

Pink Light Technique - Visual Blessings

Over the years, a natural technique developed when I thought of someone or someone came to mind. If someone popped into my mind, I would sound the soul mantra, surround myself with pink light, then them in pink light and detach with Blessings. I started to do this after giving readings to detach appropriately as well. I would also do this for situations that needed healing or when creating meditations or workshops. It was proving very effective and healing for such a simple technique. This technique spreads, nurtures and encourages light, health, abundance and other positive results. I have since found and come across studies, where techniques like the one I developed, were done and observed.

In the recommended reading book, *The Wisdom of the Mystic Masters*, by Dr. Joseph Weed the following results were noted in a similar technique; In a six-month test involving seven people, two people received obvious emotional and psychic help, while the other 5 got amazing physical and material benefits. One woman, over fifty years of age with a disabled husband and teenage son to support, obtained an executive position paying a lot more than her current job that only gave her modest wages. Another woman's husband was made a partner at the firm he worked at. Two men were promoted to new higher positions in the companies they worked for, with pay rises. Three others were helped emotionally, and this led to them having a better understanding of life and greater composure and ability to deal with everyday turbulence and occurrences. One of these three was also helped in a business way as well.

I will state again results vary from person to person for a variety of reasons. The main factor that does keep showing up is improvement in some form, in the person's life, before the experiment was undertaken. My own findings back this up as well as feedback from clients I give this too. The reason I am sharing this technique is due to its simplicity and amazing results. I must also add that this technique should be repeated throughout the day and over a long period of time. Do not do this technique with the attitude of 'well if I do this, I could get this or that'. That is not the point of this technique. Have an attitude of 'come what may' and let the blessings find their own way into your life. Detach from what the outcome should be. By using this technique, you are also performing a planetary service for others.

With this technique and attitude of genuine love towards humanity and fellow men and women should be cultivated. Also, to align the physical, emotional, mental and spiritual bodies as much

as possible. In other words, as you use this technique feel it, sense it, see it, and trust it as much as you are able. Do not strain to do this though. Right motive and a relaxed trusting state are best. You might like to ask a partner or friend to do this technique with you (send pink light to each other in this way daily) and note the results down over a few weeks or months.

You can send pink light to a person who has supported you. You can send pink light to someone who needs healing or support. You can send pink light to a situation you are concerned about. You can send pink light to anything you are worried about to ease a racing mind or overthinking. There are many inspirations for how to use this technique. Please see the steps below. The reason for receiving the pink light yourself first, before sending it, is to bless yourself first and 'fill your own cup', before sending pink light to someone else or a situation. Please feel free to contact me with any questions.

Quality/Vibration of pink light; the energy of love, compassion, support and goodwill. It is useful for the healing of misunderstandings, for the creation of harmony and an attitude of goodwill.

Pink Light/Blessings Technique – Also known as Detachment Technique.

1. Sound the Soul Mantra (prayer outlined below) or a different prayer you feel aligns you with your higher self.
2. Say, "In the wisdom of the soul I invoke, surround and infuse my whole being in a ball of pink light". Pause and feel, see, know that this is happening. Feel/See the quality of this pink light surrounding you.
3. Then say, "In the wisdom of the soul I surround and infuse (persons name or situation) in a ball of pink light". Pause and feel/see this happening.
4. Then say, "In the wisdom of the soul, I detach with Blessings". To visualize the Blessings, you might like to send golden sparks of light as you do this. As you say, "I detach with blessings" and see or feel golden sparks raining down over you and the other person or situation, think to yourself; I dissolve all psychic ties, telepathic ties, outgoing healing ties..... I dissolve all unhealthy physical, emotional, mental and spiritual ties..... "I detach with blessings"

The Soul Mantra

Sound the Soul Mantra – Pause with each line to sense the energies invoked with each line

I am the Soul – aligning you with your higher self

I am the Light Divine – aligning you with Divine light

I am Love – aligning you with the Higher Love state and aspect

I am Will – aligning personal will with Divine Will

I am Fixed Design – aligning you with your purposes in life and part to play in aiding the Greater Whole