



Thank you for listening to your intuition and sampling an Aura Cleansing Angel Healing Session.

Please double check your time zone for the night you have chosen for your healing. Thanks!

NEW: You may want to say the following prayer to help the Angel healing team assist you even deeper:

“Archangel Michael and the Healing Team,

Please end all contracts, bonds, packs, alignments and agreements between anything that’s not for my highest and best good including all dark or lower level energies.

Please do this across all time and space, dimensions, realities and on all timelines.

Thank you. And so it is.”

This confirms your space has been reserved for the night you chosen.

1. Your name will be placed in the healing room the day of the group session and overnight. These group sessions will only work for those who have purchased access.

2. We will email you approximately 30 minutes prior to the Archangel Crystal LightSM session beginning (if your session is on Monday night), letting you know your session will begin in 30 minutes. If your session is on Tuesday night you will receive your session while you sleep. ***(If for whatever reason the email does not go through from an email snag, go into meditation anyway at the discussed time please.*** An email snafu has happened only one time, so please trust... you'll feel the Angels working and you will receive the healing completely).

3. Drink lots of water before and after your session.

4. Keep in mind a day or two before your Archangel Crystal LightSM session you may have issues or old stuff come up ready for release. This is very normal – it means the Archangels and the Healing Team are helping you bring things to the surface they can clear and heal for you during your session.

5. If you could rest as much as possible afterwards or spend time in nature during the week, this is a really good thing to help you integrate all the healing that's happened during your session. (You may sleep very deeply that night or have lots of energy – either one is perfectly normal).

6. Beforehand and days following your healing please write down all you'd like the Archangels to help you in your life or with your health. Also, writing down what you are ready to let go of helps because the Archangels will help transform these areas. *(I kept and still keep a running list of all the things I need assistance with. Every one of the items on my list has improved, including my digestion!)*

7. Wear comfortable loose clothing, lighter in color. I usually wear an eye mask over my eyes or light cloth.

8. Please take off your watch if you wear one. Usually it's best if your cell phone, computer and wifi (if possible) is turned off or not near you when you receive your session.

9. Lying on your back (if possible) during session is better. You can place a pillow under your knees if needed. You may place a blanket over you, this is fine.

10. It's okay if your pet snuggles next to your side, but it is best if they don't lay on top of you during your actual healing session time.

11. Your healing began the moment you purchased and continues for 24 – 48 hours afterwards. The Archangels & The Seraphim Angel Healing Team will begin working with you now on the higher etheric levels.

12. Eat light before your healing session - you may get hungry toward the end or after your session, so it's good to have something lighter in your stomach.

13. You may listen to "Eternity by Deuter" tracks 2 – 10 during your remote session. You can download it on itunes or get the CD on Amazon. Or you may simply listen to the meditation music you are accustomed to. Or you may prefer no music and to simply meditate or fall asleep.

14. What kind of expectations should you have for your Angel healing session? With each session more layers are cleared and healed for you. This is why doing daily sessions with the [Healing Crystal Lights for Healers](#) is highly suggested.

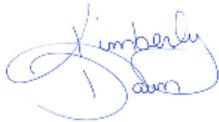
15. Be sure to do extra self-care for yourself before and after your healing session such as good nutrition, drinking extra filtered water, moderate exercise and getting enough sleep. This is vitally important to help your body

adjust to the higher blueprints and new light codes that are brought in for you during your healing session.

16. Optional, but highly suggested: **Turn on your [Archangel Crystal Light Mini or Portable Unit](#) (if you own one) during your 1 hour session so the healing team can help you even more.**

Enjoy your relaxing and peaceful healing session. Each Archangel Crystal Light Session you receive helps Mother Earth heal and receive Divine light blessings too.

In Love & Grace,

A handwritten signature in blue ink that reads "Kimberly Dawn". The signature is written in a cursive, flowing style.

Archangel Michael, all the Archangels & the Healing Seraphim Angel Team

Inventor of the Archangel Crystal Lights Empath Protection Unit and the Healing Crystal Lights for Healers