

Spiritual Healing Tools

By Valorie Renée, © 2011
www.TopazVisions.com

Here are several tools & techniques that you may utilize to assist you in clearing your energy, healing yourself, and aligning your thoughts and being with higher vibrational frequencies.



GROUND, CENTER & ALIGN WITH GOD'S LOVE & LIGHT

To be **grounded** means to be fully present in your body in this moment, connected to the Earth and the Universe/Heavens ~ **Be Here Now**.

To be **centered** means to be present in the central light core of your being, wherein lies the power of your connectedness, calmness, inner strength, and LOVE.

To **align yourself with God's LOVE and Light** means to be open to, and be connected to, the Divine flow of energy that comes from our connection to Source/God so that it fills you, nourishes you, and sustains you.

When you are grounded, it is easier to stay in your center and to align yourself with God's LOVE and Light.

Breath is important to ground you, as is feeling your feet firmly on the ground. Breathe deeply and wiggle your toes or flex your feet with the intention "ground" or "be here now".

Exercise is very grounding, so move, stretch, do a few jumping jacks or such. Gardening, washing dishes, walking or running can all be grounding activities. Just remember to breathe deeply with whatever you are doing.

Thread Of Light - Envision a thread of light coming from the Universe entering you through your crown chakra on the top of your head, dropping through the center of your body and coming out your tailbone or your feet, then entering the earth where it goes to the center of the earth and anchors, wrapping around a crystal at the core of the earth and allowing grounding energies to come back up to you from the crystalline core of the earth.

A few of useful visualizations to add to breathing, exercise, and the thread of light, depending upon your preference are:

- a) See and feel yourself as a tree with roots that grow deep and wide into the earth, (Emphasis here is *deep* and *wide* roots as this allows a much deeper stability to your grounding than shallow roots.);
- b) See and feel yourself standing in the sand by the ocean's edge with the water washing over your feet and your toes sinking in the sand; and/or
- c) See yourself with rock climbing hooks, called grappling hooks, and hook them into the earth on either side of you, then give a pull to plant yourself firmly down.

L

I

V

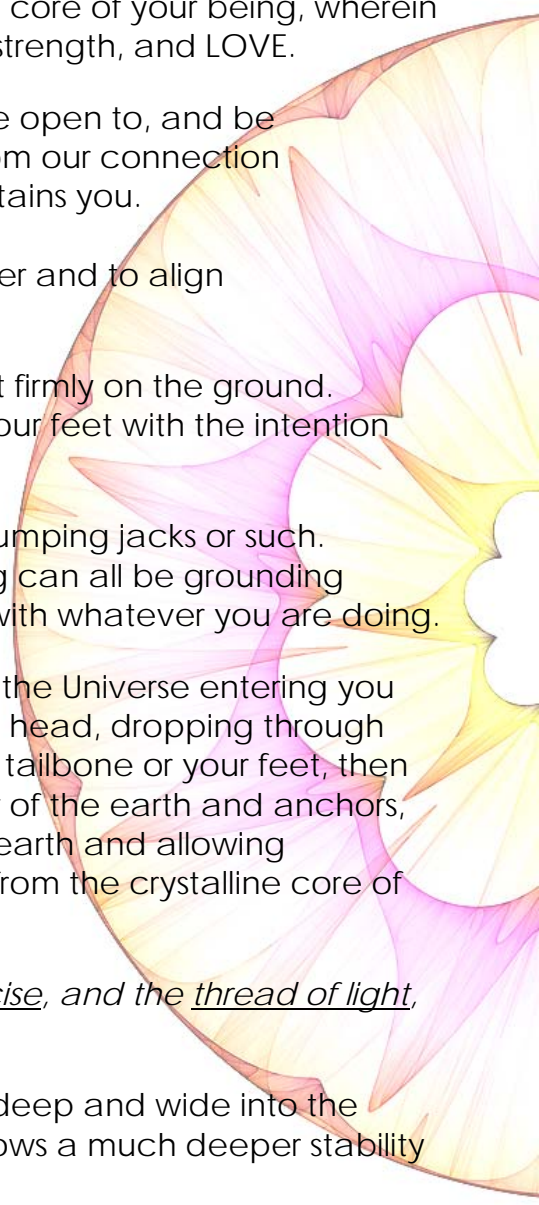
E

L

O

V

E



MAKE TIME TO JUST BE, TIME FOR MEDITATION OR STILLNESS

This is nice to do in the morning, if you can, as it will set a nice tone for your day, but if mornings don't work, any time is beneficial.

