

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

Make sure you have created a safe environment for the process and that you are as relaxed as possible. Quiet your mind and open to Source's Love and guidance. You may want to turn off your phone and other devices.

Use your own way or you may say a prayer such as the following.

NOTE: In the following prayer 'me', 'my', 'I', and 'myself' include all aspects of your entire being as is best. If you are assisting someone else have them say their own prayer or join you in this one.

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 with no leaks of any kind.  
*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 with me and 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 and desires.  
Help me to step aside and allow my higher aspects and "I AM" presence to receive all questions and answers, and bring any clearing and healing to me as is best. *Thank You*

Great Spirit and Great Spirit Helpers as are best  
Help my entire Being and all aspects of my mind, including my conscious mind, subconscious mind and super conscious mind be open to receive and accept information, guidance, clearing and healing. Help them to clearly communicate together and with You. Bring to my conscious mind what is best. *Thank You*

Great Spirit and Great Spirit Helpers as are best  
Do the above as is best, all things considered and balanced by You, for all those participating in this clearing and healing. *Thank You*

Great Spirit and Great Spirit Helpers as are best  
Fill all voids with Your LOVE and LIGHT. *Thank You*