

Forgiveness

This exercise works great for forgiving anything, including yourself. You can work with any of the Archangels at any time but since we are releasing something when we forgive I like to work with Archangel Michael. Surround yourself with Archangel Michael's energy and say please guard, guide and protect me against any negative energies or entities both known or unknown seen or unseen. One of my very first spiritual teachers, LaVeta Dilman of Palm Springs, Ca. taught me this simple and easy forgiveness exercise. Sometimes it's not always easy or even a good idea to ask someone for, or give forgiveness directly. This is one of the beauties of this exercise. You truly aren't absolving anyone of bad behavior, however you are changing the energy of that situation to one that can be healed and released. For certain, you will feel lighter and have a spirit of ease as it changes and transforms.

Envision the person, place, or thing and say, "***** from my heart to yours I forgive you for anything real or perceived you may or may not have done to hurt me, from this lifetime or any other." Repeat three times."

Then reverse it, "***** from my heart to yours I ask your forgiveness for anything real or perceived that I may or may not have done to hurt you, from this lifetime or any other." Repeat three times.

Releasing, Etheric Cord Cutting

There are a couple of ways to do this: You are essentially releasing and healing from past hurts and experiences that left an imbalance in your spirit. By doing this you are releasing that and creating wonderful new space in which to grow and flow!

1. Surround yourself with Archangel Michael's energy and say please guard, guide and protect me against any negative energies or entities both known or unknown seen or unseen. Ask that any etheric cords from "whatever" be cut and envision his steel sword cutting through any all etheric cords from this lifetime or any other be removed completely.

or

2. Surround yourself with Archangel Michael's energy and say please guard, guide and protect me against any negative energies or entities both known or unknown seen or unseen. Then ask him to dissolve all etheric cords from "whatever" from this lifetime or

any others be totally and completely removed. “See this clear white energy flowing from your crown to your toes dissolving any etheric cords as it goes.

3. Ask Archangel Raphael to heal any all wounds from those etheric cords from this lifetime or any others and see, feel his emerald green energy filling up your entire being and surrounding you with his energy.

And/or

If you feel led, you can also ask Archangel Chamuel to fill you with pink energy to fill you completely with unconditional love. Then say to yourself, “I love and accept myself, exactly as I am.”

Clearing Personal Space (you and your spiritual body)

Simply surround yourself with Archangel Michael’s energy and ask that any negative energies or entities be removed from your physical or personal space. Envision this blue energy surrounding you and know that it is done. You can also envision a “Spiritual Vacuum Cleaner” where Archangel Michael has a “spiritual vacuum” attached at your crown chakra and is lifting any negative stuff from your being.

For Clearing Your Environment

Same thing for clearing your home, car, office. Ask and then envision the spiritual vacuum in the center of the room and that any negativity is being removed by Archangel Michael.

Clearing Clutter or Unwanted items

Archangel Jophiel can help you clear out the stuff you don’t want and help beautify your environment. Simply ask for her help and allow her yellow energy to infuse the space you want to work with.