

*Disconnect the Cords
to Heal the Wounds
of Your Heart
Manual*

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This manual consists of journaling pages to help you write with your angels to identify the fear energy that you need to face, disconnect and heal.

Begin by identifying a life event that causes you to feel uncomfortable with pain and/or resistance in your heart. Know that this uncomfortable resistance is of fear source.

Then set your intention to discern the root of this fear, face it, disconnect from it and heal it with a prayer. Prayer example:

Father Mother God, Creator of All That is, I ask for your help in discerning the root, core issue of my fear with regard to this life situation, event or relationship. I ask for your help to face it, disconnect from it and heal it. I ask that only those of the light be allowed to communicate with me. I know that I am in a Safe place to do this energy work.

*In gratitude,
Amen*

(or prayer of your choice)

Life situation, event or relationship I wish to understand & heal: _____

Use the back of the page if you need more room. Then proceed to Track Two.

Track Two

Be sure to ground before proceeding!

Written intention: _____

Angels, please show me all life events that feed the energy of this resistance/fear: _____

Who was involved in my earliest experience with this energy of resistance? _____

Additional life events to disconnect: _____

Message from the Angels:

Dear Children,

Know that this time of ascension is one of great joy and shift to love. We see the struggles of your human race and we are with you to help you. All you need do is ask for our help and allow us to help you.

We are honored to help you disconnect and heal from the fear that holds you hostage.

It is our mission to help you open your hearts to bring your heaven to your earth.

Your loving angels...

Additional pages to help you continue to heal the wounds of your heart:

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