embody it as an essential life practice. Tuning in and centering in your wisdom space allows

you to Presence the Holy Moment. Enhancing your intuitive “noticing” of the information flowing to and through you. Receptive and still, it becomes easier to translate Divine Wisdom.



This is the Way of the Feminine. Rather than thinking about what needs to be said or what it might mean, you trust, drop in, and flow. The result is a heartfelt sharing of essential information-energy, unencumbered by translation or historical reference. Essential wisdom doesn't require you to share every detail of your story or insight. Trust that the energy behind your nuggets will speak uniquely to each recipient.

The skill of distilling a broad multi-sensory experience to the essential component improves with playful practice. Allowing Wisdom Nuggets to emerge opens the door further to the Sacred Mysteries. You'll discover this on your own as you incorporate this practice into your day to day life. Remember that it is easier to fall back into habit and simply relive yesterday in this moment. Telling an old story and going unconscious in the process. Instead, take a breath, “meet the moment,” and drop the story. Let this moment be fresh and stay open, trusting the perfect message or action will arrive through you.

The Angels and Divine energy wait for this type of opening. Flowing through you to offer that information which wants to be shared for the benefit of all involved. You aren't doing this alone. The Angelic Presence is amplifying your intuitive capacity, as well as helping you drop deeply within so you may notice even more sensory data flowing through your whole body attention.



Please know that you are held in a most powerful place of expression.

Do not fear the power of speech.

When you call us in, breathe us through your throat.

Your words will be a most perfect expression  
of what is to be said,  
what is to be heard,  
what is most essential.



Rest easy and speak using this gentle, yet powerful, gift.

(via Karen)



## AngelicEnergetics™ as a Model of Wholeness

### Understanding True Healing

Life is a mysterious, complex wonder. Rather than seeking to understand it within the realm of the mind, perhaps it makes more sense to ask big, meaningful questions and send them off into the realm of spacious Light. Inevitably, flashes of inspiration, serendipitous opportunities, and experiences that awaken the heartfelt “Wow!” inside of you will guide the way to fuller answers, broader questions, and the way to live them more

completely. The beauty of this practice is that the emerging benefits ripple further than your original question could imagine.

*Always be on the lookout for the presence of wonder.*

EB White



Throughout the years, I have often asked the question, “How can I empower others to access deeper levels of sustainable healing in the most efficient and integrated way?” This Beautiful Question has opened the way to a multitude of offerings, including the integration of Energy Psychology and Angelic partnerships within AngelicEnergetics™. What has also emerged is the evolution of my understanding of True Healing within a Model of Wholeness.

I share these ideas and ask not that you accept them as accurate, but that you explore them in your own experience of life and within the AngelicEnergetics™ method to see if they are useful. I invite you to come to this exploration with the attitude of a curious, open child and playfully journey through your own direct experience in the present moment.

My training in developmental, clinical psychology offered a traditional path of understanding human experience within a developmental model of how life challenges were navigated. This involved a comprehensive focus upon functional and dysfunctional environments, beliefs, habits, and responses. Psychology, with its concomitant focus upon thought, emotions, and

behavior, looked to what was problematic within a person's life situation and response patterns, as well as ways to mitigate or fix these problems or troublesome responses. A focus upon the dysfunction, even while assessing strengths and resources, was the norm.



My spiritual exploration, deepening partnership with the Angels, and introduction to Energy Psychology further enhanced my belief in people as perfect, wholly lovable, and worthwhile. The understanding that elaborate patterns (eg, energetic, physical, karmic, neurochemical, mental, emotional, societal) were always in play and too complex to understand led me to rely more on the broader wisdom each person brought to our encounter, as well as focus upon the Divine direction and gifts offered.

While holding a reverent view of a person's perfection, I worked with many techniques to empower the release of the interference of deeply held, often unconscious patterns that disrupted harmonious participation in, and navigation through, life. I saw in myself and others that these misperceptions at all levels interfered with seeing and living the perfection of Wholeness within a challenging world. And they were being held in place within the energetic field that supported beliefs, habits, and wounding.

This experience of being human is apparent for everyone, even among intuitives, energy healers, and spiritual practitioners. As you may experience yourself or have heard from others, it's common to hear about

levels of discontent, dysregulation, and self judgment regarding the ability to navigate life meaningfully and successfully as a spiritually focused person.

At a core level, there is an expressed belief in the idea of Divine Wholeness, being held within Presence, and moments of felt union, but not a sustainable felt experience of oneself as that Wholeness. There is also a focus upon the conditions of life (eg, physical, financial, relational) that are experienced as unwanted, untenable, and in need of changing/fixing. This apparent separation (Divine/self, perfection/imperfection, acceptance/judgment) plays out with a need for continued healing, and commonly adds a layer of private judgement that as a "spiritual person," one should be able to move past these challenges.

This again speaks to the nature of the egoic mind, asleep within the dream of life, and the longing to connect with what is already here but hidden. Within my personal, spiritual, and professional exploration, I began to question the meaning of the word "healing." I wondered how the concept of "healing" was to be reconciled with the "remembering of perfection" within the various Angelic invitations.

Turning to the Angels of the Rays for some wisdom, here is what emerged.

"You are already perfect, whole, and complete. This is your fundamental Divine Essence which is shared by all humans. Therefore, you have nothing to become, you have only to Remember your authentic nature. To realize this at a meaningful level requires the releasement of culturally



conditioned images and beliefs about yourself, others, and how Life should work.

You have made no mistake as everything in your life has unfolded as a perfect opportunity to Remember Love and the Wholeness that is Life. You are already enough. Thus, there is no need to fix yourself. Take this understanding a step further and realize that this is true for everyone, so that there is truly no need to fix others.

We wish to remind you that you have plenty of support from this loving, empowering, benevolent, radiant Presence, of which you are an integral part and which responds to you. You are a cell in the Body of Love, as are we. This Divine support wishes you to drop your excess weight (beliefs, habits, stories), stretch your wings, and realize that you already know how to fly (and already do). You have extraordinary capabilities yet untapped.

The Divine energy flow invites you to Remember this. With encouragement, guidance, and practice, you have the capacity to consciously witness your flight and that of others.

Do not mistake this for an absence of challenge within your life experience. Life holds everything. Let that be as it is when it shows up. Do not resist Life, for that means you are resisting your own precious essence. As you Remember Love and Embrace Wholeness, Heaven on Earth, which is here now, will be experienced within your life. "

Angels of the Rays



Ahhh. Deep HeartBreath as you inhale the energy of this message. What are you healing, then, if you are “perfect” and there is “nothing to become?” During the process of birthing AngelicEnergetics™, I was led to the Merriam-Webster dictionary to explore the meaning of these words.

healing - to make sound or whole; restore to integrity

health - the condition of being sound in body, mind, or spirit

whole - complete, undiminished entirety

complete - having all parts, not lacking, not limited

integrity - quality or state of being undivided

perfect - being entirely without fault or defect, pure, complete

A quick review of these definitions reveals the paradox of our experience. Based on the Angelic pointing toward our perfect condition, how is it possible to “restore to integrity” that which is in a “quality or state of being undivided?” How might you restore Wholeness when you are already complete?

When I looked up the definition for therapist (“a person trained in psychotherapy who helps people deal with mental or emotional problems by talking about those problems”), I found no answer. Digging deeper into the Greek root of that word (“therapeuein: to attend”), I was brought

full circle with this invitation to “attend” more fully to the Wholeness that was the person and that same Wholeness which is Life.



You are not separate from the whole.  
You are one with the sun, the earth, the air.  
You don't have a life, you are Life.

Eckhart Tolle

This is a profound statement about your fundamental nature and is a beautiful focus for contemplation during your days. Your fundamental nature is Wholeness. This is not just a pretty saying, but an invitation for deep contemplation about how perfection, integrity, and completeness has no opposite within this non dual existence.

***Wholeness is. Presence is. Life is. Love is.***

Cosmic Wholeness exists as your fundamental nature before any word is attached to it. Thoughts and words fragment Wholeness as they artificially break up a unified reality into labeled, separate items (you, me, Angels, turtles).

Within AngelicEnergetics™, labels such as Wholeness, Presence, Divinity, Love Itself, Light, and Life may be used interchangeably. You are free to use any word that floats your boat or suits your belief system. You are also encouraged to not be too attached to any descriptor as “the” definitive answer or label.

You are having a “human experience” where you encounter life in all of its duality: shadow/light, strength/vulnerability, sorrow/joy, contentment/discontentment, ease/disease. It is within your humanness that you experience a separation from your Essential Nature, Presence, Life, or Wholeness. This perceived separation, reinforced by a lifetime of human conditioning and your constructed self identity, has led to a fractured sense of a self (body, mind, energy, soul) that is often perceived as vulnerable, lacking, unworthy, and in need of fixing, healing, and restoring. This is a shared human experience. Yet, the fundamental question remains.

If it ain't broken, how can it be fixed?



It is understandable that the separation from Presence or Life Itself is experienced as more real than the absolute reality of Wholeness. Understandable and inevitable for most people given the mechanism of egoic mind, societal conditioning, challenging life situations, and the discomfort of human experience. There is no judgment here. Everyone is simply doing the best that they can. Within the AngelicEnergetics™ model, there is deep reverence for Presence that simply is, as well as for

your belief that you are somehow separate from or less than this Divine Presence.

Within a Model of Wholeness, suffering is understood as the resistance to Life as it is showing up in the present moment. The egoic mind serves as the mechanism of resistance to Life and the seeding of suffering. Using linear time, the mind (thought, imagination) leaves the present moment experience and travels back to the past (regret, grudge, grief) or forward to the future (wish, anxiety, dread) in a constant seeking to avoid the experience of discomfort, fix what seems broken, and to exert control over Life. Yet, Life is not something to be controlled - it is the spiritual beingness to be humanly experienced.

***Life, in its infinite perfection, is intelligent.***

***And you are Life, embodied.***

When you are overwhelmed at any level of your being (eg, physical, mental, emotional, spiritual), you experience disruption, dis-ease, or a breaking down of the system. These breakdowns are often interpreted as a personal failure, the fault of another, or life's unfair nature.

Within a Model of Wholeness, these moments are perceived as Life's invitation to stop, deeply rest, and pay reverent attention to what is occurring in your present experience. "Attending" first involves the opening to being with what is showing up without the need to change it. In awareness, simply witnessing the movement of what is occurring, as well as your sensory responses, you invite the potential for deep relaxation into

peaceful acceptance of what is arising in the moment.

This is your natural way of being. Witnessing opens the space to observe and be with Life's movements without judgement. Witnessing without the need to do or be anything is a foundational practice within AngelicEnergetics™.

There are many ways to understand this Model of Wholeness and each of you will have your own experience, language, and path. Life embraces all paths and traditions where, ultimately, Love Itself simply shows up as "the flow" and accepts all ways of Being as they are.

What if you trusted Life, as it was, to provide?



### Kathy's Wisdom Flow

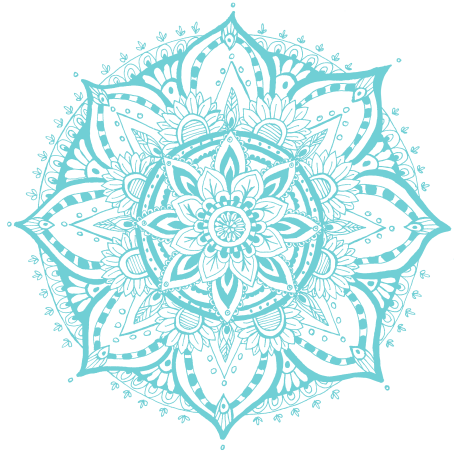
Within many spiritual or healing traditions, your psycho-spiritual developmental progression is often referred to as a Sacred Journey. This is a beautiful concept to represent Life's unfolding, yet it holds within it a potential for misunderstanding which may give rise to the belief that you have to become something, arrive somewhere, or achieve something upon this path.

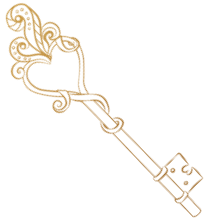
In AngelicEnergetics™, your life experience is understood to be your Sacred Journey where you are always perfectly placed to meet the present

moment as it is. Within a Model of Wholeness there is not a focus upon here vs. there or now vs. then. Rather, there is the understanding that the present moment, existing outside of the linear concept of time, simply is. True freedom is diving into Life as it shows up without trying to defend, change, or run from or toward some other "reality" existing at some other "time."

Within a Model of Wholeness, you recognize that Life is always showing up in the present moment, working harmoniously, interdependently and perfectly. Ultimately, with this understanding, you experience a deeper invitation to witness yourself at the heart of it all - your point of perception which is centered within the vast Presence that you are.

The key is to relax into what is showing up, be willing to sit within it (however uncomfortable), and engage in deep listening to what Life is saying (offering). Within that balanced HeartSpace, you have access to a compassionate wisdom which you may use to gracefully navigate Life's joys and challenges. The deepest listening reveals Life's wisdom inherent in every experience.





