

Hello everyone. Namaste. This is Bill Austin of [www.SpiritualHealerTraining.com](http://www.SpiritualHealerTraining.com) and this is mp3 audio recording I created for a group healing session on Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Anxiety, Stress, Worry, Trauma and Phobias. I grouped fear, anxiety, stress, worry, trauma and phobias together because as I look at each of them energetically they all are fear-based.

Earlier today when I meditated, I asked the Angels of Love and Healing to give me their take on fear. And they started by showing me all of this energetic gunk and buildup in our energetic spaces, fields, organs, systems and bodies. It looked like tartar buildup on our teeth. I then asked what were the energetic weaknesses, imbalances and allowances that created the gunk and build up. The answer to this was fascinating because basically the vibration of fear, anxiety, tension, worry, trauma and phobias speeds up our mind and shuts down our heart.

When we are fearful, anxious, stressed and worried, we operate more from the beta brain wave state rather than the alpha one, our mind speeds up, we get frazzled more easily and we often do not get the delta and theta brain wave sleep that we need to function well. The more fearful we are, the more we shut down our heart. This lowers the vibration of our multidimensional heart; reduces our ability to receive and radiate love and lowers our love and light quotients. As our love quotient contracts, we attract less loving life experiences to us due to the law of attraction. It becomes a downward spiral.

Then I asked the angels if they could create a healing profile to clear out the energetic gunk and build up and to clear, transmute, heal, release and dissolve the negative effects, influences and impact fear, anxiety, stress, worry, trauma and phobias have on the functioning of our minds, brains and hearts. They created a healing profile that I called the Angelic Healing Profile for Fear, Stress, Anxiety, Worry, trauma and phobias.

Anxiety is often the result of unresolved or ambiguous fear whereas worry and stress often are sourced in fear.

Before we begin I would like to set the intent that everything that happens on this recording is aligned with the highest good of each person listening to it; supports the spiritual evolution of each being 100% and can be integrated with ease and grace in the now.

As to logistics when you hear me say the words Transmission Begins I am encoding the healing energies into the recording. All you need to do on your end is set the intent to be open to receive. You may want to say out loud or to yourself: "Thank You Creator I accept this healing." When you hear me say the words "Transmission Ends," the healing has been encoded into the recording. If you need more time to integrate, you may want to put this recording on pause.

- The first transmission will be to clear, transmute, heal, release and dissolve all fears, doubts, blocks, self sabotage or resistance we may have to fully receiving and benefiting from the healing transmissions in this recording. TB (remember all you have to do is set the intent to be open to receive) TE
- The next transmission will be an Angelic Love and Healing Wash for our energetic spaces, fields, organs, systems and bodies to clear out fear, anxiety, stress, worry, trauma and phobias. TB TE
- The next transmission will be for the Angelic Healing Profile for Fear, Stress, Anxiety, Worry, trauma and phobias, Level 1. This will clear out a lot of the energetic gunk associated with fear, stress, anxiety, trauma and worry and also help you to quiet your mind and expand your heart. TB TE
- The next transmission is to disconnect each of us from the mass consciousness and morphogenic fields anchoring, supporting and reinforcing fear, anxiety, stress, worry, trauma and phobias. TB TE

- The next transmission to connect each of us to the morphogenic fields anchoring, supporting and reinforcing love, relaxation and inner peace. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve all negative or less-than-love energies, influences, beings, implants, devices, cords, hooks and attachments that anchor, support, strengthen or reinforce fear, anxiety, stress, worry, trauma and phobias. TB TE
- We all have emotional triggers for fear, anxiety, stress, worry and especially phobias. The next transmission will be to clear, transmute, heal, release and dissolve triggers for fear, anxiety, stress, trauma and worry. TB TE
- The vibration of fear, stress, anxiety, worry, trauma and phobias disrupts, distorts and weakens our ability to function at the optimal energetic, physical, emotional, mental and spiritual health and well being. So this next transmission is to clear, transmute, heal, release and dissolve the energetic distortions, disruptions, blockages, weaknesses and imbalances created by fear, stress, anxiety, worry, trauma and phobias. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve energetic, physical, emotional, mental and spiritual trauma and inner child wounding associated with fear, stress, anxiety, worry, trauma and phobias. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve all imprints and cellular memories of fear, stress, anxiety, worry, trauma and phobias with ease and grace. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve the Seeds, Origins and Causes of Stress, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences across time, space, dimensions, directions, vectors and angles.
- The next transmission will be to clear, transmute, heal, release and dissolve Stress, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Present or Current Life.
- The next transmission will be to clear, transmute, heal, release and dissolve Stress, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Past Lives.
- The next transmission will be to clear, transmute, heal, release and dissolve Stress, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Parallel Lives and Future Lives.
- The next transmission will be for the Angelic Healing Profile for Fear, Stress, Anxiety, Worry, Trauma and Phobias, Level 2. TB TE

