

## ***A good prayer to say before any healing or journeying***

This is to help you to surrender to yourself. Make sure you have created a safe environment for the process and that you are relaxed. Quiet your mind and open to Sources Love and guidance. You may want to turn off your phone and other devices.

You may want to open sacred space for yourself and the area you are in. Surround yourself with LOVE, LIGHT and VIOLET FLAME.

Use your own way or you may say a prayer similar to the following.

Great Spirit and Great Spirit Helpers, as are best,  
Help me stay fully connected to YOU and YOUR LOVE and LIGHT. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,  
Help me stay standing fully in YOUR LOVE, LIGHT and VIOLET FLAME. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,  
Keep me completely surrounded by YOUR LOVE, LIGHT and VIOLET FLAME. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,  
Help me stay filled with Your LOVE, LIGHT and VIOLET FLAME as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,  
Help me keep it so only energies and beings of Pure Divine LOVE and LIGHT surround me,  
influence me and share and communicate through me. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,  
Help me to Open Your Sacred Space of LOVE as is best, keep me in Our Sacred Space and close our  
sacred space as is best when I have finished this exercise. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,  
Help me to set aside my conscious mind and all expectations as to the answers to any questions.  
Help (\_\_\_\_\_your name\_\_\_\_\_) to step aside and allow my higher aspects and “I AM” presence to  
receive the questions and answers, and bring any healing to me as is best. I ask my Unihipili (sub-  
conscious mind) to lovingly be my interpreter and gatekeeper as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,  
Do this as is best for all those participating in this healing. *Thank You.*