## Life's Invitation

"I am here and wish only to be noticed. I am experience. I can not harm the Truth of what you are. I am here to offer you this opportunity of Life's richness. Please sit with me rather than run away. I am a part of you as you are a part of Life, and I wish only to be witnessed, experienced, engaged. I am no threat to your precious Essence. I, too, am the preciousness of Presence showing up in your experience. I am Life. Let me live through you."

When you directly experience that everyone and everything is fundamentally allowed, experienced, and witnessed by Life, the battle to make self, others, or circumstances be different than they are gradually begins to lessen.

The AngelicEnergetics™ model encourages you to stay engaged in the moment with whatever is arising, whether it is lovely or awful, as this is the experience of Life. As you grow your tolerance zone, you realize that perfection exists even within your human experience of imperfection, vulnerabilities, and challenges. This complex mystery of Life, which allows everything to be experienced within it, is the perfection. And you who experiences life is already perfect.



You are constantly invited to be what you are.

Ralph Waldo Emerson

AngelicEnergetics™ invites you to engage in empowered surrender at the deepest level you can offer. This action is viewed as the Key (invitation) to allow Grace to descend. This Divine Grace dances with the flowing Love energy to release “interference” and elevate vibrational patterns with ease. The Angels view the actions of releasing and elevating as “weeding and watering.”

While exploring AngelicEnergetics™, it is helpful to view words and concepts like “Divine Grace” and “Love” as energies or frequency patterns which transmit information. You can also translate practical worldly activities the same way. Walking into your favorite book store to browse is an invitation (key) for the perfect information (coded within a book) to catch your attention (resonance) and inspire you (release old ideas/elevate vibration as you align with new information).


Life is always speaking. Life is always listening. It is offering you the perfect opportunity to “weed and water” in every mundane, sacred moment.



This combination of empowered surrender and deep acceptance of life as perfect does not equal passive non-involvement in life. Quite the contrary. With the releasing of interference, awareness of your Essential Nature, and enhanced flow of vital life force energy, you are free to engage more intimately with life. And explore how you may contribute to the world via balanced activism.



Coming from a place of Wholeness, you bypass the trap of viewing reality (people, situations) as broken, in need of fixing, and existing separate from Life. You open your potential to be surprised by higher Soul-utions than previously imagined. As Einstein so powerfully articulated, the level of intent and understanding plays an important role in the quality of soul-ution you offer the world.

 The significant problems we have cannot be solved at the same level of thinking with which we created them.

Albert Einstein

AngelicEnergetics™ aims to help you, and everyone, return to an understanding and depth experience of your authentic nature wherein you are naturally worthy, lovable, and wholly/holy capable of living a harmonious life. This is not done solely through teaching or attempting to recruit the mind to recognize Wholeness as it exists in the present moment. The mind alone is incapable of perceiving your essential nature or True Reality, thus it will always limit understanding.

In AngelicEnergetics™ this remembrance is also offered through an energetic process of Divine Light transmission.

These light frequencies empower your energy system to release interference at all levels of mind, body, energy, and soul. They, free you to expand perceptual awareness, awaken more light within you, and experience True Healing.



AngelicEnergetics™ sessions build upon one another so that the cumulative power of the Divine Light Transmissions guides your way to personal transformation and beyond. Inviting you to awaken your unique gifts and passions so you may serve the world with your light.



Coherence is the Qi to Healing

Kathy's Wisdom Flow

Within AngelicEnergetics™, the use of terms such as “healing, restoration, realigning, and remembering” reference a series of actions. First is the release of energetic interference from your physical-energetic body that

disrupt wellbeing and the direct experience of inclusive Wholeness. Second, there is an expansion of perception which allows greater recognition, understanding, direct experience, and expression of your authentic nature. Third, there is an awakening of gifts, insights, and Divine qualities which support your evolution.

The Angels of the Rays are not introducing anything new into the wholeness of who you are. Wholeness isn't missing anything. As the Divine Light frequencies "dose" your entire system with light, you are nourished and restored. Amplifying this free flow of life force energy calls forth your potential for health, vitality, wisdom, and high vibrational consciousness. With every session comes a cumulative effect which brightens you from the inside out so you may show up enthusiastically to serve the world in your unique fashion.

***AngelicEnergetics™ invites you to allow the Qi to work its magic, relaxing as it opens the doors and windows of your perception.***

As your intuitive awareness strengthens, you notice and translate the signs, symbols, and synchronicities that guide your path. These clues, known as the language of the Soul, are part of the Mystery to be lived rather than solved. Living from the heart, trusting the uncertain evolutionary path, and viewing yourself and others with great compassion support this way of being.



I beg you, to have patience with everything unresolved in your heart  
and try to love the questions themselves as if they were locked  
rooms or books written in a very foreign language.

Don't search for the answers,  
which could not be given to you now,  
because you would not be able to live them.  
And the point is, to live everything. Live the questions now.  
Perhaps then, someday far in the future,  
you will gradually, without even noticing it,  
live your way into the answer.



Rainer Maria Rilke

Remember that Life is mysteriously wondrous. Embrace and enjoy it,  
rather than try to define or control it. Any attempt to definitely understand  
what healing is best for you or what outcome resulted from an  
AngelicEnergetics™ session will come up short. Remember the “observer  
effect” which collapses infinite potential into a choice from your  
experiential, conditioned repertoire.

Your rule of thumb is to ask big, wide open questions and let them hang out in the Light realms without an answer. Life will flow you along into the answers or solutions. Life or Presence is infinitely wiser than mind.

Above all, keep your power. Allow yourself to be informed by this training, the AngelicEnergetics™ experience, and all that unfolds in your life. Experience everything and decide for yourself what is right for you, what is true for you, and what is worth exploring. AngelicEnergetics™ aims to support your opportunity to release any and all interference to a fuller awareness of the Wholeness appearing within your life now. However that shows up for you in life will be perfect.

When you engage your authentic nature and release the conditioning which obscures your Wholeness, you partner more consciously with the Divine evolutionary impulse which guides you to engage Life's flow vibrantly, honestly, and powerfully. AngelicEnergetics™ is merely one path among many which support your journey.



For my part I know nothing with any certainty,  
but the sight of the stars makes me dream.

Vincent Van Gogh





## Exploring the Angelic within the Energetics

### Who are the Angels?

In many spiritual traditions, Angels are described as messengers of the Divine, emanations of love, and helpers for humanity. The word "angel" is derived from the Greek word "*angelos*" which means "messenger." As aspects of the One Divine Source, Angels are composed of energy many call Divine love, light, and intelligence. These nondenominational light beings help anyone regardless of religious belief.

Angels are referenced in early writings from Egypt, Sumeria, India, and Persia as messengers of God or winged beings. Across many sources, the Angels often remind you that all paths lead to the remembrance of our connection to the One Divine Source and they honor all spiritual paths.

There are many ways to understand and relate to the Divine Energy known as the Angelic realm. You will go deeper into this understanding and experience as you travel through the 8 Rays and the Practitioner program. The information shared within AngelicEnergetics™ comes from the direct teachings and experience I have had over the years.

You may best explore the Angelic partnership by noticing what resonates with your wisdom and how you yourself experience the Angelic information in the current moment. You'll perceive the Angels, the Rays and their qualities in



your own unique way. Honor this and trust however you perceive this information, regardless of how others describe their experience.



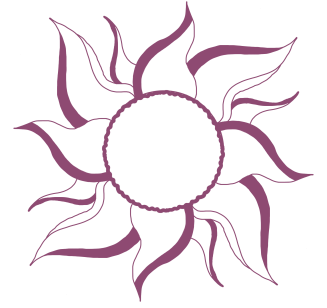
The Angels encourage you to perceive them in a way that is consistent with the history of Angelic knowledge within human history. The focus upon a unique aspect of the Angelic realm, such as a single Archangel, is helpful as you make sense of your world with words, symbols, form, and context. It is easier to form a relationship, ask for help, or enter into conversation with an individual Angel than with an ineffable, formless Presence.

You'll meet a variety of Angels with AngelicEnergetics™. While it is useful to know the names, characteristics, and roles of the various Angelic pairs, it is also important to remain aware of the interconnectedness of all Life. The Angels remind you that they are aspects of the One, aspects of the Divine Presence, as are you. While Angels may appear as an individual or come forth as a collective, they always operate within their full knowing of themselves as Divine energy in motion. An Angel may be understood as a being of light and an energy system in flow.

The Angels wish you to understand this Truth for it helps illuminate that you are all made of the same Divine energy. In your meditation, Divine communication, and participation in Life, the Angels invite you to immerse within the broadness of the Divine (loosening the boundaries of form), as well as engage the Angelic energy in relational forms (individual, pair, group).



## Meet the AngelicEnergetics™ Angels



In AngelicEnergetics™, you will focus upon the Archangels and Archeiai of the Seven Rays, two Guardian Angels, a Joy Guide, and the Archangelic twins Metatron and Sandalphon. Everyone has Guardian Angels who come forth when you first incarnate and remain with you throughout throughout this lifetime and all of your lifetimes. Your Guardian Angels offer comfort, inspiration, and guidance in support with a full understanding of your Soul's purpose.

Your Joy Guide is an Angel who helps raise your vibration so you may experience greater joy, lightness, laughter, and playfulness in your life. You may call upon your Joy Guide or Joy Angel, who resides directly behind you, to lighten up your thoughts, attitude, feelings, relationships, or environment, as well as to engage your natural childlike curiosity and sense of adventure.

The Angels of the Rays consist of 14 Archangels who present in 7 pairs of a masculine Archangel and a feminine Archeia (Archeiai plural). Each Archangel has a name which represents their masculine or feminine energies, yet is not the same as identifying them by gender. While Angels may appear in male or female form, they may also show up as light, music, color, body sensations, or an androgynous form. It may take some getting used to experiencing these Divine Angelic energies as movement rather than limiting them to gender. You'll explore the "form and flow" of the

Angelic energies as you have your direct experience with the Angels of the Rays.

The AngelicEnergetics™ method empowers you to work with an individual Archangel or Archeia, call upon a pair, and/or welcome all 14. Each pair is assigned to one Divine Ray. The Angel/Ray pairings always remain as described. Archangel Michael and Archeia Faith will always flow the Sapphire Blue Ray while Archangel Gabriel and Archeia Hope will always flow the Brilliant White Ray. Even as these pairings remain stable, the way in which the Angels focus that Ray and interact with you varies tremendously with unending creativity.

The 14 Angels of the Rays, two Guardian Angels, and Joy Guide are your active partners within the Angelic Healing Chamber. The Archangels Metatron and Sandalphon also serve the work done within the Angelic Healing Chamber. Known as the Archangelic twins, Metatron and Sandalphon serve as communicators with the cosmic and earthly webs of light. Metatron shares the energetic shifts within your being to/from the Cosmic web of interconnected light, while Sandalphon shares these changes to/from Pachamama (Mother Earth) within the Earthly grid. While they aren't assigned to a particular Ray, each Archangel Twin also has the full capacity to facilitate the movement of Ray energy in any combination.

The Angels of the Seven Rays are active partners in all of my workshops, retreats, energy sessions, and Angel Healing Journeys. These energy-information systems, known as Archangels, have offered countless

teachings and service during this time. As you work with them and the Seven Rays, an evolutionary process occurs as the experience and knowledge gained lay the foundation for the next level of understanding and experience. All Angels and Rays may be engaged as direct teachers. These partnerships are part of the delight of working with AngelicEnergetics™. You may also explore beautiful messages and chakra empowerments from the Angels of the Rays on my Angelic Journeys Meditation (mp3 available online).



## The Angels Divine Energy in Form and Flow



The Angels of the Rays invite you to broaden your understanding of Angels. To relate to them first as a heavenly body in service to you and Divine Wholeness. This idea is helpful and empowering as it allows you to enter into relationship with a celestial being. A presence with a name, descriptive qualities, color, and role. With direct experience, you will also relate to Angelic presence as Divine Energy in movement. Colors, sensations, symbols, constructed chambers, embraces and all the way that Angels show up as light in motion.

Be flexible in your approach to the Divine energy in motion whether it appear as an Angelic being or a felt experience of love and support. This is a both/and concept rather than either/or. This also gives you an opportunity to explore the interconnected qualities of what is called Feminine or Masculine movement or action. It is a bit mind bending so enjoy slipping beyond the rational into the magical. Don't worry too much about 'explaining' it.

The Feminine action, always present in the Archeia, may be considered an embrace which is deeply nourishing, supportive, and enhancing of your receptivity. When you are dropped into an inner stillness and nourished in the embrace of the Archeia, your perception opens and enhances receptivity to the Divine energy flow.

The Archeia offers the holding of your energy field and body. She brings awareness to the Feminine Actions of Stillness, Receptivity, and Nourishment. Helping you drop deeply within stillness where you may be rejuvenated and opened to the flow of Divine Information.

The Archangel brings awareness to the Masculine actions of inspiration, creativity made manifest, and righteousness (right use of energy). Together, these actions empower integrity, balance, and wholeness as you evolve and contribute to the world in your unique fashion. The Archangels often appear to balance the Archeia's holding as they direct the flow of Ray energy to you or the whatever is the focus of the session.

