

# Week 6: Clearing Your Energy Body and Aligning with Invocation

## Lesson 1 – The Power of Invocation

- An invocation is like a powerful prayer, summoning the energies and beings called upon in that prayer to be present. The power of a personal invocation is unlimited.
- Used before accessing higher states of consciousness, a personal invocation is a way of ensuring you do not get too much information, and it is like a safety mechanism to ensure you are receiving information from a credible source.
- A personal invocation can include anything that brings you close to God/Creator/Source, your Higher Self, and your heart.
- An invocation is a reflection of your living Spirit; allow it to grow and change, without trying to control it or force it to sound a certain way. This is your living prayer, and a way for you to more deeply understand your own Soul if you allow the process to take its own course.

I have chosen to include my own invocation to offer an example. I encourage you to read each word and verse carefully and feel the energy that comes from them. Every part of this invocation is intentional which means every part serves a purpose.

*May I reflect the Light of the One.*

*May I hold the other self, as the object of love before me, that which I am serving with utmost care, devotion, and Divine reverence.*

*Allow me to purge all negative and self-oriented thoughts, egoic drives, and selfish consumption from my being; may they be released to the Cosmos as one, permanently.*

*May all beings know the Light of One.*

*May all beings know the Truth of Love, and the Love of Truth.*

*May I be a shining reflection of this Truth, in my core, outward and inward, ever.*

*May my heart be ever my guide, shining with the flame of the One.*

*May I be a representative and example of honest, compassionate, and humble integrity.*

*Sweet Creator, you made me in your image; make my flame, Thy flame; make my will, Thy will.*

*I will serve Thee ever and forever as the One True Light.*

*So it is, so it is, so it is.*

*Thank you, thank you, thank you.*

- Your invocation is part of your Soul, your heart song, and can neither be taken from you, nor can it be forced to emerge before it is ready. Ask your invocation to emerge and allow it to flow from your being in righteous and sovereign creation. Take your time, and feel the joy and power in your heart while this comes through you.

## **Lesson 2 - The Importance of Having Clear Energy**

- Our chakras hold energies that are connected to our personal past, our ancestral past, and our parallel lifetimes.
- Your energy body should also be cleared on a semi-regular basis to maintain a clear field.
- Just as any filter needs a good cleaning, your chakras need to be cleansed to allow energy to flow easily.
- Experiment and find a chakra clearing process that works for you.

Chakra Clearing Meditation Reflection Questions:

1. What was your experience like feeling into each chakra center?
2. Did you notice a particular chakra more than the others?
3. How do you feel now compared to before the meditation?

## **Lesson 3 - Connect with the Angelic Realms**

For this lesson, you will use your personal invocation to invoke the Angelic Realms and sustain a connection with them for a brief period of time. Use your voice recorder to document, in as much detail as possible, what you experience. This is practice for longer channeled sessions with more complex energies and messages, so take your time and practice this until you feel comfortable with the entire process.

You will guide yourself through this process:

1. Be in a channeled-ready state

2. Express your invocation
3. Express your intention
4. Sense your connection to the Angelic Realms and maintain this connection for 18 minutes. Record your experience.

## **Lesson 4 - Release stagnant energy through breathwork**

- We can release energy trapped in our body and our chakras through breathwork.
- Dragon's Breath is similar to breath of fire, but comes from the Dragon Realm.
- Dragon's Breath affects your physical body, your personal timeline, parallel timelines, and the collective timeline.
- Breathwork is grounding and helps us to maintain a clear energetic state.