

PACKAGE

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Sonna-Marie

INTUITIVE LIGHT WORKER • MEDIUM • FACILITATOR OF TRANSFORMATIONAL ENERGY

STEPPING INTO *Spirit*

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PART ONE

- Learning how to anchor and ground
- Shielding yourself and closing your chakras
- Use of Violet Flame; how to protect and transmute energy
- Smudging of home or environment — learning to clear your space
- Calling in your team of Spirit support

*PART TWO

- Creating your lattice; holding the energy of intention
- Imprinting and holding vibrational intention for your environment
- Setting and aligning intentional energy to support you and/or your clients
- Using healing color to maximize your vibrational capacity
- 3 Minute Meditation

* Part two can be found in the Bonus Package

PART *One*



ANCHORING and GROUNDING

Prayer: just read before connecting

Father, Mother, God, as meant and appropriate, I ask for the anchoring and the grounding of the Divine Light and the center of mother earth. I ask that my chakras and auras be anchored and grounded balanced and harmonized for my best and highest good. That the Violet Flame of transmutation be reinforced all around me so all that is absent of the light and not mine to be burdened with be deflected off of my shields and transmuted onto Divine Source as meant and appropriate for all. That I am to connect only to that which is of the highest and the purest, and nothing more. And so it is. Thank you.

Grounding

Stand with your feet hip distance apart palms of hands facing upward and visualize a thin silver thread that is being pulled up from the top of your head. See the thread moving through the ceiling, roof and keep drawing it up towards either the sun/moon or your own star. You can choose to anchor to any of these three planets but choose only one.

I use the sun when I want more energy, the moon if it is a New or Full Moon and my star when I want to pool from my own resources. I usually pick intuitively dependant on my needs. As you bring your thread towards the chosen planet you will pierce a small hole and move right into the centre where you will see a big silver hook.

Wrap your thread two times very tightly around the hook and then pull to make sure you are in, good and tight. Now that you are anchored above, you will draw the energy from this planet back down your silver thread, through the sky and the house and back into your head. You will continue to bring this silver thread through your neck, back and spine enveloping each vertebrae and then bring it back down into your sacral chakra and then split it down your two legs allowing for, the now three silver threads, to connect as one, eleven inches below your feet.

ANCHORING and GROUNDING (continued)

Here you will visualize a tiny globe to connect the thread into the centre of the globe before continuing all the way down to the centre of the earth. As you approach it you will see a rose gold glowing ball of light, this is the centre of Mother Earth /Gaia. Once more you will pierce right into the centre of this light and connect your thread to the big hook, again two times (like above) and tug. Then you will allow your silver threads to make grounding roots all around this beautiful glowing support before you draw the energy of Mother Earth back up through the ground and into your feet where you will guide it back into your heart chakra. Placing your right hand over your heart and your left hand over your solar plexus to close you say out loud:

I ask that my chakras be balanced and harmonized, sealed and protected. Always in accordance with the Divine Light and always for my greatest and highest good.

Finally, you will visualize and pick up a cloak of purple light that is at the base of your feet and bring it up over your shoulders. Then place the hood over your head. Visualize a silver and a rose gold sash at the back of your waist and wrap both across your solar plexus. Place your hands over your solar plexus and say:

I am anchored and grounded, balanced, harmonized, sealed and protected so as above so as below. And so it is.

*Whenever you feel like you are not grounded during the course of the day simply breathe in and visualize it in your minds eye and reconnect. The purple cloak is for added protection sealing you in the violet light to further protect you and shield you of energy that is absent of the light. It protects, deflects and transmutes all energy that is not yours to be burdened with.

NOTE: Can also be used for animals while smudging

This technique can be used to shield and protect your indoor animals as well when you are smudging. Simply place them in a bubble of violet light while you clear your environment so that they do not absorb the energy. It keeps them neutral.



SMUDGING to clear ENERGY

Keeping a house
“clean energetically”
is as important as
house cleaning —
the more you do
it the better your
house feels and the
more enjoyable the
environment is for
you.

1. The MOST IMPORTANT first step is to GROUND YOURSELF. If you are NOT grounded the energy will stick to you. Use the Purple Zipper as a shortcut but only for light clearing. Do energy clearing in the daytime and preferably with sunshine, the sun has it's own cleansing capacity to support .
2. Ventilation is VERY important, so open a few windows. You want good circulation to clear the space.
3. Make sure the environment is empty of people and pets.(Please refer to bottom of previous page)
4. Light a white candle to be lit for the entire process until done. (Don't forget to blow it out!)
5. Use of incense and or crystals, singing bowls and music can be added but I prefer to usually close with them.
6. Call in The Divine Light and Interdimensional Light Workers, Angelic realm and any other assistance (Archangels) that you may like to use.
7. Install the Violet Flame.
8. Take 3 breathes to align. Set your Prayer Of Intention (on next page) for the clearing you would like.
9. Stand in the center of the room and work clockwise, beginning at a twelve o'clock position and move all the way around the room. Smudge from bottom to top till you have gone full circle.
10. As you clear, visualize all the energy moving counter clockwise into the Violet Flame for purification and transmutation.

Once you have completed the clearing of your space, you can now Imprint the Energy that you would like the room to hold through vocalizing it out loud or using Crystals to anchor your imprint of intention. These crystals or stones must be cleaned before use and again after about one month of use. It is important to note that as you do this more regularly it will become second nature.



PRAYER of INTENTION

I ask for the purification and transmutation of all energy that is absent of the light. I allow my home to be released of all negative energy and or entity attachment. I call in the Divine Light to bless, clear, heal and transmute. I anchor our home with Divine Light, Divine Love, Divine Peace and Divine Clarity for our best and highest good.



VIOLET FLAME

You can Install the Violet Flame anywhere. Simply visualize it coming up from the center of the earth to be rooted and then moving through your floor out the top of the house sending it out into the Universe to released. Set your Violet Flame with the Prayer Of Intention.

Extra protection from Archangel Michael:

I ask that Archangel Michael reinforce the sword of Divine Light all around me, to sever and protect me from all that is absent of Divine Light and keep me safe at all times.

Extra protection for your property to reinforce your home / space / surroundings:

I call upon my Centurions of Divine Light Energy to shield and protect my home and redirect all that is absent of the light.

Now visualize the four corners of your property and then the four corners of your home with these soldiers/guards at each point to stand in guard to protect and redirect all that is absent of the light.



CALLING in your TEAM

This is when you want to invite the support from the Spirit World to assist you.

Everyone has their own team of designated light work workers and guardian angels that are at our service.

That being said, they are not allowed to implement their support or intentions without our consent.

These Spirits can change, dependent on our needs or times of our lives, but know that whatever your needs are, the assistance is always there.

In order for them to support you and assist you must call on them and invite them to serve and support for the greatest and highest good of any outcome.

I give permission to allow my own team of Divine Light workers, guardian Angels or loved ones that have crossed over to step forward. In whatever assistance you can be for me (or the situation you are addressing) I allow.

Thank you, for your loving service.



Happy Anchoring & Grounding!

Sonna-Marie

THIS PACKAGE ALSO INCLUDES

3 Group Sessions

VIA ZOOM CALLS OF 60 MINS EACH

1. Importance of Alignment:
How it affects every other area of your life
2. How to raise your Vibration:
Understanding you hold the KEY
3. Activating Energy with Intention
(Manifestation):
Co-creation through Intention

*On these calls I will be offering 2 one on one
HOT SEAT spots for a chance to have a 15 min
Clarity Alignment on ONE specific issue
Date and Time TBD*