



A *Divinely Intuitive*[™] BUSINESS PROGRAM

Visualization Script **Meeting Your Angel**

Today, we're going to do a visualization exercise called *Meeting Your Angel*. You're going to need your specific angel, the guardian angel who have helped you along the way your whole life.

Sometimes we have guardian angels who come in and out for specific events and specific times in our lives to help us and support us and that maybe who you meet. I don't know. But it also be that you meet your specific angel who's been with you your entire life.

So I want you to get comfortable. Sit down in a chair where you can close your eyes. Turn off your phone. Close your computer. Get into a situation where you're not going to be disturbed for the next ten minutes or so.

Take a nice deep breath. Take it in deep and release. And another deep breath in and release. Allow your body to get comfortable, to fully relax into the chair that is supporting you. Allow your body to just simply relax, to get very present to this perfect, sacred, holy moment of now, to release anything that needs to release so that you can be present. Another nice deep breath in and release.

Feel your body begin to relax all the way through from the top of your head all the way down.

All the way down to the bottom of your feet. Just let everything go because in this perfect, holy moment of now, all that exist is you, your connection to the Divine, your breath. That's all that matters right now and let everything of go. Let it all go. Another nice deep breath in and release.

I want you to feel yourself going deeper and deeper. Deeper and deeper into the state of relaxation. Deeper and deeper, knowing that you are safe, knowing that all is well.

Now, see the light of the Divine glowing into your crown chakra all the way through and it fills your body. It fills you with this beautiful light and it expanse outwardly, cleanses all of your soul, all of yourselves in your body. And it moves outward to fill your aura, to cleanse it, to release anything that is not needing to be there.

And you say, "Thank you." Thank you for the cleansing. Thank you for the purification. Thank you for the clearing. Thank you for the love.

And as you see, your energy getting cleaner and cleaner and clearer and clearer. You begin to see a shape taking form in front of you. And this shape is beautiful. This shape has wings and the most beautiful eyes, the kindest smile, and you know who this angel is. You recognize her instantly..or him. And you begin to welcome this angel into your being, into your presence, into your auric field.

And as the two of you merge, your energy, you begin to communicate with one another. And at this time, you can ask your angel any questions you like. And you know that you can ask your angel any question you like at anytime you like. And so, you know that this angel is with you at all times.

And I want you to begin to release this connection with your angel.

I want you to know that you can come back at any time....any time to reconnect with your angel. Your angel is always there...always.

I want you to begin the journey back, saying goodbye, coming back to this present moment right here and now. Just returning, returning with love.

Begin to feel yourself in your body. Begin to return to this time, this consciousness, this awareness.

Allow yourself the gift of returning and remembering everything that took place and knowing that you can return at any time, bringing yourself back into your body, back into this moment right here and now, this present moment, this sacred moment, allowing yourself to return.

When I count to three, you will be back, you will be present, you will be alert, you will be awake. And you will remember everything that took place and you will feel refreshed and wonderful. And you will know beyond any shadow of the doubt that you are deeply loved, deeply connected to the Divine. And so it is.

Now, on the count of three, open your eyes and feel wonderful. One, two, three. Open your eyes, return here now, be present. And so it is.

XOXOXO,

Anne

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