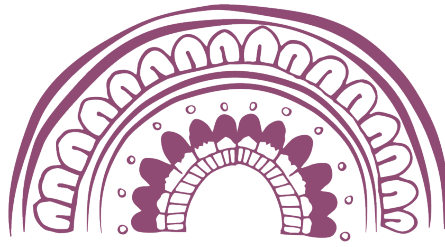
At times, they both may flow the Ray energy. Other times, the Archangel

may offer the embrace while the Archeia directs the Ray energy. In partnership with the Divine intent, whatever combination is presented always supports the movement of Divine light energy for the highest benefit of you, others, and the world at large.

While the Archangel and Archeia are presented with either a masculine or feminine appearance, they are balanced representatives of Divine Energy. At any time, you may focus upon either the Masculine or Feminine action with the understanding that both are always present within each Angel. For our purposes, when the Angels of the Rays work together they mostly hold their identified role as either masculine or feminine. When they are teaching you directly, this may shift. Regardless of how they appear, the pairing of Archangel, Archeia, and Ray remains stable. Enjoy your discovery and stay open to what shows up.



Discovering the presence of Angels  
is like discovering a magical room in your home.  
Where Angels show up whenever you call. Without fail.  
You soon realize these partners have always been with you.  
And this “magical room” travels with you in every moment.



## The Seven Rays of Divine Light

The AngelicEnergetics™ trainings create an opportunity for you to be cocooned within the nourishing, nurturing, and empowering Presence of the Divine. Whether represented by the Angelic realm, light frequencies, qualities, or your own perfect light matrix and life, you are being sourced with love. Your trust enhances the opening of broad spaciousness and very high frequency attunements. You are prepared perfectly for the information, direct connections with the Angels, and successive Ray Attunements. And all is facilitated by the Angels of the Rays and enhanced by the Sacred Chambers of Light.

The Seven Rays are beams of Light, or radiant energy, emanating from the Source of All. When the Angels “focus” the energetic qualities of a Ray, they surrender to the highest vision of these Divine qualities and support the amplification and modulation of the flowing energy for the benefit of all recipients. Whenever you work with the Seven Rays, you are invoking the energy of Love and the qualities of the Divine infused within this Light energy.

The attunements are offered by the Divine Light frequencies known as the Seven Rays. These are “focused” characteristics of the Divine flowing

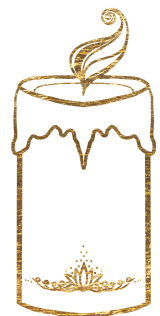
through the particular color and wave frequency patterns. The primary characteristics are in the chart you are given. The characteristics of these Rays, such as color, chakra focus, and Angelic pair, remain the same. This allows you to deepen your relationship with the flow of information (eg, healing, wisdom, guidance) the Rays offer.

The Ray colors are different than the chakra colors. You are guided only to focus on the Ray color in order to fine tune your awareness. These colors represent frequency patterns of light. The colors do not “blend” with the chakra color.



It is important to understand that you aren't being attuned to the Angels themselves. Rather, they function as facilitators who modulate and amplify the Ray energy so you may absorb and integrate this “information” with ease and efficiency. This is always personalized, even when attuned in a group, as Divine intelligence is aware of itSelf as a whole, therefore every Ray and Angelic interaction carries the perfect attunement to facilitate healing and growth.

As you are nourished by these “doses” of light, so is the whole of Life. You may understand that you have the enhanced capacity to cultivate these qualities within yourself and naturally share them with others through modeling and direct action.





## You are a Sacred Light Matrix

As you work with the Angelic realm and expand your intuitive abilities, it is essential to pay attention to the well-being of your multidimensional energetic anatomy. You are not merely a physical being as it would appear in the five-sensory world. There is a continuity of the physical body with higher energy systems, often called subtle energy bodies. Your physical body and subtle energy bodies are composed of matter with different frequency characteristics. That is, they vibrate at different speeds.

The Angels of the Rays call this your Sacred Light Matrix which references your physical body and layers of your energetic bodies.

As physics has demonstrated, energy of different frequencies can coexist within the same space without destructive interaction. Thus, your subtle energy bodies are actually superimposed upon one another within the same space.

These bodies of higher energetic frequencies, which are in dynamic equilibrium with the physical body, combine to create your extended

energy framework. Within this energetic architecture (Sacred Light Matrix) are the physical body and the subtle energy systems known as the etheric, astral, mental, and causal bodies. Each has specific functions that interact with the physical body and your daily functioning.

Working with the Angelic realms involves inviting even higher frequencies of energy to share the same space with your extended energy system. This is not an unnatural experience. You live with electromagnetic energy moving through your home and your bodies. This energy exists at a frequency beyond your five sensory ability to perceive it.

When you turn on a television and choose a channel, you are merely activating a mechanism that is able to translate this energy into sound and light waves so they can be perceived by your five senses. Choosing a different channel simply means to tune into a different frequency of energy that is already existing within the same space.

It is important to remember that everything is made of energy. Our planet, the cosmos, each human being, and every Angel are made wholly (holy) of energy. Just as electromagnetic waves move through the space that is "us," so can the Angels move freely through this space. This does not need to be a frightening concept. Rather, it allows you a more practical explanation of how this "otherworldly stuff" is just like the "stuff" that powers your television, albeit at a higher frequency.

The Angels offer you guidance and support with regard to energy management as you become increasingly conscious of how you are flowing energy and how energy flowing to you is received and/or

effects you. They modulate the Ray energy so that you receive the perfect arrangement frequencies with every technique. And will respond to your questions or request for assistance during any process.



The Mystery of existence is not to be understood.

It is to be lived.

Expanding your Intuitive Awareness



Everyone is intuitive. Everyone. AngelicEnergetics™ aims to empower you to remember your perfect connectedness within Divine Presence. Within Life, Divine information flows easily and effortlessly. With greater awareness of this subtle energy, trust in your intuitive nature, practice with AngelicEnergetics™ techniques, you will strengthen your capacity to perceive Life's informational flow more fully. With a committed practice, the WholeHearted, inspired way of life becomes your norm.

As if often the case in the human experience, you may encounter self-doubt as you engage in the AngelicEnergetics™ practices. Some common concerns include doubting your ability to receive information, feeling inadequate compared to others who demonstrate intuitive abilities, being concerned about what type of information you may access, or

worrying that you will do it wrong, be fooled, or just be making it all up.

It is essential to remember, as the Angels always remind you, that this is about being open to Divine Love. That is what the Angels are: Divine Love. That is what you are. The act of opening your intuitive channels is to allow this Truth to flow into your experience and out into the world.

Above all, the Angels remind you that healing with light is “light” work, not “hard” work. The Angels recommend you take a light-hearted, playful, and curious approach to your LightWork. When you take yourself or the Light too seriously, worry about “doing” things correctly, or even wonder about your worthiness to flow Divine Light, you create tension within you. This narrows perception and disrupts your coherence.

Whenever you notice your mind getting too active, gently move out of your own way with love and compassion. This whole Divine Play is truly about Love and Light in the most expansive sense.

Most importantly, remember that you are not doing the healing.

It is by way of the AngelicEnergetics™ techniques and partnership with the Archangelic pairs that the light frequencies interact with the energy body and the healing field. This process of removing energetic density, reorganizing energetic structures, enhancing communication through the subtle and physical bodies, and boosting stored light is what many refer to as “healing.” Yet, the Angels simplify everything with their “weed and water” analogy. They know what they are doing. And at your deepest essence, so do you. You can relax.



## Wisdom Nugget

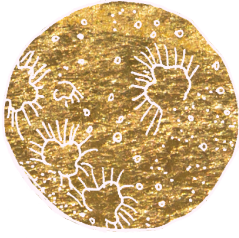
You reside within the absolute stillness and  
you arise from this perfect clarity.  
Resting within the awareness of this truth,  
and trusting it deeply,  
you have the potential and capability  
to experience and demonstrate  
the creative art forms of the Divine  
in every action - thought, word, and deed.

From this space, Life presents perfectly.  
Thus, the question in each moment is  
“Where is your point of perception?”

If it is not resting in trust and stillness,  
you are limiting your offering.  
Your invitation is to drop into  
total trust in the Divine Mystery ...  
which is alive in the stillness  
and ready for your attention.

(via Kathy)





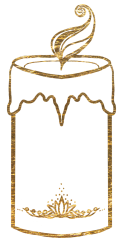
## Preparing the Light Body The Benefit of Energy Psychology

Of essential importance in AngelicEnergetics™ is the integration of Angelic and Energy Psychology practices. Your intent to be available to the Divine Light transmission involves your willing entry and surrender into the AngelicEnergetics™ experience. After all, you are the Key/Qi which allows Grace to descend. "I am here. I am available." That's your beginning.

WholeHearted Energy Psychology techniques next prepare your subtle energy system and integrated levels of being (mind, body, spirit, energy) to align with your open intention to be receptive to the light transmission.

*Your task is not to seek for love, but merely to seek and find  
all the barriers within yourself that you have built against it.*

Rumi



Within Energy Psychology, energy medicine, many eastern disciplines (Chinese medicine, yoga, chi gong), and indigenous healing, energy is the viewed as infrastructure or Sacred Architecture which supports the

potential for vital health in your body. Names for this subtle life force include prana, qi, chi, and ki. Some energies may be measured scientifically, such as electromagnetic impulses recorded by EEG or MRI, while other subtle energies are currently beyond the sensitivity of scientific recording instruments.

Energy Psychology developed from the pioneering work of the late psychologist, Roger Callahan, and psychiatrist, John Diamond, who explored the roots of Chinese medicine's 5000 year practice of acupuncture, the mechanics of kinesiology to access the body's internal wisdom, and basic practices of psychotherapy.

Energy Psychology, including Thought Field Therapy (TFT) Emotional Freedom Technique (EFT), and Heart Assisted Therapy (HAT), helps you partner with your energy mind body system to facilitate positive change, healing, and growth. Energy interventions are empowering as they are noninvasive, specific, without side effects, and easily learned for self use.

Most emotional challenges involve memories, thoughts, and images which cause the amygdala (part of limbic system) to evoke fear, aggression, and hyperarousal, even though no trauma is present. Current stimuli linked to past events evokes the same arousal signals in the present moment to those previously experienced. This leads to a complex chemical, emotional, and physical response which may be overwhelming, disorienting, and disturbing.

This sequence is at the root of many problematic patterns of emotion and

behavior. Especially as the original event is no longer happening, yet serves to exacerbate current day stressors.

The many energy pathways (meridians, nadis) and energy centers (chakras) within your body are in dynamic interplay with your mind-body - thoughts, emotions, chemicals, cells, and organs. The electromagnetic properties of the acupuncture points, called windows into the energy system, can be activated by tapping, massaging, or touch and breathe methods.

When stimulating these points, electrochemical signals are sent directly to your brain. Shifts in energetic system lead to shifts in neurochemistry which lead to shifts in emotions, thoughts, and behavior. Shifts in emotion and thought lead to shifts in informational substances such as hormones, peptides, and neurotransmitters. Going beyond a mere state shift, Energy Psychology techniques have the potential to retrain the nervous system.

Energy Psychology postulates that stimulating energy points, mentally activating a problem or goal, and pairing a positive affirmation appears to counteract the brain's threat response. These processes are believed to create instantaneous neurological changes that deactivate the biochemical underpinnings of the problem (thus retraining the nervous system) while activating an energy field and related biochemical processes that promote the desired goal.

The Angels refer to this deactivation and activation process as "weeding and watering" where you clear dense energy, shift energy and biophysiological processes, and enhance nervous system communication.

Energy interventions may be used to address issues within past, present, and future. With practice, simple techniques may be used anywhere during the day to address distress, soothe the system, and create new energetic, chemical, emotional, physical, and thought habits.

John Diepold, PhD initially developed a Touch and Breathe method for holding meridian diagnostic points in place of tapping the points as used in other Energy Psychology techniques. As his therapeutic Energy Psychology methods evolved, he was able to replace need for diagnosing and treating meridian points by placing crossed palms upon the heart center, breathing normally, and quieting the body-mind while attuning to the heart center. This was the introduction of Heart Assisted Therapy.

While training with John, I shared the term HeartBreathing which was offered to me in the early days of the Angels' instruction about breathing light through my heart center. He incorporated this term, thus seeding the Angelic contribution within Heart Assisted Therapy.

The heart acts as a central change agent within the body, with the capacity to organize and harmonize multiple bodily systems into coherence. As the heart rhythm becomes coherent, the neurochemical activity influenced by the heart shifts, allowing stress chemistry to settle and giving rise to chemical patterns that support wellbeing and clear communication throughout the body.

This coherent state does not remain isolated within you. When your heart

is organized in this way, it naturally creates a resonant field that gently invites others nearby into greater calm, balance, and coherence within their own systems.

The heart chakra is also a beautiful portal for the energy of Love and the unconditional support offered by the Divine. Settling within this HeartSpace, through the powerful action of HeartBreathing, encourages surrender and supports restoration of harmony within your mind body energy system.



For breath is life, and if you breathe well,  
you will live long on earth.

