

## Bedtime Energetic Strategies For Lightworkers

### Grounding evening suggestions:

- calming herbal tea (chamomile, hops, passionflower, skullcap, etc.)
- calming homeopathic
- candles
- warm bath
- quiet music

### Initial Invocation:

- I now call for the help of the entire planetary and cosmic hierarchy, God, Christ, the Holy Spirit, my I AM Presence, my Higher Self, and the angels and archangels to help me in this meditation.

### If you've been doing a lot of energy work that day:

- I now ask that any and all activations, attunements, and energies of any kind flowing to and through me, the continued activity of which may prevent me from my deepest expression of restful sleep tonight be temporarily deactivated (or, you could say, just lessened by 50%, or 75%--try a number that works for you) until I wake up fully and completely rested and refreshed in the morning.

### Balancing and clearing

- I now call forth the "911" balancing energy
- I now call forth an axial alignment
- I now call forth a monadic sweep
- I now call forth a complete bathing in the 7<sup>th</sup> cosmic ray, the violet ray of Shamballa, clearing my full 4-body system, this room and this house.
- I now call forth to the Archangels and Vywamus to reach down with their golden hands as a net, and sweep through my entire multidimensional being, removing all alien implants, all negative elementals, and any and all imbalanced energies that don't belong.
- I now call for a platinum net to sweep through my entire multidimensional being, my bedroom, and my entire house, removing all alien implants, all negative elementals, and any and all imbalanced energies that don't belong.
- I now call forth to Lenduce to now magnetically remove all etheric mucous from my 4-body system with His golden hands.
- I now call forth God, Christ, the Holy Spirit, my Mighty I AM Presence, and my Higher Self to please now balance, open, clear, heal, align, and energize my 4 main bodies.
- I now call forth God, Christ, the Holy Spirit, my Mighty I AM Presence, and my Higher Self to please now balance, open, clear, heal, align, and energize my chakras, and my entire chakra column.
- I now call forth to Vywamus, Djwhal Khul, and my Mighty I AM Presence to please ground, anchor, and activate the Core Fear Matrix Removal Program, and please remove all remaining core fear from my entire multi-dimensional system over this night (especially the following fears: ...).

## Healing, repairing, and infusing

- Archangel Michael, please cut away now all cords of negativity and all psychic cords, and please bring forth the 8<sup>th</sup> cosmic ray of higher transmutation and clearing to fully anchor, merge, and blend with this room, this house, and my entire multi-dimensional being.
- I now call forth to Master Jesus and ask for his necklace of rejuvenation to help nourish, repair, and rejuvenate my 4-body system over this night.
- I now invite the Arcturians, my MAP healing team, God, the Masters, and the angels to please work on my full multi-dimensional self tonight, especially my 4 main bodies, to please balance, heal, repair, open, align, and rejuvenate anything and everything that needs this work (mention here specific areas in which you would like work over the night). Please remove all fear, depression, discouragement, darkness, anger, resentment, resistance, and any and all negative or imbalanced energies that are in my highest and best interest to have removed.
- I now ask the Lords of Karma and the Divine Director to please fill my aura with so much light that no negativity or evil can enter, exist, or remain in my energy or Be-ing.
- I now call forth to God, Christ, the Holy Spirit, my Mighty I AM Presence, and my Higher Self to please give me a nutritional infusion.

## Grounding and Protecting

- I now call forth God, Christ, the Holy Spirit, my Mighty I AM Presence, and my Higher Self to please now GROUND MY ENERGIES. (allow this to happen for a few minutes; repeat the request as often as you feel necessary)
- Visualize a golden cord going down from the base of your spine, into the earth.
- I also ask that Vywamus, Archangel Michael, and his legions of angels place a golden dome of permanent protective Light around me at all times to create an impenetrable shield from all negativity. I also ask for this for my family members and friends (students, clients, etc.).
- I call forth to Sanat Kumara and ask for one of his 'Shields of the Sun' to please protect all of my chakras.

## Sleep aids and invocations

- I now call forth God, Christ, the Holy Spirit, my Mighty I AM Presence, and my Higher Self, to please now send forth sleep energies, rest energies, renewal energies, healing energies, relaxation energies, and rejuvenation energies.
- I now call forth the Arcturians to please send forth the sleep machine and any and all energies of sleep, rest, renewal, healing, relaxation, and rejuvenation.

(these strategies have been channeled and organized by Michael Golzmane, and also taken from the books and correspondence courses of Joshua David Stone (especially [Beyond Ascension](#), [Cosmic Ascension](#), [The Complete Ascension Manual](#), and [How to Become an Enlightened Being, An Integrated Spiritual Master, and Achieve your 22 Levels of Initiation Correspondence Course](#)), and from the book [Reliance on the Light](#) by Diane Stein.)