

Integration and Reunification

To be used twice per day (at minimum), morning and evening

Good Morning Scan

- Walk out barefoot onto selenite and into the selenite bowl. Find three 8's in the center and place your feet on each of the outer 8's with one 8 between your feet. Call your system into polarity.
- Call in your guides, guardians, teams of light, highest self and highest aspects, inner child, subconscious and ancestors.
- Say "I am grateful to be with you now."
- Drop your grounding cords into the center of New Earth, down to the magnetic core and into the blue sapphire expanse. Tie on and return your consciousness back to the selenite under your feet.
- Say "I bring myself fully into this present moment and into my highest vibrational timeline in ease."
- Say "I return my four body system to unity. I am whole, grounded and at peace."
- Say "I call in the golden columns of light, the stargate, the violet flame and the blue light column." See or sense the colors bloom into your selenite bowl.
- Add code #5, Zero Point.
- Add code #41. Say "I call my power back."
- Add codes #21, #47 and #88 to release the collective.
- Add codes #44 and #98 for chakra realignment.

Armoring

- Open your heart's door, release your own beautiful healing colors. Breathe in and out to intensify the colors and see them bloom in your auric field.
- Walk through your chosen guide's heart space to zero point. Find yourself back inside the crystal bowl.
- Activate spiritual feeding.
- Call in your warriors, dragons and unicorns.

- Say "I flip my inner aura mirrors outward."
- Say "I activate Archangel Michael's swords North, South, East and West into my auric field above my head, below my feet and behind my neck."
- Say "I activate St. Joan of Arc's Overlay of Protection into my auric field."

What's Left

- Test your energy for resources. Do you need water, food, meditation, exercise, stretching or sleep? If you are clear and topped-up on resources, go on to the next direction.
- Ask yourself if you are in timing to clear a vow, contract, programming or an outdated belief. If the answer is "yes" make the intention through your higher self to understand your next step. Ask for the perfect sign and in trust take the needed steps to release the vow or contract between you and the other person. This contract, programming, or outdated belief may be released in sleep.
- Say the Ho-oponono: "I love you. I thank you. I'm sorry, I forgive you. Please forgive me. I forgive myself."
- Ask the pendulum or your higher self "What is my trigger level, 1-10?" (1-4: Very easily triggered. 5-7: Doing better. 8-10: Well done! Keep Going!)

*If you do not know how to use The Art of Your Energy Codes, simply intend that the codes work through your higher self. If you don't understand the directions, please intend through higher self to take in the adjustment in ease. For this purpose, the codes will work in this manner.