Sanskrit Proverb



Creating Energetic Receptivity

Energy Alignment: Addressing Polarity

This basic Energy Psychology process is the building block for creating an energetic receptiveness for change. You begin with the practice of HeartBreathing which involves the heart beating in rhythm, the body

breathing, and the hands resting upon the heart center. All of these movements are known and natural experiences.

The switching of the hand placement while HeartBreathing addresses the energetic polarity in the body. While there are different theories as to the way to focus upon polarity (right/left side of body, front/back of body), the movement of switching hands has been found to correct the energetic reversal of the positive/negative charges which flow in the energy system. This technique invites energy to flow efficiently, which in turn supports the potential for more effective learning, healing, and flexible navigation of life.

The process is simple and quick, yet has the potential to center you in a broader awareness of yourself in relationship to the Divine. This building block may be used anytime, especially upon waking and before sleep, before any healing session, within circumstances requiring your best focus, and whenever feeling out of sorts.

With practice, this simple process will become second nature and can be done “hands free” with intention whenever it is not conducive to engage in the physical act of HeartBreathing (e.g. making a presentation, driving, in the midst of an argument).



## Energy Alignment HeartBreathing Sequence

Place crossed palms upon the heart center, breathe normally, and gently notice how you feel. One full respiration is considered one “HeartBreath” and however you take these HeartBreaths is perfect. There is no particular way you have to breathe as you engage the heart with your hand placement and gentle attention. Simply notice any physical sensations, images, and thoughts that may float through your mind.



### *Energy Alignment HeartBreathing Sequence*

**3 HeartBreaths    switch palms**

**3 HeartBreaths    switch palms**

**3 HeartBreaths**

Notice yourself when this is complete. Check in about how you are feeling within your body, mind, energy, and environment. Be curious, yet not attached to any outcome. Just notice what you are experiencing in this moment. (See guided HeartBreathing Basic Practice in Appendix).

### **Hands free HeartBreathing**

With enough practice of the HeartBreathing Energy Alignment, you may use your imagination to “begin” the process. Your entire system will respond as if hands were placed upon your heart.

# Creating Psychological Receptivity

## Releasing Resistance to Change



This HeartBreathing + affirmation sequence supports a psychological receptiveness for transformation. If any subconscious or energetic resistance to change exists regarding your open intention (or a focus upon a specific issue), this sequence will release that interference and open you to the wider potential. This happens naturally so you may let go of any attempt to instruct yourself to release resistance.

This simple affirmation gets to the heart of the thermostat/upper limit/ego mechanism problem which is where you tend to habituate. When targeting something for change, the mechanisms for self-judgment and self-negation become engaged. This deep suggestion fosters self-acceptance, even with the presence of an unwanted pattern, and relaxes both the self-negating mechanism and resistance to your conscious intention. You can adapt this phrase to suit you, such as "I am open to loving and accepting myself."



## **Deep Acceptance HeartBreathing Sequence**

Settle into your HeartSpace with a few HeartBreaths. Conduct 3 rounds of one of the following Deep Acceptance HeartBreathing sequence.

### **HeartBreath**

**I deeply love and accept myself  
even with all my strengths & vulnerabilities**

### **HeartBreath**

**Switch palms 3x total**



### **HeartBreath**

**I deeply love and accept myself  
even though I am the way I am,  
mind, body, and spirit**

### **HeartBreath**

**Switch palms 3x total**

Notice yourself when complete: how you are feeling within your body, mind, energy, and environment. Be curious, yet not attached to any outcome. Just notice what you are experiencing in this moment. You may listen to and share my free Self Soothe Strategy to experience how to integrate this into any guided meditation [available at [www.kathymilano.com/free-resources](http://www.kathymilano.com/free-resources)].



As you breathe, you welcome the Stillness.  
And within that Stillness is every particle of information  
required for you to remember your  
own Power, your own Luminosity, your own Grace.

There is no effort in this.  
It is simply a process of breathing and relaxing fully.  
There is no invitation required to invite the Presence to show up,  
for where could it be except for right where you are?  
Relaxing within a coherent Field invites  
Remembrance of this One Presence.

Kathy's Wisdom Flow

## Grounding Practice

Now that the nervous system is calm, the energy body is receptive, and your client and you are energetically in resonance, it is time to ground the energy body. This is an important practice with all energy work, guided meditations, and journeys to the higher realms. When working with the Angels of the Rays, you and your client will be experiencing very high frequencies. Supporting this work with the energy of Pachamama (Mother Earth) will allow a more relaxed, alert state during the session.

Strong grounding will also allow the energetic changes to inform the physical body and its connection to the Earth energy. Remind your client that if they feel lightheaded or too spacey at any time during your session, they may open their eyes, place their attention on the lower body, and imagine or sense the breath traveling down the roots into the earth.

### **Root like a Redwood**

Imagine you can send roots from the base of your spine and bottom of your feet down into Pachamama. Connect into this nourishing, supportive Mother by sending many roots down deep and wide with every exhale. Imagining the roots of the massive redwood trees, send yours down and anchor into the holding of the Earth. This will help you ground the spiritual

energies that move through your field and support the integration of these energies into your daily life.

## Donna Eden's Energy Medicine Techniques



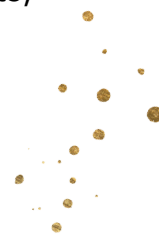
Engaging the present moment of Life requires navigational skills to manage the flow of experience without becoming overwhelmed, defended, or shut down. As energy is your invisible infrastructure of your body, it is helpful to add a few Energy Medicine tools to supplement your AngelicEnergetics™ experience.

Donna Eden's book Energy Medicine and website offer simple instructions for powerful energy medicine practices that you can use to enhance your ability to be vitally present to your life. While these techniques are not part of a structured AngelicEnergetics™ session, they align with your goal to partner with Divine energy (Angelic realm, Light transmissions, your subtle energy matrix) while learning how to live WholeHeartedly. Here are a few for you to explore. Be empowered and at choice - use what feels helpful to you. Feel free to add any of these into a session if you perceive a benefit for your client.

## Radiant Circuits - Power up Joy and Vitality!

The capacity for joy is wired into your body and carried along a network called the Radiant Circuits. These energies are crucial for maintaining health and feeling good. When the Radiant energies move, they bring vitality, strength, resilience, and joy all of which are useful in repair work and primary energies in exhilaration.

All the body's energy systems are linked through the Radiant Circuits, which in turn support a harmony and vibrancy throughout the entire body and energy system.



*(Wo)Man is most nearly himself (herself) when he (she) achieves  
the seriousness of a child at play.*

*Heraclitus*

Donna Eden reminds you that the formula to stimulating the Radiant Circuits is no formula. Enjoyment, spontaneity, and a sense of childlike play are useful approaches to supporting the flow of energy through your Radiant Circuits. Let your joyful inner child guide you through creative movement, dancing figure 8s, singing, and smiling to activate these radiant circuits. Explore the embodied dance as you practice being aware of your subtle and physical bodies as well as your connection with the earth and energy fields around you



## Tap in Joy

Tap on third eye to anchor in the vibrant experience. You can also run the pad of your middle finger from the third eye point to the top of the forehead to enhance memory.



## The Four Thumps

This simple routine boosts and restores energy, increases strength and vitality, and strengthens the immune system. It was originally known as The Three Thumps and is part of Donna's 5 minute daily energy routine which you can view online or in her book, Energy Medicine.

You may also stimulate the collarbone points independently when you wish to support your energy in running forward and become alert (eg, at the end of an AngelicEnergetics™ session). Using several fingers, you may rub or tap on the following points. Breathe in through your nose and out through your mouth for ten to fifteen seconds (2-3 breaths).

Under eye points

Collarbone points - notches beneath knobs of collarbone

Thymus point - center of sternum, Tarzan spot

Neurolymphatic spleen points - beneath the breasts, down one rib

## Connecting Heaven and Earth

This easy practice opens your meridians, expels toxic energies, and stimulates fresh energy to flow through the joints.



1. Stand with hands on your thighs, fingers spread.
2. Inhale through your nose, circle your hands around and down into prayer pose. Exhale through your mouth.
3. Inhaling through nose, stretch one arm up and one arm down, pushing with your palms. Hold. Exhale through your mouth as you return to prayer position. Switch arms and repeat at least twice for each arm.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.

## End of Session Practices

At the end of an AngelicEnergetics™ session, it is helpful to guide a client into a more alert and embodied state. You may invite them to notice their body, rooted into Pachamama, as they gently open their eyes. Invite them to call all of their energy back into their body. This instruction is usually sufficient, although you may use hand motions to indicated drawing energy back into the physical body. As you guide the client through this

series of techniques, they will assist both of you to return in an integrated fashion to the here and now.

Rub on the collarbone points while taking a few deep, easy breaths. This will bring a sense of alertness. Cross arms and give a light massage to the shoulders and arms to reinforce the boundary of the physical body as the energy is fully called back. Invite any body movement or stretching that feels natural.

Butterfly hug - with arms still crossed, gently alternate palms patting the arms. This helps to integrate the information-energy received during the session to integrate in a conscious manner.

If someone continues to look dazed or reports feeling still in a trance state, have them stand and do the Heaven and Earth movement. This combination of standing (shifting position), movement, and calling upon the support of heaven and earth energies will likely bring someone into greater alertness. You will always spend some time talking as you offer your client recommendations to integrate the energy. Make sure they are alert, capable of holding a conversation, and feel ready to drive before they leave the session.





“Energy medicine uses the term “energy” in two senses. Energy is the medicine and energy is also the patient. You heal the body by activating its natural healing energies (energy as the “medicine”) and you also heal the body by restoring energies that have become weak, disturbed, or out of balance (energy as the “patient”).”

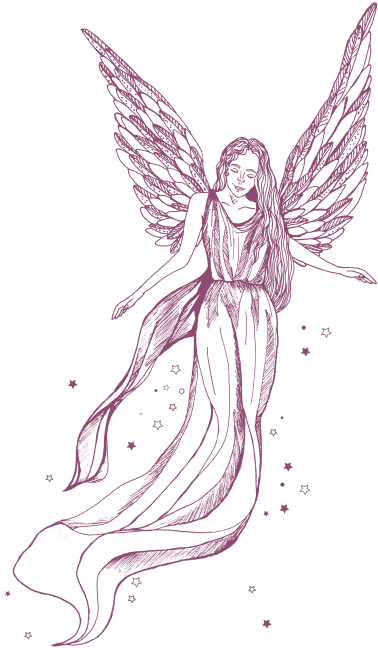
Donna Eden

## Angelic Formula as a Moving Mudra

The Angels of the Rays have shared a means of embodying their Angelic Formula within a Moving Mudra. This formula is intended to offer a simple guide to living WholeHeartedly, inspired, and intuitively open to Divine Wisdom.

In yoga, mudras are used in conjunction with pranayama (yogic breathing exercises), and/or Sacred chant, generally while seated, to affect the flow of prana (life force), stimulate the brain, and activate different parts of the

physical and energetic body systems. Most often mudras involve holding the hands and fingers in a static position, but the whole body may be part of the mudra as well.



## Angelic Formula

Empowered Surrender  
Align with Wholeness (fill)

Overflow

Follow Path of Light

### **I am present**

ground, mountain pose, hands on thighs  
hands free HeartBreathing

### **I surrender**

Namasté bow  
hands in prayer position

## **I align with Wholeness**

arms up, open legs wide  
overflow torus pattern breathing

## **I overflow with gratitude**

HeartFelt gratitude bow  
Hands crossed over heart

## **I am aware**

hands down, palms forward  
notice self in present moment

## **I flow forward within Life**

step forward  
intent to pay attention within Life

# Angelic Breathing Practices



These are guided, experiential journey meditations which include various Angelic breathing practices. Before you begin, complete the Energy Alignment and Deep Acceptance HeartBreathing practices followed by the Tree Root Grounding practice.

The Angelic Breathing practices include the HeartBreathing Basic practice,

WholeBody Breathing Pillar of Light, LightGlobe Cleansing, and Breathing with Life practice. Each meditation is included in written form so that you may gain familiarity with the practices and enjoy the Angels' actual directions. In your own time, you are encouraged to allow the Angels and your Higher Wisdom to guide you in the practice of these techniques and adapt them as you will.

You may want to practice the Angelic HeartBreathing techniques one at a time in meditation before you share with clients. As you experience the subtle nuance of your unique practice and bolster your comfort with each Angelic HeartBreathing practice, you'll discover your own rhythm and version of the meditations. [All practices may be found in the Appendix.]

It's also okay to begin by reading one of these breathing meditations to an AngelicEnergetics™ client until you feel comfortable guiding them without a script. Remember to read it slowly with plenty of pausing between sentences. Let your client's body and breathing cue you as to the pace that best suits them.

With regular use and focused attention, these practices will become as natural as ... breathing! The benefits to your vitality of mind, body, and spirit are countless. The benefit to the Earth system and all who reside upon Her may not be directly known or experienced, yet as the Angels say, "the benefits are beyond your imagining."



