

The Enlightenment Party: The Evolution of YOU!

This is a group built on interest and a desire to learn. This learning incorporates energy work, crystals, related books, various speakers related to the field of energy and advancement of spiritually. Here we use communication, an open approach, protection and healing practices in order to move forward on an energetic and soul level. The specific information within is for use with your everyday practice of protection. These practices can be used at any time of the day, but are most useful at early evening or bed time. You gain security, confidence and can rest, assured that: You are always in God's light. All the techniques are simple, safe and straight forward. They can be used by anyone, including children. Included here are the techniques for: Light Protection, Grounding, the choice of a Symbol and Affirmations to light your way.....If YOU are in possession of the brochure, it is meant to be. Your purpose NOW is to practice the techniques and use them daily, GOD BLESS

Our Techniques - Use Daily

Light Protection: A technique that leaves you feeling comforted and secure, rested and at peace.

Grounding: This technique is unique to the person envisioning it. There will be a stable and grounding effect upon completion.

The Use of Symbols: The mind is a wonderful thing. This technique creates a short cut for us. So we are able to transcend into restful sleep.

Affirmations: Affirmations are simple statements that we make every day, positive or negative. With this process we want to make changes to our lives and so.... we build affirmations that will create that for us.

White Protective Light then Pink and Purple:

Envision your body encased with this soft, smooth divine light, muted colors of warm soft ivories and hues of satin whites. These colors are associated with the divine. Go ahead envision them draping over you, leaving you cozy and warm. Follow this with pink light. This color is associated with love. As a color of protection it comes through the heart and penetrates the soul. Use this layer over the white and infuse the body with loving energy. This is then followed by purple and this is associated with the highest of spirit. When layered over white and pink it becomes the ultimate in protection.

The Grounding Technique How to Ground Yourself:

If you are new to this method, I suggest a quiet space so you can picture this in your mind eye clearly. It is best to sit and focus (close eyes) your attention on being calm. Once this is achieved, decide what you want to ground yourself with. I use an anchor, but it can be tree roots, boat chain, or anything else

that will give a sense of anchoring or connection. Once you have decided, visualize this item at the base of your spine (while sitting) as you are energy you will be directing this item to the center of the Earth. To feel a sense of connection to the item visualize that, you are the item and send it to the center. Make sure you add momentum and a strong will so it penetrates and acts as your anchor to the world. When you feel this is complete open your eyes and be aware of how you are feeling. Once this exercise is complete, there will be a physical sensation that feels like you are more connected, stable and stronger.

The Use of Symbols:

Our Short Cut This process is used when you want protection (acting as an umbrella for your intention) and your intent is to short cut your conscious. It is busy with thoughts and images and you want to diffuse this so you use a Symbol. This can just about anything from an apple to an angel. You set the intention (prayer, promise, good thought or purpose) and viola, it bypasses the conscious mind's interruptions and sends it straight through to the subconscious. It is there that you want it, to bring all that you have asked for with your intention.

Affirmations:

Affirmations are simple statements that you make every day, positive or negative. Make your affirmations, positive short and

specific. Create affirmations that are present tense so it is easy to run through your mind when you start the process. You want changes made today and all that means is repetition, repetition, repetition. That is the name of this game.

Try these:

- I am willing to see my magnificence!
- I deserve the best and I accept it now.
- I accept good graciously into my life; all of my needs are met abundantly for me NOW and ALWAYS.
- I am even tempered and emotionally well balanced.
- I am at ease with myself and I am at ease with other people.
- Today, no person, place or thing can irritate or annoy me. I choose to be at peace.
- I am willing to release all resistance. (Say 10x's while touching throat)
- I am a money magnet and money comes to me effortlessly and easily. This always works, always a blessing.
- I am open and receptive to all the good that comes to me.
- I move from poverty thinking into prosperity thinking and my finances reflect this change.
- Life supplies all my needs in great abundance.
- My partner is the love of my life and we adore each other.
- I am comfortable looking in the mirror saying, 'I love you. I really love you'.
- The Law of Attraction brings only good into my life.

- I relax and enjoy life. I know that whatever I need to know is revealed to me in the perfect time and space sequence.
- Everything I need comes to me at the perfect time.
- I have balance. I have an abundance of love. I am healthy. I am positive.
- Opportunities are always knocking on my door.
- Good things happen to me.
- I choose to eat healthy foods. I eat only what I need. I have the power to change my life.
- I recognize and embrace the gift of intuition.
- I am receptive to the messages of the Universe.
- The past is gone. I live only in the present.
- The abundance of the Universe flows to me, through me and around me at all times.
- I choose only positive thoughts.
- I recognize and honour Divine Spirit in and all around me everyday.