

Angel of the Heart Activation

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Angel of the Heart Activation

- ▶ As a gift to all the Holistic Body Talk Members, I recorded the Angel of the Heart Activation for you to practice prior to the Activation.
- ▶ If you can listen to this meditation, it will give you plenty of preparation to receive the Reiki attunement this Month. This attunement has been channel by Carol Tessier and I have received it several years ago. It's power has been growing with my practice and so I hope you benefit greatly from it. I hope you enjoy the recording.
- ▶ The Angel of the Heart Activation has two different steps:
- ▶ In the first step you practice the Meditation I recorded to become familiar with the energies and visualization. On the second step I will send you the energy attunement we scheduled to receive the empowerment and experience the new energies within you.

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Meditation

The Guided Meditation of the Angel of the Heart will help you enhance your sense of visualization and awareness of the different rays or frequencies that you will be receiving during this activation.

Listen to the Meditation to train your inner eye and all your senses.

Three Fold Flame



Welcome to the Angel of the Heart Meditation



<http://www.holisticbodytalk.com/video-meditations.html>

Angel of the Heart Attunement



- ▶ Schedule the Attunement with me at info@holisticbodytalk.com
- ▶ Before receiving the activation, state with your voice or mind that [you are open and ready to receive the attunement of the Angels of the Heart from Maria Laura Rainer](#). Once you receive the activation, stay in the meditative state you achieved.
- ▶ Breathe calmly and consciously. This will allow your vibration to be in synchrony with the rays of light and that will enhance the reception of these new frequencies.
- ▶ Bless the water in your glass since it is filled with healing energy and drink as you please.
- ▶ Close the Meditation and Attunement by giving thanks to the Masters and Light Beings for this attunement.

Preparation to receive Reiki

- ▶ 1-Please re read the Preparation Instructions handed out prior to the first Attunement.
- ▶ 2-Find a comfortable place where you can be quiet for an hour. Place all the elements that you may need close to you (cushion, blanket, candle, etc).
- ▶ 3-Prepare a glass of water so it can be energized as well. You can drink it at the end of the meditation or when you feel so.
- ▶ 4-Keep a pen and a paper to write any visualizations, messages, or feelings you may have experienced.
- ▶ 5-Practice these Activations for the next 7 days so you can build the Qi in your system.
- ▶ 6-You will receive an email with the exact date and time of the Attunement. If you have any questions, feel free to email me.



Thank you for participating in
today's Attunement

Maria Laura Rainer