There is peace within this moment.  
It is as close as your next breath.  
The Angelic Realm

## Remember the Basics of the AngelicEnergetics™ Model

Centered within a Model of Wholeness, AngelicEnergetics™ is an Angelic energy healing method intended to restore your natural state of wellbeing. AngelicEnergetics™ is perceived as an open intention, quantum healing method with an intent of True Healing: restoring your Awareness of yourself as Divine Wholeness from the energetic level up.

Every session involves the Divine Light transmission of the Seven Rays to release energetic interference and allow your Life Force energy flows more efficiently and harmoniously throughout your subtle energy system. Translating into the potential for positive transformation in all areas of your life and the invitation of your Divine Potential to be made manifest in accordance with the wisdom of the Soul. The Love Flow Chart that follows may also be found in the Appendix.



# AngelicEnergetics™ Love Flow Chart

## **Creating Energetic Receptivity**

Grounding. Energy Alignment HeartBreathing  
Deep Acceptance HeartBreathing



## **Pure Surrender**

Open Intention Model  
Inviting highest Divine Outcome



## **Divine Light Transmission**

Quantum Healing model  
Modulated by Angels of Rays & Angelic Healing Chamber



## **Releasing Energetic Interference**

Disrupted energy flow manifests issues in MBSE



## **Restoring free flowing Life Force Energy**

Raising vibration  
Potential to manifest higher outcomes across MBSE



## **Free Flowing, High Vibrational Divine Energy: Wellspring of Wellbeing**

Empowers capacity for navigating Life's joys and challenges  
Soulfully, WholeHeartedly, and Meaningfully





## Sacred Space and Chambers of Light

There are three essential components of AngelicEnergetics™ which support the creation of Sacred Space and enable direct energetic connection with the Angelic presence and Divine Light frequencies.

The *FIRST* you've already explored with the Energy Psychology, energy medicine, and breathing techniques. All of which prepare your physical-energetic system to open to multidimensional mystical information. This realm of the mystical, existing outside of linear time, is accessible through intent, Angelic assistance, and a pure heart.

The *SECOND* component involves the opening of Sacred Space, already in motion with your pure intent to partner with the Angels and Divine Light to serve others. Centered within that intent, every AngelicEnergetics™ session involves the construction of Chambers of Light.

The various Chambers provide clearly boundaried Sacred Space in which to work with refined light frequencies. In some healing systems, this would be called protection. The Angels of the Rays use different language. They teach of the importance to hold the pure intent to align with the highest vibration of Love Itself. This alignment is enhanced within these Chambers of Light which serve to stabilize all involved within higher frequencies. Lower energy vibrations, such as fear, doubt, anger, are dissolved by this pure light so the energy may be freed to flow with love.

The *THIRD* component offers you a direct link into the Angelic energy. This energetic connection is deeply personal as it involves your unique HeartLight. Consider this your Key (Qi) to open the lock for direct connection with all Divine Light forms. Enjoy a deep breath and learn how this key has always been housed within your very own heart.



## AngelicEnergetics™ Empowers Direct Connection



The majority of people rediscover their intuitive prowess at some point in their life. Learning any new skill benefits from good mentors, lots of practice, and gentle encouragement. It is common for those seeking to develop a relationship with Angels or awaken their intuition to doubt their ability and look to others to translate Divine information and energy for them. While that is helpful, it is even more important to encourage the individual to explore their own intuitive potential as everyone is wired to directly experience the Divine in their own unique way.

As a Practitioner, you are here to empower your client's experience, not inform them of yours. Share what is necessary to guide their AngelicEnergetics™ experience during a session and a few empowering "nuggets" to enhance their travels. All the while remembering that all beautiful souls walk their own path with plenty of direct guidance and a

perfect vessel (oracle body) to translate Divine wisdom.

Encourage your client to develop partnerships with the Angels and offer them some HomePlay to support their personal exploration. This is a win-win-win approach. With every AngelicEnergetics™ session, you, the client, and life as a whole is offered the potential to evolve energetically and emboldened to live their Sacred Path more authentically.

## Your Personal HeartLight



AngelicEnergetics™ empowers you to work with your own energy system as a rich resource to support healing and expansion. The Angels reveal that you have the key to direct energetic connection with the holy light existing within and around you. This isn't something you are given by the Angels. Your personal HeartLight has always resided in the center of your heart chakra just waiting for you to invite it to awaken.

The Angels describe the HeartLight as the energy of your own beautiful Soul held in sacred trust within the heart chakra. Every time your HeartLight is activated, you invite a multi sensory exploration of how it appears, grows, and glows. You may imagine or see a shape, form, color, or symbol. It may vary in size, stillness, or movement. You may experience physical sensations (warmth, coolness, tingles, flutters) or feelings of calm, excitement, joy, or peace. Sometimes, the HeartLight sings, whispers, laughs, speaks, or shares a silent knowing. There are times when nothing is

seen, felt, heart, or even imagined.

Within all of these varied experiences, you may trust that during every activation, the HeartLight radiates the perfect energetic signature of your Soul, communicates effortlessly, and empowers connection with other holy forms of light. With a pure intent and open heart, your HeartLight activates 100% of the time and you can never do it incorrectly.

## Activating Your HeartLight



Prior to activating your HeartLight, always ensure your energetic receptivity with the basic Energy Alignment HeartBreathing and Deep Acceptance HeartBreathing Sequences. If you've begun a session this way and then spend some time journaling or speaking with a client, you don't need to redo these sequences. Just begin where you are with the very simple process as follows:

*Settle comfortably within your body, into your space, with conscious awareness as you begin to HeartBreathe. Hands upon your heart, allow yourself to breathe naturally. Take your time and enjoy the Basic HeartBreathing process. Just notice how your body is breathing you.  
[pause and notice]*

*Imagine, sense, or experience a HeartLight in the center of your heart. Notice how this is appearing for you now. Does your HeartLight appear as a color, shape, or symbol? [pause and notice] Is there movement or is it still? [pause and notice] What body sensations or feelings are present, if any? [pause and notice]*

*What type of power does your HeartLight radiate - is it gentle, forceful, quiet, or boisterous? [pause and notice]*

*Is there any message, music, or impression of any kind? There is no right answer, simply HeartBreathe and notice how your HeartLight is showing up now. [pause and notice]*

*Take a moment to send your appreciation to this light of your Soul and your beautiful heart chakra which houses your personal HeartLight.*

Every time you activate your HeartLight, take a few gentle moments to be present to how it is showing up. Do not expect it to always be the same. Adopt a curious approach and meet your HeartLight in the moment that it appears. It may inform you differently within your varied experiences. Explore each HeartLight connection that is created in the same manner. Be a wide open, "Know Nothing" each time you engage all of the AngelicEnergetics™ techniques.



One must ask children and birds how  
cherries and strawberries taste.  
Johann Wolfgang von Goethe



## Creating a HeartLight Connection

This HeartLight connection was shown to me as part of the AngelicEnergetics healing technique. It provides you with a mechanism to access and share energy across systems - your Sacred Matrix of Light, the Angelic presence, and the Ray frequencies. Creating a HeartLight connection with the Angels of the Rays amplifies your felt connection with the power and beauty of the Angelic support.

Once you activate your HeartLight, you may use your breath, intent, and subtle awareness (perception, imagination) to flow your HeartLight to the heart space of the Archangel(s) before, behind, and/or around you.

The HeartLight Connection is a two way street where you are not only receiving energy directly transmitted through the Angelic presence, you are gifting your personal energy to the healing experience. You, as a being of vast Love who is constructed of Divine Light, are an essential component of the healing. This is a game changer when you take your

rightful place at the center of your own healing journey.

Your activated HeartLight may also share this energy with any other aspect of Life. For example, the “other” may be a person, group, tree, animal, Angel, altar, or an inner aspect of yourself. This is a lovely way of exchanging information through the movement of light, energy, and breath. Intent with a strong focus and pure heart is all that is needed. Your Soul guides this sharing so that the energy that is most beneficial to yourself and the other is what is offered and received.



*Enjoy a few breaths as you place your attention upon your activated HeartLight. Now bring your attention to an Angel directly in front of you. Take your time and imagine, sense, or experience how this Angel is showing up for you now. [pause] When you are ready to connect more deeply with this Angel, take a deep breath and flow your HeartLight with your exhale to the heart space of this Angelic presence. With your inbreath, notice that the Angel shares their HeartLight with you. Receive it fully. Enjoy a few breaths as you exchange this beautiful light-energy with one another. Giving and receiving. Aware of how this exchange feels to you. Receiving and giving. Noticing changes, in any, in your physical, emotional, or energetic bodies. [From here, you'll move on to whatever practice or session is in process.]*



Your HeartLight does not need to be built. It needs only to be noticed. It is the quiet authority within you. It is trustworthy, as are you.

## The Angelic Realm



## Aligning with the Divine aka Love Itself

Aligning with Divine Love is the very essence to AngelicEnergetics™. This Love, or whatever name you choose to represent the unnamable, is the energy of which you and all things are made. This is the energy which

returns discordant energy to its natural harmony.

As a Practitioner, you hold this intent in all practices and sessions as it calls forth the highest frequencies available in the moment to hold and guide you. Every session includes a reverently constructed Sacred Chamber of Light to house a powerful, harmonious experience for all involved, included your honored partners from the Angelic realm.

Imagine you were curating the most beautiful celebration or ceremony in your home. You would send out invitations, prepare and beautify your home, open the door to welcome guests, and engage in meaningful conversation. At the end of this rich, fulfilling experience, you'd thank your guests for their presence, for their gifts, and send them home. Settling in to rest after the celebration, you'd enjoy the quiet reflection of all that was exchanged and delight in the ways you felt enlivened and loved.

This is what occurs in every AngelicEnergetics™ session. The preparation of your physical-energy body and construction of the Chamber of Light creates the Sacred Space for this ceremony to occur. Your intent and HeartLight connection allow for a rich exchange with the Angels and Rays of Light. Your embodied experience before, during, after the session informs you and enhances your subtle awareness.





## Personal HeartLight Chamber



There are times when you'll benefit from working within a simple Chamber of Light. You may want to meditate within Sacred Space, have limited time for an AngelicEnergetics™ session, or, as a Practitioner, you want to offer a simple AngelicEnergetics™ HomePlay practice for a client's personal use.

In these cases, you may grow your activated HeartLight into a Chamber of Light around your body. It is a simple practice and can be used for a variety of circumstances for whatever length of time serves the purpose. A description follows and is in the Appendix. Remember that AngelicEnergetics™ works with fluid light-information-energy. This is a lovely practice that invites you to be "fluid" in your use.

### **The Basic HeartLight Chamber Protocol**

Settle comfortably within your body, into your space, with conscious awareness as you begin to HeartBreathe, naturally engaging your alignment to Wholeness as you enjoy this process.

Ensure your energetic receptivity with the Basic Energy Alignment HeartBreathing sequence. Follow with the Deep Acceptance

HeartBreathing sequence. Take your time.

Imagine, sense, or experience a HeartLight in the center of your physical heart. Notice how this HeartLight is appearing for you now. After you have enjoyed the connection with your HeartLight, invite it to grow larger than your body about a foot around in all directions. Notice yourself within this energy - is there a color, a felt texture, movement, or sound? Has your HeartLight remained the same or has it changed as it grew and surrounded you?

Just notice as you remember that anything is possible and everything is acceptable. Engage in whole body breathing and invite your HeartLight energy to move through every pore, into every cell, organ, light pathway, particle, and idea within your physical body and subtle energy.

Once settled within your Personal HeartLight Chamber, you may approach the experience in two ways. First, you may rest within the Personal HeartLight Chamber in a meditative state where you witness the movement of thoughts, sensations, emotions, and insights as they arise and release. With relaxed conscious attention, engage the neutral observer who returns any wayward focus to the breath, the heart, and then again to that which is arising.

***Simply notice what is.***

***Remember: Awareness is the Qi to Healing.***



Second, you may ask a question simple enough to recall while in your Personal HeartLight Chamber. Once settled, ask you question and notice the movement of thoughts, sensations, emotions, and insights as they arise and release. With relaxed conscious attention, silently repeat the question as an anchor of focus for your session.

When you are complete, collapse your HeartLight into your heart center. Spend a few moments quietly breathing in appreciation for this experience, integrating the energetic shifts within your system, and bringing yourself back to an alert state of being. This integration period, much like savasana in a yoga practice, is essential as it allows your Light Matrix to settle into its new arrangement.

Notice your surroundings and yourself and gently rub your hands together. Massage your collarbone points to bring yourself to a fuller sense of alertness. Tap in the Joy if you wish to anchor in the positive experience. If you wish to record any essential nuggets of information or inspiration, please do so in your journal at the end of your session.

It is important to have permeable boundaries for love.  
So the energy of light may flow through you.  
So the Angelic vibe may attune you to  
your higher self and beyond.

The Angelic Realm

# AngelicEnergetics™ Personal Attune Up Session



A Personal Attune Up session may be used for a general desire to rejuvenate your energy body (upleveling your overall vibration), boost intuitive skill, and awaken your gifts further. As an AngelicEnergetics™ Practitioner, the Personal Attune Up session will be vitally important in helping you develop rich connections with the Angels of the Rays, your personal Angels, the Divine Rays. It will also offer valuable information about how you personally perceive information with all of your senses.

