

## Restorative Truth

This is a channeled energy healing process that can be done by anyone and for anyone. Visualize the process as you work through the steps. Please let me know about your experiences with Restorative Truth.

\*Start with silently reciting any mantra or prayer that allows you to center yourself (I recite The “Our Father” and “Hail Mary”).

\*Then ask to be allowed into the greater good of others thought process (this allows for the negative energy that is removed to be cleansed within the universe).

\*Then ask to complete this work for your highest good.

\*Visualize pushing any type of pain-illness, disease, emotional- up and out of your body through the top of your head.

\*Visualize pushing your hand up out of the top of your head and merging with the universe so as to pull healing energy into your body. Silently asking for: My Truth to Be Restored.

\*Visualize a circle of energy swirling around, inside of your head.

\*Visualize removing the swirling circle of energy from your head to the outside of your body. The swirling circle of energy has a black handle on top of it. The energy and black handle together, look like a feather duster. The black handle bobs up and down as the work is being done. Within the swirling circle of energy will be intentions that you would like to have removed, worked on, improved in your life.

\*Visualize yourself pushing the swirling circle of energy around in a circle, pushing it over and over. It may be difficult to start to get the circle of energy to move, but keep trying. This may take multiple times to get it moving, around and around. It is similar to a spinning top. You will be cleansing the energy by turning it around and around. The negative energy released will be cleansed as it is pushed out into the universe because of the initial request to be allowed into the greater good of others thought process. The idea is to start to move the energy in a circle, around and around. It may take some time and multiple tries to get it to move around and around. The goal is to get to the point that the energy spins off on its own.

\*As you are visualizing pushing the energy around and around, you will be silently reciting, “I am worthy”, over and over again.

\*After a few attempts at visualizing pushing the energy around and around, visualize putting the swirling circular energy back into your head.

\*Once it is placed back into your head, visualize pouring love in and around your body.

This process is removal, cleansing/cleansed, reenter and restore.

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