

# 20 ANGEL ESSENCES

## ATTUNEMENT

**FOUNDED BY :**

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**PLEASE READ CAREFULLY :**

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**May this system to be useful for your life, helpful to your goals, purposes, and desires about your life.**

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## **20 ANGEL ESSENCES ATTUNEMENT**

More and more people are more aware of angels and are opening up to them, now in this most exciting period in Earth's history the Angelic Realms are helping and guiding us more than ever before. This is because the astral levels surrounding the planet are clearing away, making it easier for these Divine Beings to penetrate the earth's density. Earth and humanity are becoming lighter in vibrational frequency due to the release, clearance and transmutation of all that is not love.

20 Angel Essences Attunement creates a bridge between your life and that of the Angelic Realms, linking you into their web of light and higher consciousness. The Angels will work with you through their essence to help you bring the positive qualities that they embody deeper into your awareness, bringing transformation and higher awareness. Call on them for inspiration, illumination and guidance as you take these beautiful essences. After you have received the 20 Angel Essences Attunement from your teacher for this system, you can take 20 kinds of Angel Attunement as self attunement. The 20 kinds of Angel Attunement is also as the daily treatment.

## **20 Angel Essences Attunement consists of :**

1. Angel Of Abundance Attunement
2. Angel Of Beauty Attunement
3. Angel Of Compassion Attunement
4. Angel Of Determination Attunement
5. Angel Of Forgiveness Attunement
6. Angel Of Glory Attunement
7. Angel Of Grace Attunement
8. Angel Of Harmony Attunement
9. Angel Of Hope Attunement
10. Angel Of Joy Attunement
11. Angel Of Love Attunement
12. Angel Of Mercy Attunement
13. Angel Of Patience Attunement
14. Angel Of Peace Attunement
15. Angel Of Purification Attunement
16. Angel Of Strength Attunement
17. Angel Of Tranquillity Attunement
18. Angel Of Transmutation Attunement
19. Angel Of Truth Attunement
20. Angel Of Wisdom Attunement

## ANGEL OF ABUNDANCE ATTUNEMENT



The Angel of Abundance will gently support and guide you to see and release those beliefs that hold you in poverty consciousness, opening the door for new abundance of all kinds to enter your life. It will help you to remember consciously that you are a part of the flow of divine universal energy.

### **Procedure:**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Abundance Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF BEAUTY ATTUNEMENT



The Angel of Beauty reminds us that ‘beauty is in the eye of the beholder’ and helps us to open our awareness to recognize the inherent beauty in all things and all life forms including the beauty of your own inner being. Also appearing and increase the inner beauty.

### Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *“Angel Of Beauty Attunement.”*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF COMPASSION ATTUNEMENT



The Angel of Compassion will help you to distinguish the difference between true compassion, which is impersonal love, and its lower frequency counterpart sympathy, which originates from a more emotional level. Call on the assistance of this Angel to help you radiate the frequency of Compassion to all people and situations in your life.

### Procedure:

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Compassion Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF DETERMINATION ATTUNEMENT



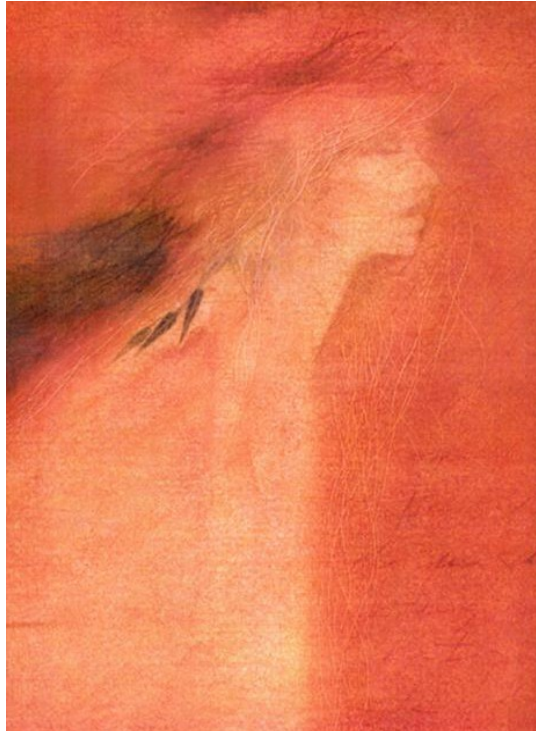
The Angel of Determination will help and support you to find the inner determination and strength of will to stay focused on your own journey through life and not to be drawn away from what is important for your own growth, so that you can unfold the radiance of your true self.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *“Angel Of Determination Attunement.”*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.



## ANGEL OF FORGIVENESS ATTUNEMENT



The Angel of Forgiveness brings forward the energy of Venus and touches your heart with a love that is all encompassing and all forgiving. It gently guides and helps you to extend forgiveness to both yourself and others so that you can become whole again.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Forgiveness Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF GLORY ATTUNEMENT



The Angel of Glory opens your heart and mind to a greater understanding of the Glory of God, the Creator or Universal Intelligence. It will help you to expand your own link with Source and guide you to a deeper understanding of the glory of your own soul.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *“Angel Of Glory Attunement.”*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF GRACE ATTUNEMENT