## **Step One: Prepare the Way**

Begin with the Angelic Formula Moving Mudra (Practitioner only: prior to the arrival of your client). Enhance your/client's energetic receptivity with the Basic Energy Alignment HeartBreathing sequenced followed by the Deep Acceptance HeartBreathing sequence. You can always include another breathing practice (eg, 4-4-4-4) or enjoy deep, even inhales and exhales for further relaxation of body and mind.

## **Step Two: Set Intent & Surrender to Highest Outcome**

Spend a moment tuning into your personal intent for rejuvenation, enhanced intuition, and gift activation. Surrendering this completely opens the door to a Divinely orchestrated outcome for the highest benefit of all involved.

## **Step Three: Create the Angelic Healing Chamber**

### ***Activate your HeartLight***

Close your eyes and hold an image of the mandala on the cover of your manual. See yourself seated upon the earth as you activate your HeartLight. Breathe with a gentle awareness of your HeartLight for a few moments.

### ***Create your Angelic HeartLight Connections***

Sense, experience, or imagine your Guardian Angels in front of you and your Joy Guide directly behind you. Inhale deeply and send your HeartLight to the Heart center of all Angels one at a time or simultaneously with your exhale. On the in-breath, witness the HeartLight

connections which flow to you. Continue to consciously stream your HeartLight to your Angelic partners on the out breath. Let yourself receive the gift of the Angelic HeartLights on the in-breath. Enjoy this process of giving and receiving. Receiving and giving.

Next, sense, experience, or imagine the 14 Angels of the Rays in a circle around you. You are at the Heart of this Angelic Healing Chamber. Inhale deeply and consciously breathe out your HeartLight to all fourteen Archangels. You may do this with all 14, with the 7 pairs, or simultaneously with all 14 Angels. Receive their streaming HeartLights as they flow back to you. Sense that you are at the center of a wheel and all spokes of Light are flowing from and to you. You may notice that the Angels also create a HeartLight connections to those next to them, completing a container around you.



Your heart remains the center of this Angelic Healing Chamber through which all Angelic HeartLight connections continue to flow. Breathe in appreciation for the Presence and support of these glorious Angelic helpers.

### ***Link Heaven and Earth***

### ***Overlight and Underlight Angelic Healing Chamber***

Call upon Pachamama (Mother Earth) to under light and bless the Angelic Healing Chamber. With awareness, exhale your HeartLight straight down through your many roots deep into the Heart of Mother. Receiving her warm red earth energy as it spirals up your roots to your HeartSpace. Call upon Archangel Sandalphon to amplify this HeartLight connection as his energy strengthens and modulates the energetic exchange. Breathe in appreciation for the Presence and support of Pachamama.

Call upon Nurturing Father and Divine Mother to over light and bless the Angelic Healing Chamber. Create your HeartLight connection to the Heart of One. Exhale strongly as your HeartLight travels up through your crown to the celestial regions. Inhale deeply as you draw down the pink (Grace) and white (Love) light from the Mother/Father. Call on Archangel Metatron to amplify and modulate this HeartLight connection so that it perfectly serves you.

Breathe with awareness a communion of Heaven and Earth as you witness the energy of Pachamama spiral up through your central energy channel to the Heart of One. Witness the energy of the Mother/Father spiral down through your central energy channel to the Heart of Pachamama. Breathe and witness the linking of Heaven and Earth through your rainbow bridge.





## **Step Four: Divine Activation of Angelic Healing Chamber**

Enjoy a breath and notice all HeartLight connections are in place. Now it is time to call forth the full energetic power of the Angelic Healing Chamber.

With pure intent, request the Divine Activation of this Angelic Healing Chamber by silently stating the word “Activate.” Within this Sacred Space, you are being attuned by the frequency of Love Itself. This intelligence, by whatever name, understands the upgrade that serves you/your client and offers the highest good for all involved.

This naturally calls forth the perfect combination of light frequencies to elevate your vibration, bring harmony to your system, and enhance subtle awareness.

Relax and enjoy whatever you notice about the experience. Return to the breath and drop into your experience any time your mind wanders.

## **Step Five: Awaken Personal Gifts**

“What personal gifts want to awaken further within me and how may I share these with others?”

Relax and enjoy a gentle alertness to any wisdom transmission. Take your

time and remember that information is received fully at every level of your being. You may receive some direct guidance, a vague impression, or a sense of relaxation. This isn't a time to strain or look for anything specific. Feel free to repeat the question, relax, and notice any sensation or information that arrives. Trust that more guidance may appear in the days to come.

## **Step Six: Integration + Release the Angelic Healing Chamber**

With gratitude, it is time to end your Attune Up experience. Place a gentle awareness on your HeartSpace. Send your HeartLight up to the Heart of One as Archangel Metatron announces your new frequency weave to the etheric web. Send your HeartLight down to Pachamama as Archangel Sandalphon grounds and integrates these changes within the earth plane.

With gratitude, release all HeartLight connections to all Angels, Heaven, and Earth. Take a moment to notice your HeartLight resting your HeartSpace. With appreciation, invite your HeartLight to close down. Call back your energy into your spine as you begin to gently stretch and open your eyes. Breathe gently and notice your inner self and the outer environment as you come back fully to your body now. Notice your surroundings as you gently bring yourself more alert (eg, rub your hands together, massage your collarbone points, butterfly hug).

When you are complete, offer a prayer of gratitude and acceptance of all

that was received during this session. Here is one example to guide your own personal prayer. You are free to use your own words.

**Thank you, Angels and Divine Light for this attunement.**



**I welcome my new vibrational Presence.**

**I honor the gifts that are awakening.**

**Help me serve the world.**

**I Let It Be and I Let It Be Done.**

Your Attune Up session is complete and you may spend some moments in stillness and reflection. Record any impressions or insights in your journal if you desire.

Tap in the Joy if you wish to anchor in the positive experience from this AngelicEnergetics™ session. You may become more alert and embodied by infinity dancing or gently moving to music or your own song for a few moments. Make sure you feel fully grounded and alert in your body, capable of holding an intelligent conversation, before you go on with your day or get into a vehicle.

[A brief outline of this Attune Up Session may be found in Appendix F.]



The energy of Love is within you.

It needs only to awaken

Amma



## AngelicEnergetics™ Attune Up Session Guided Use for Group or Individual

As AngelicEnergetics™ has evolved, this Field of Angelic Intelligence is more easily accessed or may suggest new versions of working with others. If you feel called to guide someone through a quick session, you may use this modification of the Attune Up Session to facilitate another. It may also be used in a group setting. As you expand your comfort with AngelicEnergetics™, you'll find new ways to use the techniques with others.

This was shared with the participants in the AngelicEnergetics™ EveryONE training. I would not share this document when you do a simple Attune Up Session or others or a group. Let the experience speak for itself. Remember, you may use your own words. The script is just a resource to support your work.

[A brief outline of this scripted Attune Up Session for others may be found in Appendix F-2.



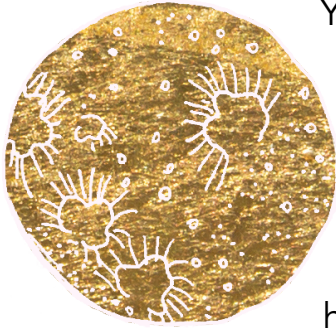
## AngelicEnergetics™ Planetary LightWork Session

The intent of an AngelicEnergetics™ Planetary LightWork session is to offer healing for the world. This is especially helpful when you yourself are feeling troubled by an event occurring in the wider world. It may be a singular event, such as a tragedy for a family or community. It may be an ongoing situation such as an armed conflict affecting regions of the world, poverty within inner cities, the mistreatment of children, or the devastating effects of global warming. Any area of life that disturbs you offers you a chance to be in service.

The first service is always to your own physical-energetic system. When you are disturbed, you are less likely to flow love, access higher solutions, and engage directly with Life in each moment. Entering into a Planetary LightWork session allows you to surrender your concerns and welcome the energetic clearing in your system. This happens simultaneously as you identify (and release) your intent or area of focus for the session.

As with every AngelicEnergetics™ session or practice, the highest outcome for all involved is always the purest prayer. Love Itself knows what

is needed and how to intervene in a way that empowers harmony for all. With this understanding, and a dose of gratitude, you are ready to begin.



You may focus upon any specific place, situation, or group that you have identified for that session or simply hold the whole planet in your awareness. This works best if you identify the “label” of your focus (e.g., United States, ocean, Susie Q, world leaders, your choice here). From time to time, silently repeat the label as you return awareness to the HeartBreathing action.

Remember that Love Itself - the Divine Energy of Wholeness - does not require your direction as to what must occur for the healing of your session focus. As you enter the Planetary Lightwork session, you settle into the Heart of the Divine and simply Let Love Flow. Witness what arises and return your focus to your heart and your breath throughout the session.

***You do not need to direct the light.***

Love knows where it is needed and you may receive a glimpse of the enormity of this Love flowing. Be with whatever it is you notice, but don't mistake that for the entirety of this Planetary Lightwork.

While the structure is similar to the Personal Attune Up session, Step Five involves an *alert focus on the subject of your session* rather than an awakening of personal gifts. You may become aware of guidance about how you may contribute to the solution. Be open to this even if the

recommendation does not appear to be specifically related to your focus. [A brief outline of the Planetary Lightwork Session may be found in Appendix G.]

The end is similar as you anchor the new frequencies throughout the cosmos. Place a gentle awareness on your HeartSpace. Send your HeartLight up to the Heart of One as Archangel Metatron announces the new frequency weave for all involved to the etheric web. Send your HeartLight down to Pachamama as Archangel Sandalphon grounds and integrates these changes within the earth plane.

With gratitude, release all HeartLight connections to all Angels, Heaven, and Earth. Take a moment to notice your HeartLight resting your HeartSpace. Call back your energy into your spine as you begin to gently stretch and open your eyes. Breathe gently and notice your inner self and the outer environment as you come back fully to your body now. Notice your surroundings and yourself as you gently rub your hands together. Massage your collarbone points to bring yourself to a fuller sense of alertness.

When you are complete, offer your own prayer of gratitude. Here's mine.

**As Love has attuned our planet [and this situation],  
I'm grateful for the awakening of higher solutions  
and healing for all involved.  
May I know what is mine to do.  
With love, I Let It Be and Let It Be Done**



Spend some moments in stillness and reflection upon this experience. Record any impressions or insights in your journal if you desire. You may become more alert and embodied by dancing, dancing 8s, or gently moving to music or your own song for a few moments. Make sure you feel fully grounded and alert in your body, capable of holding an intelligent conversation, before you go on with your day or get into a vehicle.



If Life is perfect and this moment is perfect,  
I am meant to be here.  
Let me settle WholeHeartedly within this very moment  
and see what it has in store for me.

Kathy's Wisdom Flow





## AngelicEnergetics™ Techniques

In addition to the daily HeartBreathing sequences, these simple AngelicEnergetics™ Techniques may be used throughout the day for a quick alignment, as an adjunct to your meditation practice, or whenever you need some “Love Flow” through your system. Harmonizing and energizing your coherent HeartSpace, the master regulator and communicator, empowers you to bring a WholeHearted presence to your day.



### HeartWash Process

The HeartWash process may be done in the shower, bath, waterfall, ocean, or pool, as well as within your imagination or meditation at any time. Immersed within the water flow (real or imagined), invite the Light of the Divine to flow with the water as it cascades through your heart center. Imagine, sense, or experience crystalline Light flowing through your entire HeartSpace, forward and back or top to bottom, in a relaxed movement. Notice your energy and your body during this experience.

Once a rhythmic movement is established with the breath pattern, invite the Light of the Divine to spread out in all directions, moving throughout your whole energy body. Surrender everything as this charged Light Water flows to, through, and around you. Let go any concerns or desired outcomes in any situation.

Breathing Divine Light throughout your Sacred Matrix invites a natural energetic releasement.

You may add a mantra or phrase as you breathe (eg, inhale: I love you. exhale: thank you). Notice if any color, symbol, or insight appears. Witness this as you breathe in and out the simply prayer of love and gratitude. Look for nothing, yet attend to everything as it flows to, through, and from you. Engage your body and sensory awareness as a practical tool for interpreting Life's information. When complete, offer your appreciation for this Divine Intelligence in motion.

We must pay respect to water, and feel love and gratitude,  
and receive vibrations with a positive attitude.  
Then, water changes, you change, and I change.  
Because both you and I are water.

Masaru Emoto

## Waterfall HeartWash



Another variation on the HeartWash is to imagine you are standing comfortably under a waterfall (perfect location, comfortable water temperature, water flow is gentle). This version has the benefit of clarifying your chakras and central column, as well as blessing the heart of Pachamama.

Once established within your waterfall (or shower at home), call upon the Divine Light to flow downward through your crown, every chakra along your central column, and deep into the heart of Mother Earth. This invitation welcomes the Divine Presence/Light to wash through your Being, making way for WholeHearted openness to Life.

While in the meditative Waterfall HeartWash, let your senses expand and perceive whatever setting you have placed yourself within. Notice the sounds, temperature, air movement, etc. of the meditative experience. If you are in the shower, focus your attention on the movement of the actual water over your entire body as you imagine it flowing through the inside as well.

