

Turning down your psychic receivers.

Clear the room you are in. Light a candle if you can.

Place yourself in a crystal pyramid.

Ask for Archangel Michaels deep blue cloak of protection.

Now check in with your grounding roots to make sure they are in place. Take three deep breaths in from your roots, breathing in love and breathing out love.

Then go into your heart and think of your heart picture.

Now ask for fire dragons to place a wall of fire around your entire psychic field and to clear all dense energy from your field, and then ask for your Source to fill your field with golden healing light.

Then imagine a control panel in front of you which contains all the controls for your psychic/energy receivers and transmitters. Ask to see only the receiver dials.

Look to see what setting they are currently set to.

Now ask, set your intention, to see them turned down to the perfect level to allow you to full heal from your trauma and to enable you to calmly -reintegrate, re-balance and re-harmonize your energy system and field.

You will see the dials turn down...check with them and ask them the number of the new setting. Ask the dials to lock into place and stay there now until you specifically request them to change their setting.

Ask for any guidance that your dials can give you.

Now return to your starting point. Keep your pyramid on if you wish.