



## INTRODUCTION

Thank you so much for your business and for participating in this Angelic Energy Tune-Up®! Overall, the session took approximately one hour, and it consisted of several different steps and modalities. Below, I've noted the steps that I took during the session and the corresponding results.

If you have any questions regarding the session; its effects or results; or your physical, emotional, or energetic response to the session, please contact me at [contact@katmichaels.group](mailto:contact@katmichaels.group).

Recommendations are on page 3 of this report.

## STEPS TAKEN DURING THE SESSION

### **Reiki**

I connected at the beginning of the session using Reiki, and Reiki energy ran continuously during the session while I performed the other procedures.

### **Angelic Energy Clearing**

I began by invoking each participant's and my guides and guardians before inviting in additional benevolent ascended masters, angels, and elemental beings. I completed several separate rounds of angelic energy clearings, working with complementary crystals to complete each of the clearings.

I generally cleared all harmful and discordant energies, frequencies, thoughts, emotions, judgments, opinions, and other influences not in the highest and best interest of the participants before moving on to clear specific concerns related to this session.

Please note that what was cleared was what was ready to be cleared at the time – many situations are multi-layered and take multiple sessions, inner work, and sometimes therapy to address.<sup>1</sup>

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<sup>1</sup> Always continue to work with your doctor and/or psychological professional as usual while receiving energy work and angelic healing. These are alternative modalities that are to be used in conjunction with regular medical care. Please continue to take all prescriptions as scheduled unless otherwise recommended by your physician.



## **Cord Removal**

Non-beneficial etheric cords are lines between two people that attach during social situations, familial interactions, difficult incidents, and workplace occurrences. These cords can remain attached to a person and drain that person's energy following the initial encounter. Cords are created in cases of unmet or unrealistic expectations; obsession with a person or topic of interest; or unresolved feelings, whether unrequited love, resentment, anger, or another emotion.

I removed all cords by the root before sealing the entry points, which prevents the cords from easily reattaching.

## **Aura Cleanse**

I cleansed each participant's aura to ensure that I picked up any extra harmful energy that was present. I then repaired and sealed any auric tears, leaks, and holes.

## **Chakras**

Beginning with the root chakra, I cleared, balanced, and aligned the entire chakra system.<sup>2</sup> After individual treatment of each chakra, including the third eye and crown,<sup>3</sup> I balanced and aligned each participant's entire energy system. Any energetic adjustments resulting from this work will filter down in a comfortable and easily assimilable manner depending on each participant's readiness.

## **Angelic Energy Addition**

I raised each participant's vibrational frequency as high as possible. I then increased beneficial aspects of character; positive thought processes; and helpful energies, including love, happiness, satisfaction, and gratitude.

Once this portion of the session was completed, I sent Reiki and grounded each participant before disconnecting.

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<sup>2</sup> For those with an extended energy system, I began with the Earth star connection point and moved up through the soul star connection point.

<sup>3</sup> Please note that the crown chakra (or soul star connection point for those with an extended energy system) is addressed only for those who are ready for it to be addressed; those participants of the group not energetically ready for this work did not have their crown chakras unblocked, balanced, and aligned.



## RECOMMENDATIONS

*To maximize your third-eye chakra activity:*

To keep your pineal gland in good condition and to prevent toxin buildup, I highly suggest using non-fluoride toothpaste and drinking non-fluoridated water if at all possible. Water filters are available to filter out fluoride; please make sure that is on the list of filtered chemicals before purchasing a water filter for this purpose. I also recommend sleeping with an eye mask to provide complete darkness at night, which supports your pineal gland and allows for better recovery each night as you sleep.

*For regular cord maintenance:*

For regular cord maintenance and removal, I recommend working with Archangel Michael each night or each morning. You can say:

*“Archangel Michael, thank you for protecting my energy field from unwanted harmful energy and for preventing any etheric cords not in my highest and best interest. Thank you also for removing those cords attached to me that are currently draining my energy.”*

Saying this nightly before you go to sleep, or, alternatively, in the morning when you wake up, will keep you mostly clear of cords.

## CLOSING

Thank you very much for your business and for trusting me with your energy field! Please contact me via e-mail at [contact@katmichaels.group](mailto:contact@katmichaels.group) with questions or concerns.

1:1 packages for continued energetic care and maintenance, as well as angel reading, psychic development, and coaching options, are available at [www.katmichaels.net](http://www.katmichaels.net).

Group energy healing sessions are available in both on-demand and live formats. Please check [www.katmichaels.group](http://www.katmichaels.group) for on-demand sessions and a calendar of live sessions. Details are often sent out via my newsletter; please stay tuned to your inbox if you're a subscriber, or visit [www.katmichaels.group](http://www.katmichaels.group) to subscribe.