

Releasing Meditation

A note from the angels before the meditation: We ask you to embrace the unknowns. Commit to full release. It takes courage. We know this. We also know it is of the essence. It is crucial to the fullest connection. Not crucial to connection, just to the fullest connection. And we would hate for you to be disappointed, disheartened or be tempted to abandon us because your connection was less than it could be.

First breathe. Breathe in again your connection to Mother Earth. Remember her love and peace. Remember and feel her heartbeat.

Breathe and remember Father Sky. Give thanks for his love and warmth and light.

Remember the sun and moon and stars. And remember your beautiful place in this world. You are beautiful and precious and necessary.

With the help of Mother Earth and Father Sky, call in your angels. Call us in. We are with you. Always. We wish to help you release any burdens you may have. Any angers or fears or doubts. We are here to help you do that.

So let us help.

Vision a beautiful round object of gold light. Golden Yellow. It is before you. Any size is fine. Some of us are standing behind you. Some of us are at your sides. And one of us is on the other side of that beautiful ball of golden light.

We are not afraid of your anger. Your doubts do not disturb us. Your fears hold no power over us. So we would like to take them away.

In whatever way you wish, fill this sphere of golden light with any and all of your known fears, or resentments or doubts. Any. All. Fill it. It can hold anything.

Fill it with mistaken ideas about yourself. Worries about us. Thoughts of injustice. Let us carry these things away for you. Fill this golden ball of light with anything you wish to release. Anything.

Now watch as the angel of us who stands on the opposite side of this ball takes this sphere of energy and lifts it away. It is happy to do so, for the collection and transmutation of energy is this angel's golden purpose. It will take all you have released and love it into Divine unconditional love, which can then be offered to others. You have helped create a gift of love to others. This angel is grateful.

Now a new angel appears before you. Do you remember that some of us are still behind you and beside you? Still we are there.

See before you another ball of energy, this one a beautiful blue, like the flame of a beautiful fire. And into this ball, offer to release all those things that interfere with your greatest connection to us, things which still elude you, hide from you or disguise

themselves as good. You do not need to know what they are. You do not need to know. Just offer to release them into this beautiful ball of blue flame. Make a commitment and trust us to help you release whatever may hold you back. Let us help you.

When you are ready, nod to the angel before you. Tell this angel you are ready to be free. We are happy for you! We are excited!

The angel before you will now carry this sphere of blue fire away. It is excited at what it has been given! It is excited about your freedom and your lightness. And it is excited for the opportunity to take these energies, transform them into love and good and power and offer them to Mother Earth. She, Mother Earth, too, wishes to heal, and she is grateful for the angel's help in bringing her love and strength. Your release has helped Mother Earth.

And now a circle of us will gather around you, to offer our love and thanks. You have done your best and for this we are grateful. You are moving towards an even clearer and stronger connection to us, and we are excited and laughing with joy. Thank you, thank you, thank you! Our hearts are touched by your desire and your efforts. Thank you.

And now we ask you to remember to release, release, release as things arise. Shed that which weighs you down. Keep yourself light. Release to us each morning and in each time of meditation. Release to us in your car. Allow us to continually clear your way to a greater connection to us.

If you can, make a commitment to release that which no longer serves you. Let us help. Remember to clear the way!

A note from Brenda: Remember to thank your angels for their help and love. And remember we can make releasing as hard or easy as we humans wish. Healing can be easy. Be open!

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