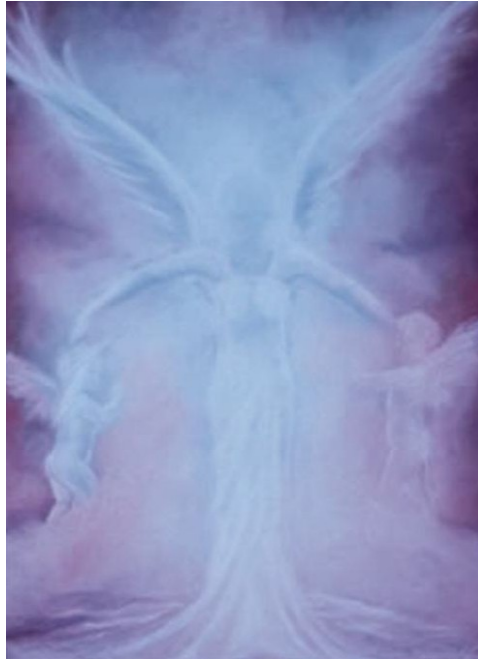


The Angel of Grace brings us the gift of Divine assistance through the Law of Grace. Call on this Angel to help you to release old patterns, beliefs or emotional issues that hold up your growth. As soon as you accept the lessons of these old situations and forgive appropriately the Angels can assist in releasing the old energies with ease & grace when requested.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Grace Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF HARMONY ATTUNEMENT



The Angel of Harmony can help to restore balance to the emotions and bring comfort and understanding to the personality, especially in times of emotional stress.

Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Harmony Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF HOPE ATTUNEMENT



The Angel of Hope will gently guide and support you to keep the light of hope alive within your heart in times of difficulty or distress.

### Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Hope Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF JOY ATTUNEMENT



The Angel of Joy will help you to open your heart and re-connect with the frequency of Joy, bringing a feeling of lightness and a renewed joy in living. It will gently guide you to experience life more from the perspective of an innocent child who sees joy in all aspects of life.

Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Joy Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF LOVE ATTUNEMENT



The Angel of Love works with the frequencies of unconditional love and will gently help you to activate this energy within your own heart. It will guide you to recognize the difference between this kind of love and its lower frequency counterpart based on emotional attachment. Ask for the help of this powerful Angel to see the places within yourself that are calling out for more unconditional loving acceptance.

### Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Love Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.



## ANGEL OF MERCY ATTUNEMENT



The Angels of Mercy offers us all the opportunity to clear and release any karmic patterns that we have worked with sufficiently, through the merciful dispensation of our Cosmic Parents. Call on the Angel of Mercy to help you to release any karmic patterns that are currently holding you back.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Mercy Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.



## ANGEL OF PATIENCE ATTUNEMENT



The Angel of Patience will help you to feel and understand the frequency of patience. As you allow this energy to become a greater part of your personality you will find yourself more relaxed in mind and body and more able to be fully in the flow of life.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Patience Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF PEACE ATTUNEMENT



The Angel of Peace will gently guide and support you to find the place in your deepest being where there is always peace, and to chose to live your life from a centered place of calmness, peace and tranquility. Call on this Angel to assist you to broadcast the frequency of Peace even in the midst of chaos and turmoil.

Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *“Angel Of Peace Attunement.”*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF PURIFICATION ATTUNEMENT



The Angel of Purification will assist you to release and transmute lower frequency energies from your subtle bodies and auric field. Call on this Angel when you need help to create a greater purity of thought and mind.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Purification Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF STRENGTH ATTUNEMENT



The Angel of Strength will come to your assistance when you ask for help to re-connect with your own inner strength. Call on the help of this Angel when you feel that you lack strength or energy to carry on, particularly in times of adversity.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Strength Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF TRANQUILLITY ATTUNEMENT



The Angel of Tranquillity will gently support and help you to reconnect with the qualities of calmness and tranquillity especially during times of disturbance or stress.

Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Tranquillity Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.



## ANGEL OF TRANSMUTATION ATTUNEMENT



The Angel of Transmutation will assist you to raise your vibrational frequency by helping to clear and transmute lower frequency energies into positive vibrations. Call on the assistance of this Angel at times of deep clearing and inner healing.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *“Angel Of Transmutation Attunement.”*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF TRUTH ATTUNEMENT



The Angel of Truth will gently support and guide you to discover your own inner truth and help you to express that truth with love, no matter what the circumstances. It will also help you to recognize that your truth is always relative to your current level of consciousness and so will change as your consciousness expands.

### **Procedure :**

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *“Angel Of Truth Attunement.”*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.

## ANGEL OF WISDOM ATTUNEMENT



The Angel of Wisdom will help and support you to access your own innate inner wisdom by strengthening the connection between the heart and brow chakras. It will guide you to remember that knowledge becomes wisdom when we allow the vision of the higher mind to interpret the knowledge we have gained from the perspective of the heart.

Procedure :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Think : *"Angel Of Wisdom Attunement."*
4. Enter a deep meditation. Let the energy of Angel is flowing from the Divine to you.
5. This process will run approximately 20 Minutes.



## ATTUNEMENT OF 21 ANGEL ESSENCES

### To Receive :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Mentally : *"I ask my Higher Self to receive the 21 Angel Essences Attunement from ...(Mention your teacher's name). Thank you !"*
4. Enter a deep meditation. Sense and feel the energy of Angels surrounding you and removing any negativity.
5. This process will run approximately 30 Minutes.

### To Pass :

1. Find a quiet, peaceful place. Sit or lie down in a comfortable position with your spine straight and well-supported.
2. Close your eyes. Take several deep breaths, each time exhaling slowly and relaxing your body. If there are any places your body feels tight or tense, gently breathe into that area and allow it to release and relax.
3. Mentally : *"I ask My Higher Self to assist me in the process to pass the 21 Angel Essences attunement that I'll give to ... (Mention your student's name). Thank you !"*
4. Silent for a few minutes, approximately 5 minutes.
5. Mentally : *"Divine Spirit, My Higher Self, and my Guardian Angel, please be with me to pass the 21 Angel Essences to ... (Mention your student's name). Thank you !"*
6. Enter a deep meditation approximately 15 minutes.

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