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# GRID OF LIGHT

FOR RELEASE OF ANGER, FEAR, PAIN AND STRUGGLE

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*We are each gifted in a unique and important way. It is our privilege and our adventure to  
discover our own special light.*

*~Mary Dunbar*



Visualize standing in the center of a circle where Archangel Uriel is standing in the direction of North, directly facing you. Archangel Michael is standing in the direction of South, directly behind you. Archangel Rafael is to your right in the direction of East, and Archangel Gabriel is to your left in the direction of West. Archangel Uriel will be beaming the inner light in the color of yellow from his heart and from the palms of his hands. Archangel Rafael is sending you the Pink Light of Divine Love from the heart and the palms of the hand. Archangel Michael is beaming the Ray of Compassion and Mercy in the color of aqua-marine blue. Archangel Gabriel is beaming the green healing light in the color of emerald green.

The Great Silent Watcher is hovering above this entire grid from the space of her heart. She is sending a bubble of light in the color of turquoise/aqua-marine blue light. This bubble forms around you and the four archangels. The energy substance of this bubble holds within it the texture and qualities of the precious stone turquoise. Turquoise removes negative energies from the physical body, the emotional body and the mental body. It prevents anger, pain, jealousy, envy, fear, worry, and panic, from penetrating into your being. It protects you from the external elements that cause anger and discomfort. Visualize yourself at the center of this grid of light with the four angelic forces all around you, each sending you the light of their ray and the qualities that they carry. Lower vibrational energies would now come to the surface to be transmuted. For the transmutation of these energies, I now call forth an inferno of the Violet Flame to create

cylinder of violet light around you. Visualize violet light spiraling from the base of your feet upward, winding its way all around you, and reaching to the top of your head. A cylinder of purple light is now forming around you which encompass your entire torso. This cylinder is about five feet from one edge to the other and extends from the ground all the way to the top of your head and further up releasing all lower energies that come to the surface. The spiraling whirlwind of the Violet Flame moves upward and outward from the base of your feet to the top of your head and beyond. It only moves in one direction, up and out. Take a few deep breaths and continue to visualize this entire grid of light.

Continue to keep this visualization.

Summary: Visualize yourself standing inside a cylinder of Violet Flame. The four angelic forces of Uriel, Rafael, Michael and Gabriel are standing in the direction of North, East, South and West respectively. From their heart and the palms of their hands, beams of light in the color of yellow, pink, blue and green are emanating to your heart and your body. A bubble of light in the color of turquoise/aqua-marine blue light is formed around you and the four angelic forces. This light is coming to you from the Heart-Core of the Great Silent Watcher who is a great being of love and light. Energies such as anger, fear, pain and dross are being pulled from your own body into the violet cylinder of light and transmuted upward and outward away from your body. The spiraling violet flame is releasing pain and dross from your mental and emotional and physical body, freeing you from many



lifetimes of pain, anger, hardships and struggle.

Now I give you this mantra to repeat:

In the Violet Light of Transmutation I stand

In the turquoise light I AM

In the protection of Michael I AM

In the healing light of Rafael I AM

In the inner light of Uriel I AM

In the pure light of Gabriel I AM

I release all dross from all dimensions and realities

I offer this dross through the intercession of the Great Silent Watcher For release and transmutation into pure light

The pure light of Paramatman I AM

The pure light of Undifferentiated Source I AM

The pure light of Christ consciousness I AM

The pure light of ALLAH I AM

The pure light of God-Source I AM

The pure light of YHWH I AM

The pure light I AM

I AM, I AM, I AM

So it is.

It is done.

Amen.

Use this grid for a 22-day period of time. It is best to do it consecutively, however, do not worry if you miss a day. Continue by adding the missed days at the end.

Start this grid while the present energies are coming forth to help protect you during this time of release. Repeat this exercise whenever you feel energies of anger, fear and pain come to the surface. These energies are energies accumulated through many lifetimes of pain, struggle,

rejection, abandonment and betrayal. It is helpful to use this grid more than once, especially if you feel a great onslaught of angry thoughts and emotions.

After this phase of clearing, you may still continue to use this grid of light whenever you feel the need. Ask the Great Silent Watcher and the angelic forces of Uriel, Rafael, Michael and Gabriel to continue around the clock to work on your body and being for the full release of all negativity and lower vibrations.

I Am Metatron.

