



GILLIAN ENGLAND
MYSTIC HEALING THERAPIES

RESTORE, REFRESH, RE-ENERGISE

MEDITATION GUIDE



Invocation/Protection

Take some deep breaths, put aside all the cares of the day. Take some deep breaths, connect yourself, to yourself in this moment. Call in Archangel Michael, your team of helpers, for me that would be the dragons, the unicorns, the higher Galactic's, and Archangel Raphael, I'm also calling in the ancestors of this place, the spirits of this place, the elementals of this place. As I call these in, I am making it very clear, that I am only calling those in with the highest and best intention for all concerned. The highest and the best for everyone. We know now that we have the protection of the Archangels and all those mentioned, and they are coming in on the vibration to serve the highest and best for humanity and all concerned.

Activate your Crystal

Take a crystal or stone, ask that your crystal is set to a 5th dimensional energy space or higher. Set the intention that your crystal will be vibrating at 5D or higher at all times. Take a moment to link with that, and the intend that your crystal now links to all of us, all over the world that are taking part in the Restore, Refresh Re-energise practice. So now your crystal is linked to my crystal, and everyone else's crystal. We have now created a beautiful, powerful grid of 5th dimensional energy (or higher), worldwide, between each other. Now set the intention to link our energy grid, to all the crystals all over the world that are still embedded in the earth, and all the unloved, unused crystals, we are sending our love, and creating a massive grid of high dimensional energy, and a framework of energy pathways all around the globe. See them as beautiful, golden pulsating energy lines.

Set the Intention

Repeat out loud 3 times (or in your head if not suitable to say out loud) "I command that we receive the relevant light keys and codes to accelerate the earth's ascension" (say this 3 times)

Open your own Personal Portal via your 12 chakra system

Starting with your Earth Star Chakra beneath the soles of your feet, imagine and intend that opening up, then moving up, through your body intend that the others open up and activate. We have the base, the sacral, the navel, the solar plexus, the radiant golden heart, the throat, the third eye, the crown. The causal chakra, which is located behind your head, the soul star several metres above your head, then finally the stellar gateway, which is connected to your home planet.





Restore, Refresh, Re-energise

Now we are ready for the three R's. We are going to imagine and intend the light to come from the universe, the source your home planet, imagine and intend the light coming in via your chakras, passing through your body, and anchoring it into planet earth. We are bringing in that high energy, and are repeating RRR 3x3; "Restore, Refresh, Re-energise" "Restore, Refresh, Re-energise" "Restore, Refresh, Re-energise" x3 Know that this powerful mantra is making a real difference to the frequency of the planet, and the energy pathways of the earth. Imagine all the energy meeting up with others doing the same, joining in a high frequency community. You are never alone in this practice, we are one, can you feel this in your soul?

Celebrate Joy and Abundance, feel the Gratitude

We are now adding joy, abundance and gratitude to this practice, with another mantra said 3x3 "We are stronger, we are brighter, we are lighter" "We are stronger, we are brighter, we are lighter" "We are stronger, we are brighter, we are lighter".....x3 Feel the love, joy and fun, feel the gratitude for this practice.

Give Thanks, Close the Space

We thank all those who have taken part in this practice, we thank Archangel Michael, the angels and Archangels, the Dragons, Unicorns, our own healing teams, the ancestors of this place, the spirits and elementals of this place, the higher Galactic's, we thank everyone who has taken part in this service. We can feel the love, joy and abundance, and we know this has made a huge difference to the energy and frequency of the entire planet, and that will impact on the entire cosmos. Thank you, Thank you, Thank you. It is done, It is done, It is done.

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