

Heart Oriented Ascension

This powerful group healing session combines two of my prior group healing sessions and is comprised of over forty healing and enlightenment transmissions for heart oriented ascension and embracing, expressing and embodying your soul. Heart Oriented Ascension is about getting out of your head and into your heart; living with passion from your heart; choosing love over fear; and embodying the love that you are on the physical plane of reality. The process of embracing, expressing and embodying your soul is about grounding the love that we truly are into our heart, body and mind – it is about the fusion of our soul into every aspect of our lives.

This group healing session IS NOT conducted on the telephone or Internet. I know many healers like to do this but my personal experience has been that when empaths like myself participate in a telephone group healing session, we often take on stuff from the other participants. I usually have to an hour or more clearing myself after I participate in one of these sessions. Instead, I am asking the Creator to transmit these group healing sessions from me to you via distant healing which I feel is safer energetically and more pristine.

Heart Oriented Ascension

1. Clearing, Transmuting, Healing Releasing and Dissolving Negative Energies, Beings, Interference, Influences, Cords, Hooks, Implants, Devices, Technologies, etc. from Our Home, Car, Money and All Real and Personal Property.
2. Clearing, Transmuting, Healing Releasing and Dissolving Stuff We Have Taken on from Others and the Planet that Do NOT Belong Energetically to Us.
3. Clearing, Transmuting, Healing Releasing and Dissolving Negative Energies, Beings, Interference, Influences, Cords, Hooks, Implants, Devices, Technologies, etc. from Our Energetic Spaces, Fields, Organs, Systems and Bodies.
4. Clearing, Transmuting, Healing Releasing and Dissolving Fear and Fearful Thoughts, Beliefs, Feelings, Emotions, Attitudes, Behaviors, Memories and Life Experiences.

5. Enhancing and Expanding Your Ability, Capability and Capacity for Embracing, Expressing and Embodying Heart Oriented Ascension.
6. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Embracing, Expressing and Embodying Our Soul.
7. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Awakening, Opening and Activating Our Heart.
8. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Getting Out of Our Mind and Into Our Heart.
9. Clearing, Transmuting, Healing Releasing and Dissolving Negative Ego and Ego Programming.
10. Unplugging from the Third Dimension Matrix and Transcending the Limits of Mass Consciousness.
11. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Living with Passion from Our Heart in the NOW.
12. Clearing, Transmuting, Healing Releasing and Dissolving Our Past so We Can Live in the NOW.
13. Clearing, Transmuting, Healing Releasing and Dissolving Spiritual Pride, Arrogance and Feeling Superior to Others Because We are Spiritual.
14. Clearing, Transmuting, Healing, Releasing and Dissolving Patterns, Programs, Beliefs and Behaviors Around Judging Yourself, Others and Spirit; Criticizing Yourself, Others and Spirit; Beating Up on Yourself; Doubting, Mistrusting and Sabotaging Yourself and Comparing Yourself to Others.
15. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Creating a Life that Works and Supports Us on ALL Levels.
16. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Accepting, Loving, Trusting and Forgiving Ourselves, Others and Spirit.

17. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Living Authentically and Being True to Ourselves.
18. Clearing, Transmuting, Healing Releasing and Dissolving Financial Adversity, Lack and Scarcity Consciousness.
19. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Creating, Setting and Maintaining Healthy Energetic Boundaries with Others.
20. Clearing, Transmuting, Healing Releasing and Dissolving Any Blocks We May Have to Growing Easily and Effortlessly through Loving, Joyful and Positive Life Experiences.

Embrace, Express and Embody YOUR Soul

1. Karma Healing and Amelioration.
2. Aligning with the Divine Will of the Creator.
3. Energetic Support for Spiritual Congruency, Multitasking and to Help People to be Able to Do the Things they Need to Do to Function in a Third Dimension Reality While Still Accomplishing Their World Service Missions.
4. Enhancing and Expanding Your Ability, Capability and Capacity to Open YOUR Heart and to Accept, Receive, Hold and Radiate Unconditional Love, Joy, Gratitude, Inner Peace and Compassion.
5. Enhancing and Expanding Your Ability, Capability and Capacity to Clear, Forgive, Heal and Release YOUR Past so You can Live in the NOW.
6. Enhancing and Expanding Your Ability, Capability and Capacity to Accept, Embrace, Express and Embody YOUR Higher Self and Soul.
7. Clearing, Transmuting, Healing, Releasing and Dissolving Fear and Fear-Oriented Beliefs, Thoughts, Feelings, Emotions, Memories, Attitudes, Behaviors and Life Experiences.

8. Clear, Transmute, Heal and Evolve Your Shadow, Ego Mind and Personality Self/Selves.
9. Enhancing and Expanding Your Ability, Capability and Capacity to Live Authentically and to Be True to Yourself.
10. Enhancing and Expanding Your Ability, Capability and Capacity to Clear, Heal, Release and Dissolve NON-You and Less-than-Love Energies, Beings, Influences, Technologies and Interference.
11. Enhancing and Expanding Your Ability, Capability and Capacity to Reclaim YOUR Personal Power that YOU Have Given Away to Others.
12. Enhancing and Expanding Your Ability, Capability and Capacity to Clear, Help, Love, Support and Heal Yourself and Others.
13. Enhancing and Expanding Your Ability, Capability and Capacity to Realize More of YOUR Full Potential.
14. Anchoring Your Soul, Being Fully Present and Grounding into the Planet.
15. Enhancing and Expanding Your Ability, Capability and Capacity for Clarity, Focus, Discernment, Courage, Perseverance, Wisdom and Grace.
16. Enhancing and Expanding Your Ability, Capability and Capacity for Detachment, Nonattachment and for Being in the World but NOT of the World.
17. Awakening, Opening and Activating YOUR Spiritual Gifts, Intuition and Healing Powers with Ease and Grace.
18. Clearing, Transmuting, Healing, Releasing and Dissolving YOUR Blocks to Growing Personally and Spiritually so that YOU Can Accelerate YOUR Spiritual Evolution.
19. Clearing, Healing, Illuminating, Upgrading, Evolving and Aligning YOUR Personality with YOUR Soul and the Highest Level Aspect of YOUR Monad.
20. Shifting from Growing, Healing and Learning through Pain, Suffering, Challenge, Sorrow and Hardship to Growing, Healing and Learning through Joy, Laughter, Play, Fun and Light-Heartedness.

21. I would like to conclude this session with energies from the Creator to help each of us to deepen the healings we have received and to help us to deeply integrate and ground them into our body with ease and grace.

During each group healing session, I do some individualized healing. I ask the Creator to connect with each of our soul and transmit to each of us the healing and enlightenment energies and coding that will most help us to move forward on our path. I encourage people who participate in this session to set an intent for this healing session. If you feel comfortable, I would appreciate it if you would send me a detailed statement of their intent for this session.