

If you are sensitive to any earth or planetary shifts and want to rebalance and minimize your ascension symptoms, please follow the exercise below. Please discern if this resonates with you before you continue.

Stabilizing Your Electromagnetic Fields



Merge your heart with the EOL (eternal, organic, living), divine sovereign heart of Mother Earth. Feel your connection to the EOL Mother Earth and ground & stabilize.

Merge your heart with our EOL local sun.

Connect and stabilize your energies with our sun.

Merge your heart with the EOL, divine sovereign heart of our galaxy and universe.

Intend your full and complete authentic divinity and divine sovereignty.

Continue to merge your heart with the EOL unified fields of living love and the EOL heart of the Eternal Sacred Source.

Allow your heart to expand.

Breathe in love and release all energies & harmonics that are out of balance with your EOL highest good.

Allow the love to expand through you.

Take a deep breath and the thought intention is to stabilize all my organic electronic-magnetic fields back to my highest good and perfect balance.

Blow it out in a fast forced out breath.

Feel yourself shifting back into balance.

Finish with the intention to anchor, lock & seal the balanced electromagnetic fields.

Give thanks and gratitude to the earth, sun and all those assisting you.

Be kind to yourself, please do not push through or force anything during this time, listen to & honor your body consciousness.

Choose Love ~♥~ Live Consciously

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