The next transmission be a Timeline Healing for Fear, Stress, Anxiety, Worry, Trauma and Phobias from the Moment of Conception to NOW. For this portion of the recording I am going to be continuously transmitting healing for the time frames I am speaking. I will not use the words transmission begins or ends so just be open to receive. I will begin by transmitting healing energies to clear, transmute, heal, release and dissolve any fear, stress, anxiety, worry or phobias you experienced or picked up energetically from the moment before the moment of conception through to the end of the first trimester of pregnancy. I am now extending the healing to the end of the second trimester of pregnancy. Through the moment of birth; through the 1st year of life; 2<sup>nd</sup> year; 3rd year; 4th year; 5<sup>th</sup> year; 6<sup>th</sup> year; 7<sup>th</sup> year; 8<sup>th</sup> year; 9<sup>th</sup> year; 10<sup>th</sup> year; years 10 to 15; 15 to 20; 20 to 25; 25 to 30; 30 to 40; 40 to 50; 50 to 60; 60 and beyond...

- The next transmission will be for the Angelic Healing Profile for Fear, Stress, Anxiety, Worry, Trauma and Phobias, Level 3. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve Emotional and Mental Programming Around Anxiety, Stress, Worry, Phobias, Trauma, Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences that we took on or were entrained energetically from our family-of-origin. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve Emotional and Mental Programming Around Anxiety, Stress, Worry, Phobias, Trauma, Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences that we took on or were entrained energetically from mass consciousness, culture, the news, movies, the Internet and religious organizations, etc TB TE.
- The next transmission will be to clear, transmute, heal, release and dissolve Stress, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Subconscious Mind, Brain Chemistry, Neuronets, Personality Self/Selves. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve Negative, Fearful, Anxious, Stressful and Traumatic Self Talk and Random Inner Dialog.
- The next transmission will be the Angelic Healing Profile for Fear, Stress, Anxiety, Worry, Trauma and Phobias, Level 4. TB TE
- The next transmission will be to clear, transmute, heal, release and dissolve Stress, 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.
- The next transmission will be to clear, transmute, heal, release and dissolve Stress, Anxiety, Worry, Phobias, Trauma, Fear, Core Fear and Fear Oriented Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Endocrine Gland System with a focus on the Amygdala, Adrenal Gland and the Flight or Fight Response.

- The next transmission will be to clear, transmute, heal, release and dissolve Cortisol and Reducing Cortisol levels to the divine ideal for optimal health, well being and functioning for each of our bodies. Cortisol is the “stress hormone” produced in the adrenal gland.
- The next transmission will be to clear, transmute, heal, release and dissolve Bblocks we may have to sleeping, easily, deeply and well every night. TB TE
- The next transmission will be the Angelic Healing Profile for Fear, Stress, Anxiety, Worry, Trauma and Phobias, Level 5. TB TE
- The next transmission will be an Angelic Love and Healing Wash for our energetic spaces, fields, organs, systems and bodies to clear out fear, anxiety, stress, worry, trauma and phobias. TB TE
- I would like to conclude this recording with some healing energies from the Creator to help us to integrate with ease and grace. TB TE

If you want to rerun this session in the future, you can say out loud or to yourself: “Creator please rerun the session for Clearing Fear, Stress and Anxiety with ease and grace. Thank you. You may execute.” Again this language is “Creator please rerun the session for Clearing Fear, Stress and Anxiety with ease and grace. Thank you. You may execute.”

This concludes the recording. I would like to thank each of you for your commitment to your healing and enlightenment journey. As you heal, grow, evolve and release fear, stress, anxiety and worry, you help everyone around you to do so as well. Namaste and I look forward to connecting with you again on the inner planes. Thank you!