Releasing Fear, Stress, Depression & Downer Emotions

I used to offer two separate healing sessions – one for releasing fear, stress and anxiety and one for releasing depression, anger and all downer emotions. However, there is so much energetic overlap between these two areas that I decided to combine them into one very powerful group healing session with over thirty healing transmissions. Fear underlies all negative emotions, thoughts, memories, life experiences, patterns, influences and programs. People who are depressed, angry or feel down are tapping into unloving, negative and fear-oriented vibrational frequencies.

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.

Releasing Fear, Stress, Anxiety & Trauma

- Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, PTSD, Anxiety, Worry, Phobias and Trauma as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences.
- Timeline Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, PTSD, Anxiety, Worry, Phobias and Trauma from the Moment of Conception to You in the NOW.
- 3. Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, PTSD, Anxiety, Worry, Phobias and Trauma from Not Only from This Life but Also from Our Past Lives, Future Lives, Parallel Lives and Parallel Life Bleedthrough.
- 4. Clearing, Transmuting, Healing, Releasing and Dissolving all Negative Energies, Influences, Beings, Implants, Devices, Cords, Hooks and Attachments that Anchor, Support, Strengthen or Reinforce Fear, PTSD, Anxiety, Stress, Worry, Trauma and Phobias.

- 5. Angelic Healing Profiles for Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, PTSD, Anxiety, Worry, Phobias and Trauma.
- 6. Disconnect from the Mass Consciousness of Humanity and the Morphogenic Fields Anchoring, Supporting and Reinforcing Fear, Stress, PTSD, Anxiety, Worry, Phobias and Trauma.
- 7. Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, PTSD, Anxiety, Worry, Phobias and Trauma from Your Cellular Memory, Genetics and the Genetic/Past Life Archives.
- 8. Clearing, Transmuting, Healing, Releasing and Dissolving Toxic Family of Origin Programming, Patterns and Experiences that Anchor, Support, Strengthen or Reinforce Fear, Stress, PTSD, Anxiety, Worry, Phobias and Trauma.
- 9. Clearing, Transmuting and Healing, Releasing and Dissolving Stress, PTSD, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences that We Took On from Mass Consciousness, Culture, Art, Music, the News, Movies, the Internet and Religious Organizations, etc
- 10. Clearing, Transmuting, Healing, Releasing and Dissolving the Seeds, Causes, Origins and Roots of Stress, PTSD, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Patterns, Programs, Memories, Attitudes, Influences and Life Experiences, etc. Across Time, Space, Dimensions, Angles, Vectors and Directions.
- 11. Clearing, Transmuting and Healing, Releasing and Dissolving the Energetic Distortions, Disruptions, Blockages, Weaknesses and Imbalances Created by Fear, Fearful Thoughts, Fearful Feelings, Stress, PTSD, Anxiety, Worry, Phobias and Trauma.
- 12. Clearing, Transmuting and Healing, Releasing and Dissolving the Energetic, Physical, Emotional, Mental and Spiritual Trauma and Inner Child Wounding Associated with Fear, Stress, PTSD, Anxiety, Worry and Phobias
- 13. Aligning the "flight or fight response," the functioning of the adrenal glands, adrenaline and cortisol levels to the divine ideal for optimal physical, emotional, mental and spiritual health and well-being.

- 14. Clearing, Transmuting and Healing, Releasing and Dissolving Stress, PTSD, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Genetics, Subconscious Mind, Brain Chemistry, Neuronets, Personality Self/Selves.
- 15. Clearing, Transmuting and Healing, Releasing and Dissolving Negative, Fearful, Anxious, Stressful and Traumatic Self Talk and Random Inner Dialog.
- 16. Clearing, Transmuting and Healing, Releasing and Dissolving Stress, PTSD, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Genetics, Epigenetics and the Master Cell of the DNA in the Pineal Gland.
- 17. Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions and ALL Other Sleeping Disorders, Imbalances and Conditions.
- 18. Clearing, Transmuting and Healing, Releasing and Dissolving Nightmares, Paranoia, Superstitions and Fear around Failing, Succeeding, Dying, Living and Loving.
- 19. Clearing, Transmuting and Healing, Releasing and Dissolving Common Phobias Like the Fear of the Dentist, Night/Dark, Drowning, Water, Thunder/Lightning, Fire, Snakes, Spiders, Mice/Rats, Mice, Heights, Enclosed Spaces, People, etc.
- 20. Angelic Love and Healing Wash for Our Energetic Spaces, Fields, Organs, Systems and Bodies that are Negatively Impacted by Fear, Anxiety, Stress, Trauma, Worry and Phobias.

Releasing Depression, Anger & All Downer Emotions

- Clearing, Transmuting, Healing, Releasing and Dissolving Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer and Repressed/Suppressed Emotions as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences.
- Timeline Clearing, Transmuting, Healing, Releasing and Dissolving Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer and Repressed/Suppressed Emotions from the Moment of Conception to You in the NOW.
- 3. Clearing, Transmuting, Healing, Releasing and Dissolving Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer and Repressed/Suppressed Emotions from Your Past Lives, Future Lives, Parallel Lives and Parallel Life Bleedthrough.
- 4. Clearing, Transmuting, Healing, Releasing and Dissolving all Negative Energies, Influences, Beings, Implants, Devices, Cords, Hooks and Attachments that Anchor, Support, Strengthen or Reinforce Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer and Repressed/Suppressed Emotions.
- 5. Angelic Healing Profiles for Clearing, Transmuting, Healing, Releasing and Dissolving Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer and Repressed/Suppressed Emotions.
- 6. Disconnect from the Mass Consciousness of Humanity and the Morphogenic Fields Anchoring, Supporting and Reinforcing Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer and Repressed/Suppressed Emotions.
- 7. Clearing, Transmuting, Healing, Releasing and Dissolving Depression, Broken Heartedness, Sorrow, Anger, Rage, ALL Downer and Repressed/Suppressed Emotions and Their Energetic Imprints from Your Cellular Memory, Genetics, the Minds/Brains and the Genetic/Past Life Archives.
- 8. Clearing, Transmuting, Healing, Releasing and Dissolving Toxic Family of Origin Programming, Patterns and Experiences that Anchor, Support, Strengthen or Reinforce Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer Emotions.

- 9. Clearing, Transmuting, Healing, Releasing and Dissolving the Seeds, Causes, Origins and Roots of Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer Emotions Including ALL Associated Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors, Influences, etc. Across Time, Space, Dimensions, Angles, Vectors and Directions.
- 10. Clearing, Transmuting and Healing, Releasing and Dissolving the Energetic Distortions, Disruptions, Blockages, Weaknesses and Imbalances Created by Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer Emotions.
- 11. Clearing, Transmuting and Healing, Releasing and Dissolving Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer Emotions, Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Genetics, Subconscious Mind, Brain Chemistry, Neuronets, Personality Self/Selves.
- 12. Clearing, Transmuting and Healing, Releasing and Dissolving Negative, Fearful, Self Talk and Random Inner Dialog that Energetically Anchors, Reinforces and Supports Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer Emotions.
- 13. Clearing, Transmuting and Healing, Releasing and Dissolving Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer Emotions and Negative Life Experiences from our Genetics, Epigenetics and the Master Cell of the DNA in the Pineal Gland.
- 14. Angelic Love and Healing Wash for Our Energetic Spaces, Fields, Organs, Systems and Bodies that are Negatively Impacted by Depression, Broken Heartedness, Sorrow, Anger, Rage and ALL Downer Emotions.
- 15.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.