Imagine that the waterfall of Light flows easily through and around you as it cleanses every energy center and releases all energetic density into the earth. Spend as much time as you are guided in a vivid and focused practice. Give thanks to the Divine Light/Water as you release the practice

and ground yourself in the present moment and surroundings.



## Breathing Love

This practice recognizes the potential for coherent energy to not only harmonize your whole body system, but also radiate our coherent HeartWaves to your environment. Thereby, introducing coherence to your surroundings and setting these HeartWaves in motion to continue sharing the high vibrational heart energy with the world. You'll enhance your now familiar practice of HeartBreathing with the activation of your HeartLight. You may also grow your HeartLight Chamber if you choose.

You will choose an Angelic Helper and the energy of Pachamama to boost your coherence and strength of the HeartWaves. Your focus is entirely on maintaining coherence and positive emotion. First you receive, as your system is harmonized. Then, you naturally give as your HeartWaves travel of their own accord out into the world. You need not direct this process as Love energy knows exactly where it is needed.

Relax and enjoy as a powerful daily practice or harmonizing resource whenever needed. [The Breathing Love instructions may be found in Appendix.]

## Triangle Meditation with your Personal Angels

This process may be used as part of your daily spiritual-energy routine to empower your habit of living WholeHeartedly aligned with your Divine nature. The overall process works to smooth your energy system into coherence, helps you cultivate moment to moment awareness, and centers you in relationship with your higher potential. It may also be used any time when you need to calmly regain your balance or remind yourself that you are fully supported in life.



Begin by sitting with feet on the floor and bringing the spine straight without strain. Notice your body, breath, energy, and environment for a few moments as you begin. There is nothing to change or fix, so simply tune into what you are experiencing in the moment. Life allows everything, so be with whatever is showing up.

After a few breaths, imagine or sense that your feet are planted firmly upon the earth and send your energetic roots to the heart of the Mother. When you feel rooted, focus again upon your HeartSpace with a few breaths. Send the energy from your heart center upward through the spine to the celestial realm so that you feel deeply connected to the heavens. Breathe and notice.

Next, call upon your triangle of Guardian Angels and Joy Guide. Activate

your HeartLight and connect in with their HeartLights via the breath. Notice that they also connect HeartLights with one another, creating a Triangle structure of Light around you. Think of these as guard rails or support which is another form of the Angelic Embrace.

Appreciate the richness of inner sensory perception in this moment. With eyes closed, let your awareness flow through your body, breath, Triangle, and environment. Focus briefly on what you notice and release your attention, letting it flow rather than loop into habitual rumination. Engage a sense of relaxed alertness so that the experience is focused and vivid (rather than trancelike).

When you are finished with this practice, release your HeartLight connection with your Angels. Call your energy up from the Earth and down from the Heavens so that you are clear, centered, and alert. Practice the Triangle Meditation so you can drop in quickly whenever you need to regain your calm and witness what is going on without getting embroiled within an event.

The flow of Divine energy, which I also call love, is unlocked when you truly give yourself, when the feeling of wanting to build and doing good through your gifts is true. Not to please the other or to be accepted, but because you have understood that the meaning of life is to cooperate with the whole.

Sri Prem Baba



## AngelicEnergetics™ Attune Up Session

I wish to offer the AngelicEnergetics™ Practitioner an observational note about this Attune Up session in comparison to your Personal Attune Up session. The best way I can explain this is by way of example. The Divine Mother, embodied as Amma Sri Karunamayi, says “The first time you come to me, I give you everything.”

The AngelicEnergetics™ manual, practices, and energetic attunements (some experienced overtly and some simply given) follow this premise. They’ve provided the foundation for a rich study of the inner workings of the Mystery. All that will come in the future levels of AngelicEnergetics™ has already been seeded.

It is essential to master the personal Attune Up session. Continue to explore and deepen here. When this is second nature, it will support your ease in facilitation of a session for another. This will free you up to notice more with your ever deepening subtle energy competency. Know, also, that so much more has been encoded in this AngelicEnergetics™ Practitioner training.

So much Love is Flowing right here, right now. It is enough. Be here. Be available. Take your time as you now become intimately familiar with the

many nuances of the Attune Up session experience. Be a curious, child scientist.

## Step One

### Entering Sacred Space

You begin each AngelicEnergetics™ session before the Participant arrives as you consciously enter Sacred Space. On a practical level, you prepare the physical space by making sure it is ready for your guest. If you have a regular practice room, you may have your own ritual for opening the space and preparing for your work within it. Honor this as an important process within the AngelicEnergetics™ session.

The Angelic Formula Mudra intends to assist you in mindfully moving into integrity and clarifying your intention to open, serve, and Flow Love. The HeartBreathing sequences organize your physical-energy system. Add any Energy Medicine practices that serve you, including “Rooting like a Redwood.”



## Step Two

### Welcome the Participant & Prepare the Way

You welcome a person into the AngelicEnergetics™ session much like you would welcome them into your home. Greet them with love, delight, and warmth as you invite them to get settled comfortably. Make sure they have water as it is important to drink before and after the session. Many people are dehydrated without knowing it. You wish to enhance the potential that they may experience coherence across systems, be energetically receptive, and efficiently process energy throughout the session. Water will support this potential.

Share the AngelicEnergetics™ Disclosure statement ahead of time. Perhaps send via email when scheduling session, or while they are waiting to enter the session. This will allow them time to slowly read the information (it is “loaded”). Provide two copies of the form so that they may take one home (empowerment) and you have one for your records

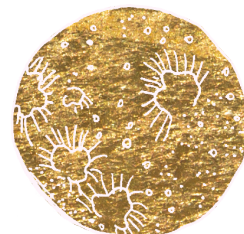
Ask them to take just a few moments to explain why they have sought out the AngelicEnergetics™ session. This is their intent and holds the KEY (qi) to what will be worked with during the session.

Listen with your WholeHeart and pay attention to the multidimensional and multifaceted communication offered (Treasure Mapping process). Relax, HeartBreathe, and listen. Whatever they bring in and however they express this is perfect.



Thank your client and invite them to release everything said and unsaid to the Angels. Nothing needs to be retained as it is all in the Field and will be addressed. This frees you as you are not responsible for directing the focus nor creating the outcome of the session.

## Prepare the Way: Empowering the Client



The empowerment, known as education, within AngelicEnergetics™ begins now and continues throughout the session. You will be explaining a few core components of AngelicEnergetics™ without much detail or discussion. Nugget style, this information will create a context for what is happening and activate a deep receptivity which will be enhanced by the flowing of Angelic frequencies.

Topics will include the foundation of Wholeness, Angelic healing, open intention, Energy Psychology, heart coherence, the innate receptivity, and potential for nonlinear transformation across all systems (mind, body, spirit, energy) and areas of life. All of this will be addressed without saying too much.

This is important as you do not want to engage the mind in all of its curiosity, need to know, or desire for certain outcomes. Easy. Brief. Empowering. The focus is upon the energetic transmission rather than the verbal description. Each time you prompt the Participant to notice their

experience throughout the session, you are strengthening their capacity to engage this essential skill.

Here is a brief description of AngelicEnergetics™ that is appropriate to share in the beginning. Review these scripts and use any portion of them until you are comfortable sharing this information in your own voice.



Each step also has an energetically coded transmission that supports the quantum healing process. There will be a time when your comfort level allows your own language to flow easily. Until then, use the scripts with any adaptations or summary that feels good to you.

Practice over time and a respect for the multilayered process of AngelicEnergetics™ will guide you to this point. Please don't rush it for convenience or ego. AngelicEnergetics™ has a way of bringing you into a humble adherence to a higher way of being with grace and ease. Let it. (This is about so much more than conducting an Angelic healing method).

Here's the gist of what you want to share. Read it and adapt it as you will. This offers you words, but it is important to trust what is natural to you. Do keep to the basic method of AngelicEnergetics™ rather than just speaking about Angels in general.

**“As we begin your AngelicEnergetics™ session, remember that you are held within a Sacred Space where the Archangels and Divine energy know your innermost desires, your Soul’s potential, and your innate Preciousness.**

**You can relax within this experience, stay open, and know that I will guide you through every step. We’ll be using WholeHearted Energy Psychology techniques, interacting with Divine light, and partnering with the Angels.**

**There is no right way to move through the session and whatever you experience is perfect. Throughout the experience, I will guide you to focus upon your heart and breath. Whenever your mind wanders, and it will, simply refocus your inner attention upon your heart while you breathe and relax. Are you comfortable and ready to begin?**

**Great. Thank you. Here we go.”**

Invite the Participant to settle into their space, close their eyes and tune into their body. Sitting up is the preferred posture as you want the Participant to enter a state of relaxed alertness. Just spend a moment breathing and noticing how they are feeling. There is nothing to change here.

Together, you are beginning to gently guide the energetics and physiology of your shared fields into a coherent HeartSpace and energy system. You will lead them through the two part practice of Energy Alignment

HeartBreathing sequence and Deep Acceptance HeartBreathing sequence.

**At the beginning of every AngelicEnergetics™ session, it is helpful to guide your body and energy system into a relaxed, receptive state. We to invite all levels of your being to accept the Divine Light transmission and open to the highest benefit from this session.**

**The way we begin is with a WholeHearted Energy Psychology practice called HeartBreathing. This is natural and easy and I will guide you through it now.**

### **Energy Alignment HeartBreathing sequence**

3 HeartBreaths switch palms

3 HeartBreaths, switch palms

3 HeartBreaths



### **Deep Acceptance HeartBreathing Sequence**

“I deeply love and accept myself even with all my strengths and vulnerabilities”

HeartBreath, Statement, 2 HeartBreaths.

3x total

## Step Three

### Create the Angelic Healing Chamber(s)

As a Practitioner offering an AngelicEnergetics™ Attune Up session, you are responsible for each step of the construction of the Participant's Angelic Healing Chamber. **In the steps that follow here, you will see what is to be shared with the Participant and how it is presented, as well as what will be constructed silently.**

Some of these steps will be **partially verbalized** to the Participant so that they may have an empowering experience within the session. This is also to allow the Participant to focus upon something, thereby increasing purity of focus, rather than allowing the mind to wander indiscriminately during the session.

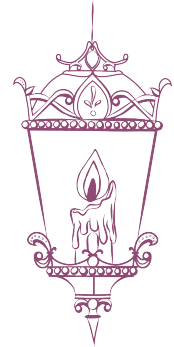
***Your focus is upon building your Angelic Healing Chamber. As you create yours, the client's or the groups' chambers will be built naturally.***

*Remember that you are not teaching the Participant how to construct the Angelic Healing Chamber, introducing all components of this Light Matrix, nor explaining the foundation of the AngelicEnergetics™ method. You are not mentioning the Angelic Healing Chamber specifically. Instead, you will reference the Angels that surround them.*

At the end of the session, you may offer the Participant the Breathing Love

handout if you feel this HomePlay will benefit them. When they are alert again, you can review each step so that they have the basic empowerments (education, practice) to apply this process in their own life if they choose.

## Activate your HeartLight



Guide the Participant to activate their HeartLight:

**The Light of your Soul always resides in your heart chakra. The Angels call this your HeartLight. You may activate it through your intent.**

**Imagine, sense, or experience a HeartLight in the center of your physical heart. Notice how this HeartLight is appearing for you now.**

**Take your time. Breathe and notice. Is there color, shape, size, symbol, or movement? There is no right answer, simply HeartBreathe and notice your HeartLight. Take a few moments and explore this beautiful Light of your Soul.**

*(Let them breathe for a few moments - noticing - while you tune into your own HeartLight)*

**Practitioner:** As you guide the Participant to activate their HeartLight, notice **you are activating yours at the same time.** Breathe with a gentle awareness of your activated and connected HeartLight.

## Create an Angelic HeartLight Connection



You will now guide the Participant to create a single HeartLight connection with a single Angel so that they have the experience of this action and the amplification possible when linked with the Angelic frequencies in this manner. **You may choose a Guardian Angel OR their Joy Angel.** Keep this wide open for them - it is whatever they perceive. It is part of the empowerment (education) that occurs on the experiential and energetic level throughout the Attune Up session.

In time, as you become more comfortable and the person you're working with is familiar with Angels or energy work, you may be guided to facilitate their connection with all 3 Triangle Angels. Start with 1 and trust you'll know if and when to add more.

**Sense, experience, or imagine your Guardian Angel [or Joy Angel] in front of you. Relax and take some moments to perceive this Angelic presence. There is no particular way to do this. Simply tune in to what you notice in your sensory experience. (pause) Perhaps you have a sense of color, size, gender, or appearance of this Angel.**

**Whatever you notice is perfect. There is no strain here. Just relax and explore your perception however it arises.**

**With the next breath, bring your attention back to your heart center and your activated HeartLight. Inhale deeply and send your HeartLight to the Heart center of this Angel with your exhale. However the stream of light connects to the Angel is perfect. It may be seen, felt, or known, yet trust it is happening even if you have no sensory awareness of the connection. Breathe in the Angelic HeartLight to the center of your chest.**

**Continue breathing in your own rhythm as you let the HeartLight connection strengthen. Enjoy this process of giving and receiving. Enjoy receiving and giving the energy of Love with this benevolent and supportive Angel.**

(Pause so they may experience this Angelic HeartLight connection and so you may activate your noticing.)