Take a few minutes to just sit, calmly and quietly, and allow yourself to be still and be open to God's/Source's LOVE and Light. *It is said that prayer is when we talk to God and meditation is when we listen.* Make time to be quiet and still. At first thoughts may still bombard your consciousness and being. This is perfectly alright. Just observe them and allow them to be, without following them or engaging them. Focus on your breath and "listen" to your breath in your body. This is like exercising a muscle. With practice, your breath will become deeper as will your ability to sit quietly, free of thoughts and simply open.

DIVINE WHITE LIGHT OF TRUST IN TRUTH

Call in the Divine White Light of "Trust in Truth" when you are feeling the need to reconnect spiritually and clear your energy.

Get comfortable and then state in your mind or aloud: "I call in the Divine White Light of Trust in Truth." A high vibrational ray of white healing light and energy will enter your body in the pattern of a cross from shoulder-to-shoulder and head-to-toe. As you breathe, visualize or just know the white light will fill your entire being and move through your body ~ through tissues, bones, organs, etc, all the way to your cells and atoms ~ healing and gently dissolving and moving out congested, dense, or blocked energies. The Divine White Light then fills your body wherever anything is cleared and opened so that you are whole and complete. The Divine White Light of Trust in Truth reminds you of your Divine Essence; it reminds you that you are a Child of God here with a purpose; and it reminds you that you are LOVE and are loved. Use this anytime you feel you need it.

SURROUND & SUPPORT YOURSELF WITH LIGHT

To maintain our energy fields and shield us from taking in unwanted energies, we can surround ourselves with light daily, hourly, as much as needed. This is an empowering tool for protecting yourself and is always best done from a place of LOVE and expansion rather than fear and contraction. LOVE is infinite. YOU are infinite... tap into this energy and expand yourself instead of fearing others taking from you, draining you, or attacking you (in thoughts or actions).

Simply ask Archangel Michael: "Please surround me in light." You may imagine or see yourself inside an egg of light that encircles your entire body and energy body. I like to affirm that "only LOVE may enter and only LOVE may exit".

You may also find it beneficial to surround yourself with three walls of light: one white, one pink, and one violet. White is a shield of the pure energy of the Universe. Pink is a shield of unconditional LOVE. Violet is a shield for protection on a psychic level, which helps with guarding you from other people's thoughts,

L

I

V

E

L

O

V

E

whether intentionally-directed or not. You may call on Archangel Michael for assistance with this. "Archangel Michael, please surround me in white light [pause, breathe]... surround me in pink light [pause, breathe]... surround me in violet light [pause, breathe]. Thank you." Reinforce throughout the day as needed.



ENERGY CORD REMOVAL

We have energetic cords that keep us attached to people, experiences, traumas, thoughts, etc. This is similar in concept to umbilical cords for babies. Energy cords keep us tied to old thoughts and old patterns and are draining to our vitality and health. It is beneficial and helpful to remove these cords from their deepest places within our being and to fill ourselves with high vibrational light in their place to assist our healing and transformation into whole and complete well-being.

Get comfortable. You may call on Archangel Michael to remove energy cords and then on Archangel Raphael to fill you with light, filling any voids created by cord removal so that you are whole and complete.

Calling on Archangel Michael: "Please, Archangel Michael, assist me and remove any and all cords that are not serving my highest good at this time, connected to [person, experience, belief, etc.] from their deepest places within my being. Please give these cords in their entirety to [state here a spiritual ascended being you feel connection with such as Mother Mary, Jesus, Quan Yin, Buddha, etc.] to take them to God's/Source's Light for healing (OR you may simply allow Archangel Michael to take them by stating, Please take these cords in their entirety to God's/Source's Light for healing.) Please, Archangel Michael, also remove any energy imprints, residue, or seeds that may be connected to these cords you are removing. Thank you."

Calling on Archangel Raphael: "Please, Archangel Raphael, fill me with light, whatever healing color I need at this time. Thank you." NOTE: Archangel Raphael is the archangel that assists us with healing, so you may ask him to help you with your healing at anytime if you feel you need assistance.



FORGIVE AND LOVE YOURSELF

Make time to LOVE yourself each day. Forgive yourself wherever needed. Be gentle with yourself. Forgiveness is a process. *Remember that forgiveness does not condone an action, but is simply your willingness to let go of your attachment to the pain you experience from the action so that you may heal and be free.* Your experiences here on the Earth plane are opportunities for your spiritual growth and the evolution of your Soul.

Appreciate how truly amazing you are and how you are learning, healing, and growing every moment of your be-ing, whether you are conscious of it or not. Your cells are continuously regenerating. Making time to LOVE yourself helps generate healthy cells and thus a healthier you.

