

ACCEPTING THE LIGHT OF  
YOUR SOUL





## ACCEPTING THE LIGHT OF YOUR SOUL

Take three deep calming breaths

**State:** I call upon the Ascended Masters and ask for the platinum net to sweep through this room and my aura, cleansing away all miss-qualified energies and raising the vibration of this room and my being.

**State:** I call forth a planetary axial alignment, connecting me fully to Mother Earth's soul.

**State:** I call upon Archangels Michael and Faith to place a platinum and golden dome of protection around this room, within this room and around my aura – I AM Protected.

**State:** I call upon my Personal Guardian Angels and my Community of Spirit Guides to circle me in your love, light and support.

You now take your focus and intention into your soul at your chest area, seeing the pure and sacred light of your soul shining brightly out from your chest. You

connect deeply now with this bright light and feel yourself gently drift into this light, going within.

You now see yourself in the most beautiful crystal temple. You are amazed by the brilliance of this temple and its sheer beauty. This is your temple - the temple of your soul that resides within you and takes a moment to fully admire this sacred place.

You now become aware in the center of this temple is the most beautiful pillar of light going through the floor and up through the ceiling of this sacred temple. You now walk gently towards this pillar of light. This light is the light of your soul, the true essence of who you are.

You now place a hand gently into the light and you instantly feel and connect with the pure consciousness of your soul. You are welcome to simply keep your hand within this light or step right into it, fully submerging yourself into the pillar of light. You are not afraid; this is your light and consciousness at its highest and purest level.

You now ask what is it that your soul wishes you to know. You take a moment to sense or telepathically hear this answer. Your answer from your soul will only be of pure love and wisdom.

You now ask your soul how you can accelerate on your spiritual journey to ascension and again you patiently and calmly wait for an answer of pure love and wisdom to come forth.

You can stand within this pillar of your soul light for as long as you feel the need, you can ask further questions to your

soul, calmly waiting for an answer of pure love and wisdom to come forth and know that as you stand within this pillar of light, your soul is healing you on every level.

It is now time to gently make your way back and gently step out of the pillar of light and see the beautiful temple of your soul. But you take a moment to turn around and look at this brilliant pillar of light and remind yourself that this soul light you now see before you is within you and that you can anytime connect to the light and wisdom of your soul, it is you at your true brilliance.



You now become aware of your physical body and the room that you are in. Take a moment to see or sense your angels and spirit guides who are still standing in a circle around you and thank them for helping and supporting you. You see your angels and guides bow to you in honor of your achievements that you are making and you sense how proud they are of you.

One of your Personal Guardian Angels now steps forward from the circle and gently walks towards you, with the most beautiful smile and love. Your angel places their hands onto your shoulders, perfectly grounding your spiritual energies to Mother Earth. You feel Mother Earth lovingly responding with her light and welcoming this connection, she wraps you in her magical healing energy and you feel so peaceful and connected to the Earth.

Your angel now with a gentle wave of their hands manifests the most beautiful pearlescent bubble of protective light around you and sense the sheer beauty and love that this pearlescent light holds.

Your angel again smiles so beautifully towards you and now fully opens their angelic wings and you sense the awesome love and power of your angel as your angel gently disappears along with your circle of angels and spirit guides. But you know that they have not gone far and in truth are always with you every moment of your life, awaiting your call

**Exercise adapted from**

**Carol Tessier teachings**