**Practitioner:** Tune in to **your** trinity of two Guardian Angels in front of you and your Joy Guide directly behind you. You are at the Heart of It All. Activate your HeartLight connections with all 3 Angels. Breathe and Notice. By noticing yourself at the center of this triangle, the Participant's trinity of Angels actively connect via their HeartLights. **This is done with no overt mention of the process.**

**As you breathe, also realize that you are surrounded by 14 beautiful Archangels known as the Angels of the Rays. They offer their love, support, and willingness to flow Divine energy for your highest benefit. Rest in the center of this circle knowing there is nothing to do but open to the potential of this session for your highest good. These Archangels are here for you.**

(Pause so they may experience this Angelic presence and so you may activate your HeartLight connections.)



**Practitioner:** Be aware that your heart remains at the center of this Angelic Healing Chamber through which all Angelic HeartLight connections continue to flow. Breathe your HeartLight connections with all 14 Angels at once. As you notice this for yourself, the Angels of the Rays create HeartLight connections with the Participant.. **This is done with no overt mention of the process.**

Now create your HeartLight connections with Pachamama and the Celestial Heart of One as you share the following:

**You are loved and supported by the Archangels who surround you. Feel yourself also deeply supported by Mother Earth (Pachamama) and connected to the heavenly realms and the energy of the Nurturing Father and Divine Mother. You are held within the precious embrace of the Divine. You are supported from above, below, and around you.**

**Within this space that everything is possible and so you may surrender to the Divine Presence your personal intention. Letting go your focus on your issues, you can relax fully within this space where you are safe, cherished, and loved completely. Enjoy a breath as you let go and relax.**

**Practitioner:** Notice as you read/share this that you continue to be connected to Pachamama below and the Heart of One above. As you notice this within your own Light Matrix, Archangels Metatron and Sandalphon naturally connect these linkages for the Participant's Angelic Healing Chamber. **This is done with no overt mention of the process.**

## **Step Four**

### **Divine Activation of the Angelic Healing Chambers**

The Angelic Healing Chamber is constructed and the Participant is ready to receive the Divine Light transmission which will serve their Soul's highest purpose. **Silently state the word "Activate"** so that the harmonizing of the Participant's Angelic Healing Chamber may begin.

The Divine Light Transmission is the medicine - the core treatment of an AngelicEnergetics™ session. This is the "dose" of light that is created by the perfect combination of the Seven Rays flowing through the client or group, as well as yourself.

**You've beautifully prepared yourself to receive the Divine Light transmission. Remain focused upon HeartBreathing as you relax and open to the energy of Love Itself.**



That is sufficient guidance. Drop into the Angelic Healing Chamber along with the Participant. Here you spend some moments noticing the experience as it moves through your field. As you quiet and pause from facilitation, you'll be better able to sense when the Participant may need a short encouraging prompt to rest within this experience.

Allow the Participant some time to breathe within the activated Angelic Healing Chamber during the Light transmission. From time to time, help them remain focused upon their heart, breath, and the experience of Light flowing within the bubble surrounding them. You can repeat some of the phrases below or create your own. The intent is to keep them present, aware, and receptive.

(You may say something like these reminders.)

**Simply focus upon your heart center and breathe as a beautiful Light fills the space in which you are resting. Invite your mind to still, body to relax, and heart to open to this Light. Whatever you notice is fine.**

Other encouraging prompts may include a brief reminder. Here are some examples. A sentence or two is enough - you don't want to pull them out of their experience.

**Take a breath. You're doing this perfectly. Just breathing and noticing whatever you experience.**

**"You are doing beautifully. That's right. Gently focus upon the heart as you breathe and open. There is nothing to do but breathe and notice.**

**"You can relax and receive - you are at the heart of it all.  
Divine Light knows exactly how to flow."**

**"You're doing great. Stay open. Enjoy what you are noticing and let it go as you return your focus to the heart."**

You'll find the perfect balance between guiding and silence during this phase. Too much talking will distract them from their unique experience and too little prompting may allow their minds to wander and thus not be present to the experience.

*Remember that there is no concern about you doing this right. Love knows how to flow, regardless of your intuitive timing and finesse as you guide the Participant.*

You'll remain within the Chamber, noticing the experience. Often there is an indication that the work is complete. Or you may check the clock and see it is time to close the Chamber so the Participant has sufficient time to return.

## Step Five

### Integration and Session Completion



The session will end when it is time to end. How will you know when that is? There are many ways to witness the perfect time to end the Attune Up session so that you may finish your time together reviewing the empowerment (eg, Breathing Love process) and letting them share something about the experience.

Here are some clues: You may be getting close to the end of the hour session and want to allow 15 minutes for the final segment. You may feel the energy shift or receive an intuitive message that the Divine Light transmission is complete. The Participant may open their eyes or indicate they are done by appearing restless or asking what is next.

Play with this ending without concern. The Divine Light transmission does not work in linear time and can be offered in a multitude of ways and timeframes. Be flexible. Love is flexible. You are made of that Love Stuff. So is the Participant. All is well.

Invite the Participant to begin to come more alert. Gently call them back to the room, their body, and the present moment. Follow the Goldilocks rule: not too fast, not too slow, just right. In hypnotherapy and psychotherapy, this is called pacing and leading. As a Practitioner, you will become skilled in being relaxed and alert as you pay close attention to the Participant, the energy, your intuition, and the clock. All these sources will guide you.

As they are guided back to a more alert state, you are thanking each supporter in this process. The client hears the gratitude. You, as practitioner, are releasing your HeartLight connections as you disassemble the Angelic Healing Chamber.

Thanking the celestial realm or Heart of One and Pachamama will also serve to “announce” the new vibrational arrangement of the Sacred Matrices of both you and the Participant to the etheric web and the earthly grid. I usually save the release of Pachamama’s HeartLight connection to last, noting that I am still grounded and rooted into the Mother.

When the client is demonstrating that they are more alert, even with eyes still closed, you may offer the final prayer.

**With gratitude, it is time to end your Attune Up experience. Thank all partners for their assistance in this Divine attunement and their continued support offered along your Sacred Journey.**

**We recognize and accept your new vibrational Presence.**

**In Love, with heartfelt gratitude to All involved,**

**And in service to All Life,**

**I Let It Be and I Let It Be Done.**

**And So It Is.**

**Now you may release your HeartLight connection with your Angel. Take a moment to notice your HeartLight and now let it settle quietly into the resting space in the center of your heart. Notice you remain rooted deeply within Pachamama. Breathe gently and notice your inner self and the outer environment as you come back fully to your body now.**

**(Practitioner: release **your** Angelic Healing Chamber.)**

**Call back your energy into your spine as you begin to gently stretch and open your eyes. Notice your surroundings and yourself as you gently rub your hands together. Massage your collarbone points to bring yourself to a fuller sense of alertness. Tap in the Joy if you wish to anchor in the positive experience from this AngelicEnergetics™ session.**

You are demonstrating all of these steps as you guide the Participant, therefore, you are actively grounding and orienting yourself as well. You may add Connecting Heaven and Earth, 4 Thumps (with touch and breathe), Chi Gong Shake to become more alert.

## **Step Eight: Participant Attention and Empowerment**

Every human being longs to be seen, heard, and validated. The end of the AngelicEnergetics™ session honors this deep, shared need with love, respect, and awareness of the time structure (boundary) of the session.

Ask the Participant if there is anything they briefly wish to share with you about their experience. Invite them to take a moment, drop into their belly - their wisdom space - and speak cogently about what wants to be said. If they get lost in detail, gently interrupt and guide them to the most important awareness.

By stating aloud the essential nugget(s) of the session while they are alert, they are able to better store the experience in memory that is accessible. This is important for their conscious, responsible approach to their own transformation and life path. It also gives you valuable insight about how the AngelicEnergetics™ method works.

Take some notes (later) and keep them. We will benefit from reviewing

them in future training sessions. Remember that we are “curious child scientists” at the Angels’ suggestion.



## **Review any AngelicEnergetics™ handouts for HomePlay.**

By now, they should be grounded, present, and able to speak intelligently to you. If they are not, by observation or self-report, use a grounding technique to help them be present in their body and mind. Have them drink a glass of water and make a commitment to drink water and pure fluids that serve them (their choice of fruit or vegetable if tolerable to their system) in the next three days. Send them on their way with love and appreciation.

## **Facilitator Check In**

Check in to your own energetic field and physical body. What is needed now? Follow your inner guidance. Ask your own wisdom a question if you choose. Pay attention to how the conducting AngelicEnergetics™ sessions affects you.



Thank your Sacred environment. Activate the Seventh Ray (violet ray) to transmute all energy within yourself, your Participant, and the physical location to ensure you are clear with healthy, strong boundaries, and easy integration of all changes occurring.



**In Gratitude to One Presence**  
**May we Remember ourSelves as Love**  
**May Grace Descend**  
**May Wholeness be Experienced**  
**May Love Flow**  
**May Every Heart be Harmonious**  
**May Peace Prevail on Earth**  
**May We Let It Be So**



The Angelic realm, as partners and mentors, wish to commend you for dropping into the role of Facilitator so beautifully. As you dive more deeply within Presence throughout this AngelicEnergetics™ experience, you will know the fullness of the Angelic offer to mentor you along this journey. Here they offer encouragement to keep on.

**Do what you came to do which is to Trust Love. In this trusting, then will you be the Presence and flow the energy of Love Itself. “We are**

blessed by your Presence.” Claim this for yourself. When you say “I wish with my WholeHeart and Soul for others to Be Blessed by My Presence,” you are joined with ONE. So, trust this and claim this to be so and it is so.

No false modesty here for that is the ego.

“I wish to be Love, flow Love, and radiate Love so fully that others are truly Blessed by My Presence.” This is AtONement.

Do what you came to be. The world awaits you.”

Love flows. Enough said. And So It Is.

Angels of the Seven Rays



# AngelicEnergetics™ Training

## Follow Up Guidelines

You have just experienced an AngelicEnergetics™ Training which included many opportunities to practice AngelicEnergetics™ techniques, including Sacred Attunements to higher vibrational states of being. Within this experience, you may have released that which was no longer serving you within your physical, mental, emotional, and energetic systems. You may have activated previously untapped potential, skills, and memories to support your Soul's highest purpose. Within any shifting opportunity, it is important to follow your higher wisdom and generally take it easy after your training.

Please make sure you are grounded after this training before driving. Apply your grounding practices and hold an intelligent conversation with someone before getting in your car. It is best to give yourself some time to settle into your new vibrational state of being. Drink plenty of water. Follow your inner wisdom regarding care for your body with nourishment, rest, bodywork, time in nature, and/or gentle movement. This is the general rule of thumb after every AngelicEnergetics™ session whether it is personal or, as a Practitioner, you have facilitated it for another.

Remember that this approach differs from problem-solving and thinking about or deciding what is best for yourself. Let your broader wisdom, informed by Divine Wholeness, be your guide. Let yourself follow the

synchronistic inner and outer urgings, clues, and otherworldly interventions.

Whenever you experience change (hint: change is constant), you may notice shifts in mood, physical comfort, thought process, and beliefs. In the days to come, if you notice shifting, that is to be expected. Notice what is occurring without the need to make it a problem nor attempting to hold on to positive states. Resisting change often creates greater fluctuations within the shifting. Feel free to reach out to me or other trusted friends or professionals in your life.

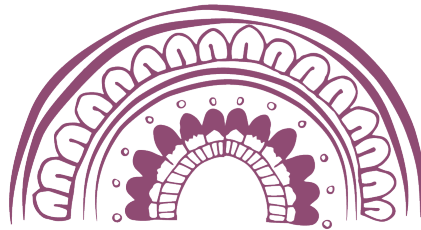
Playfully practice with these techniques. As with all trainings, there is a tendency to put away your manual and move back into your life. I have provided a rich resource, embedded with Wisdom Transmissions via the Angelic realm, in this manual. I hope you digest every breadcrumb and allow this energy to bless you.

Each time you open the AngelicEnergetics™ and read a section, the information that is back behind the words will be flowing to you. Enhancing your capacity to awaken the insights and understanding that will support your life journey and your work in serving others, however that may manifest.

This is a living document, not a static informational source. Herein lies the magic of The Mystery, available within every thing natural and human made.

Allow your inner wisdom to guide you regarding exploration of additional AngelicEnergetics™ sessions, training, or certifications. As with any system of expansion, you are most welcome to pursue AngelicEnergetics™ if this choice feels affirming to your life path.

I am deeply grateful for your full participation today. Thank you for the opportunity to partner with the AngelicEnergetics™ team to clarify your Sacred Being. We are blessed by your Presence.



In Gratitude to One Presence  
May we Remember ourSelves as Love  
May Grace Descend  
May Wholeness be Experienced  
May Love Flow  
May Every Heart be Harmonious  
May Peace Prevail on Earth  
May We Let It Be So