L

I

V

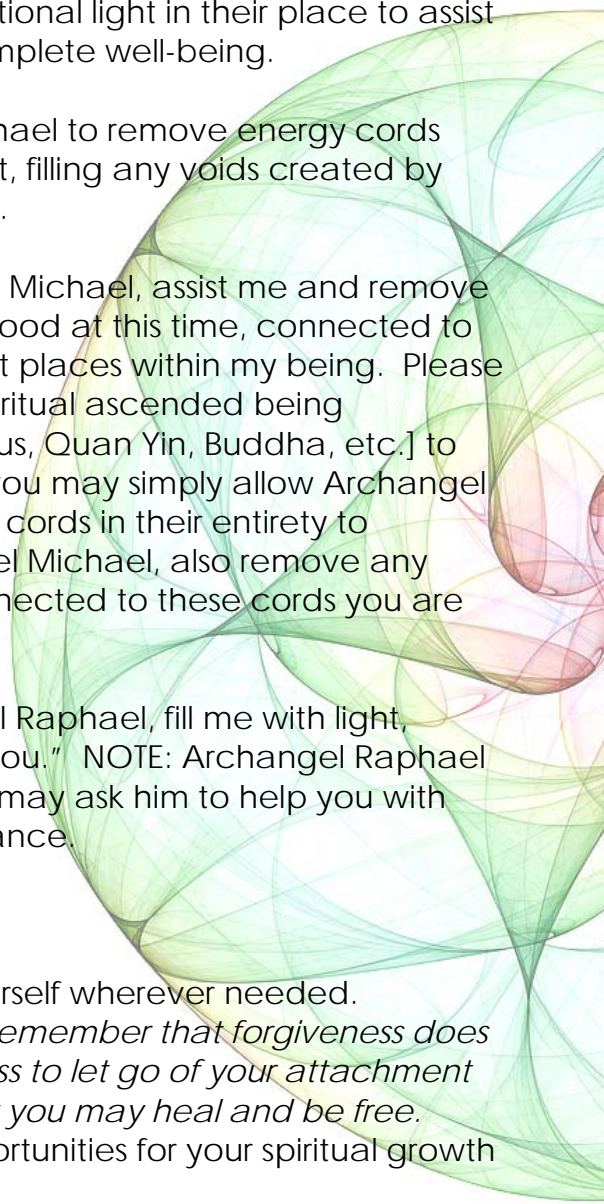
E

L

O

V

E



FOCUS ON HAPPY, JOYFUL, & LOVE-FILLED THOUGHTS



Sadness is a lower vibrational energy. Happiness is a higher vibrational energy.

When we are thinking of sad or unhappy thoughts or experiences, our energy centers are blocked and closed. This is why sadness and depression make us feel heavy and sluggish.

When we are thinking of joyful, happy thoughts or experiences, our energy centers are open. This is why happiness and joyfulness make us feel light and fluid.

Be aware of your thoughts and when you catch yourself in heavier thought forms or memories, choose to consciously say "erase, erase, erase..." and then think of something that makes you smile and brings joy and LOVE to your heart and mind. Do this as much as is necessary to realign your thoughts to higher vibrational frequencies. This is like exercising a muscle. Practice will recondition your thoughts and help you to shift your focus to happier and healthier thought-forms and memories.

As you consciously choose the path of LOVE and to align your thoughts with joy and happiness, you may ask or pray for healing for whatever was just surfacing for you in your thoughts or memories. Think of it as a call for help from your subconscious and shine light there. Say, "Please Archangel Raphael (or whoever you are guided to call upon), heal this [fill in whatever it is that you need]. Thank you."

If you are just feeling sad and do not know why, simply pray and ask, "heal me, please"; you do not need to know consciously what is coming up for healing. You only need to be ready and willing to release it.

LOVE is a choice. Higher vibrational energy is connected to LOVE, and lower vibrational energy is connected to fear.

When you catch yourself off balance, say to yourself, "I Choose LOVE Now" to help in shifting and realigning your thoughts to a higher vibration of LOVE and Light.



L

I

V

E

L

O

V

E

L
I
V
E

L
O
V
E

If you are feeling off in any part of your being, remember these tools as a starting place to bring yourself back to balance.

If you need additional help, utilize your resources. Don't hesitate to ask for assistance, whether that is talking with a trusted friend or scheduling a healing session of some kind with a certified or licensed healing practitioner.

When shielding or protecting yourself and your energy, always remember to do so from a place of LOVE, as LOVE is empowering and LOVE is infinite.

You are truly a beautiful Spirit! Open up and let your light shine... It is time and it is safe now to do so!



Valorie Renée
Reiki Master Level Teacher & Practitioner
310-798-4755

Hermosa Beach, CA
For more information about classes
& services please visit:
www.TopazVisions.com

The logo for Topaz Visions features a globe with a lit candle on top, set against a background of a lotus flower. The words "Topaz Visions" are written in a cursive font across the globe.

© 2011, Valorie Renée