

Sleeping Easily, Deeply and Well Group Healing Session

In my late twenties I developed insomnia. After four years of trying every sleep medication and treatment known to mankind at that time, I learned how to meditate and this helped me to coexist with extended sleep deprivation. By my late thirties I had awakened my healing gifts and I was able to heal this pattern within myself. In this group healing session for sleeping well, I transmit over forty healing transmissions to assist you in sleeping easily, deeply and well.

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.

1. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night.
2. Astral Travel Transmuter Shield to Protect Our Energetic Spaces and Fields while we Sleep from Negative Energies, Beings and Influences as well as from the mass consciousness of humanity.
3. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences.
4. Timeline Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions from the Moment of Conception to You in the NOW.
5. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Disrupted Sleep, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions from Your Past Lives, Future Lives, Parallel Lives and Parallel Life Bleedthrough.

6. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, PTSD, Anxiety and Trauma Especially Financial Stress and Anxiety as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences.
7. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving all Negative Energies, Influences, Beings, Implants, Devices, Cords, Hooks and Attachments that Anchor, Support, Strengthen or Reinforce Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions.
8. Angelic Healing Profiles for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions.
9. Mega Healing Session for Clearing, Transmuting and Healing, Releasing and Dissolving Blocks to Sleeping Easily, Deeply and Well Every Night.
10. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances, Conditions and Energetic Imprints from Your Cellular Memory, Genetics, the Minds/Brains and the Genetic/Past Life Archives
11. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night.
12. Mega Healing Session for Clearing, Transmuting, Healing, Releasing and Dissolving Toxic Family of Origin Programming, Patterns and Experiences that Anchor, Support, Strengthen or Reinforce Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions.
13. Clearing, Transmuting and Healing, Releasing and Dissolving the Energetic Distortions, Disruptions, Blockages, Weaknesses and Imbalances Created by Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions.

14. Angelic Love and Healing Wash for Our Energetic Spaces, Fields, Organs, Systems and Bodies that are Negatively Impacted by Insomnia, Chronic Fatigue Syndrome, Sleep Deprivation, Sleep Disruptions, Sleep Apnea and ALL Other Sleeping Disorders, Imbalances and Conditions.
15. Mega Healing Session Clearing, Healing and Releasing Circadian Rhythm Sleep Disruptions, Delayed Sleep Phase Disorder and Restless Leg Syndrome.
16. Mega Healing and Enlightenment Session for Financial Adversity, Stress, Worry, Tension, Anxiety and Pressure.
17. Mega Healing and Enlightenment Session for Fear of the Future or Fear that Something Bad or Traumatic will Happen While You Sleep.
18. Mega Healing and Enlightenment Session for Worry, Attachments and Obsessive/Compulsive Patterns, Programs, Influences and Behaviors.
19. Mega Healing and Enlightenment Session for Clearing, Healing and Releasing the Energies of the Day.
20. Mega Healing and Enlightenment Session for Depression, Grief, Heart Brokenness, Despair, Mental Illness and all other Negative, Downer Emotions.
21. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night.
22. Mega Healing and Enlightenment Session for Healing the Adverse Effects and Impact from Sleep Deprivation, Chronic Fatigue and Sleep Disruptions.
23. Mega Healing and Enlightenment Session for Allergies, Sinus Congestion and Breathing Difficulties.
24. Mega Healing and Enlightenment Session for Clearing, Healing and Releasing Snoring.
25. Mega Healing and Enlightenment Session for Light Sleeping, Disrupted Sleep Patterns and Waking Up Often throughout the Night.
26. Mega Healing and Enlightenment Session for Nightmares and Sleepwalking.
27. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night.

28. Mega Healing and Enlightenment Session for Relaxation, Getting REM Sleep, Slowing Down Your Mind and Reaching the Theta, Delta and Gamma Brain Wave States while Sleeping.
29. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving EMFs and Feng Shui imbalances, especially in the bedroom area of the home.
30. Mega Healing and Enlightenment Session for Healing Addictions to Caffeine and Sugar.
31. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night.
32. Mega Healing and Enlightenment Session for Healing Monkey Mind and Feeling Hyper-Alert and Wired.
33. Mega Healing and Enlightenment Session for Energetic Protection and for Clearing, Healing Releasing and Dissolving Psychic Attack, Negative Interference and Negative Astral Travel Experiences.
34. Mega Healing and Enlightenment Session for Emotional and Mental Overwhelm.
35. Mega Healing and Enlightenment Session for Emotional and Mental Overwhelm or Excessive Excitement.
36. Mega Healing and Enlightenment Session for Clearing and Healing Sleep Disruptions Caused by Partners with Different Sleep Schedules, Partners Who Snore or People with Irregular Working Hours.
37. Mega Healing and Enlightenment Session for Chronic Pain and Suffering.
38. Mega Healing and Enlightenment Session for Clearing the Negative Impact of Electronics on Melatonin Production and Restoring the Divine Ideal Melatonin Levels.
39. Mega Healing and Enlightenment Session for Out of Control Adrenal Glands/Flight or Fight Response and for Restoring the Divine Ideal Cortisol Levels that Promote Optimal Health and Well Being on All Levels.
40. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving the Need to use sleep medications to sleep easily, deeply and well.
41. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving Negative Energies, Side Effects and Reactions from Sleep Medications.

42. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving the Negative Effects, Impact and Influences of Sound and Light Pollution.
43. Mega Healing and Enlightenment Session for Clearing, Healing, Releasing and Dissolving Teeth Grinding, Molar Pain and TMJ issues and conditions.
44. Working with the Creator and Your Soul to Clear, Transmute, Heal, Release and Dissolve Blocks You Have Around Sleeping Easily, Deeply and Well Every Night.
45. 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.