

**1) Housekeeping:**

- a) **Angel Guide** – First, you will need to select an Angel Guide for this journey.
  - i) This can be one of the 9 healing angels that you select by picking an angel card or bag of blessings card as you did at the start of today's retreat. In essence, the angel will select you by guiding you to pick a specific card.
  - ii) Or you can select your favorite angel, or the one you are just drawn to at the time.
- b) **Joy Stone** – Finally you will either need a Joystone or you can simply use the inside edge of your index finger as your "Virtual Joy Stone". So if you have your Joystone with you then please take it out. If you do not then you can use your "virtual Joystone".
- c) **Heart Hug:** In today's Homecoming process we will also be utilizing a lovely IET technique called a Heart Hug.
  - i) A Heart Hug is come by extending your right hand out and placing it on someone's heart center and you send the energy of love from your heart over your right arm to them.
  - ii) At the same time, they extend their right hand out and place it on your heart center and send you the energy of love.
  - iii) You then capture the energy of love they are sending you by placing your left hand over your heart on top of their right hand.
  - iv) And they do the same to capture the energy of love you are sending them.
  - v) Best to demonstrate this.

**2) Homecoming Process - Energetic Preparation**

- a) We recommend that you sit in a chair during this process since it would be very easy to fall asleep if you were lying down.
- b) **Heartlink:** We begin this process by Heartlinking to Angel Ariel, all the Healing Angels of the Energy Field, your own personal angels, and **especially** to your personal “Angel Guide”.
- c) **Prayer:** I would like you to now offer a prayer of invitation and ask the angels to work with you and through you as they guide, direct, surround, and protect you, and ask that this process heal you on the physical, emotional, mental and spiritual levels and be for your highest good and highest healing.
- d) **Connect to WAG:** I now invite you to connect your energy field to the energy of the World Angel Grid. By connecting your energy field to the world angel grid, you can infuse your energy body with a high level of angelic energy that has been anchored into the physical vibration.
  - i) **Connect Together:** Send Human Heartlinks from your heart to the thousands of World Angel Grid anchor beams and connect your energy to the 9 layers of the World Angel Grid.
- e) **Joy:** Next we are going to fill our hearts with the energy of Pure Joy by using the automatic activation of the 2007 world angel grid Phase 3 Pure Joy Process.
  - i) **Do the Automatic Activation Together:** Touch your Joy Stone (or touch the inside edge of your index finger as a “virtual” Joy Stone) and send your blessings to everyone in your life. Sit for a moment in the energy of Pure Joy. ---
    - (1) touch your Joy Stone again and send the energy of your blessing to your family.
    - (2) touch your Joy Stones again and send the energy of our Blessings to your friends.
    - (3) touch your Joy Stone again and send the energy of your blessings to the angels.
    - (4) touch your Joy Stone again and send the energy of your blessings to yourself.
  - ii) Now set your Joy Stone aside.

- f) **Compassion:** The next step in our process is to flood our heart centers with the energy of compassion by using the automatic activation of the 2008 World Angel Grid Phase 4 Compassion Process.
  - i) **Do the Automatic Activation Together:** Please join with me now as together we activate the energy of the WAG4 – Compassion Process by tapping your heart center 10 times to awaken the Heartseeds of Compassion.
    - (1) increase the energy of Compassion by awakening a second Heartseed of Compassion by again tapping our Heart Centers 10 times.
    - (2) awaken a final heartseed of Compassion and bring the energy of Compassion to its highest level. So together let's tap our heart centers 10 times.
- 3) **Homecoming - Stage 1: Begin to Enter into Homecoming:** Begin by focusing our attention on our heart center. Since energy flows where attention goes, placing your hand over your heart center to help focus your attention.
- a) Simply be aware of what you are feeling in your heart center. Focus on your clairsentient abilities and just allow yourself to feel what you are feeling. [pause].
  - b) As you breathe gently and deeply, keep your attention focused on your Heart Center and continue to feel what you are feeling. [pause].
  - c) Simply allow yourself to feel the energy of love, joy, and compassion that you have in your heart. [pause].
  - d) You might become aware of a slight tingling sensation within your body, especially in the area of your heart. [pause].
  - e) Extend your awareness to your arms and hands and become aware of the compassionate loving energy tingling in your arms and hands. [Pause]
  - f) Extend your awareness to your legs and feet, and become aware of the same loving, compassionate energy tingling in your legs and feet. [pause].
  - g) Extend your awareness to your entire body and become aware of this same energy tingling throughout your entire body. [pause].
  - h) Please know that by entering into Homecoming, we have not created this loving, compassionate energy. This energy is always within us. What we have just done is to become aware of it. [pause].

- i) Surrender and allow yourself to enter into synchronization and alignment with this energy that is always present, but which people rarely encounter. [pause].
- 4) **Stage 1 continued - Find the Color of your Heart Light:** Next we are going to extend our extrasensory perception from “feeling” to “seeing” by using on our clairvoyant abilities to see the energy that is tingling, vibrating, and pulsing within us.
- a) With your eyes closed allow yourself to focus your inner vision on your heart center. [pause].
  - b) Begin by imagining that the energy that tingles and flows within you emits a light that shines from within your heart center.
  - c) Let your inner vision focus on this light that currently shines brightly within your heart center. What you might call your *Heart Light*. [pause].
  - d) As your inner vision begins to focus on your Heart Light, see if you can adjust your inner vision to see what color your Heart Light is. [pause].
  - e) If you are having any difficulty and you cannot actually see the color of your Heart Light, then you can use your extrasensory ability of Knowing called Claircognizance and simply let your mind tell you what color your Heart Light is. [pause].
  - f) Now use your breath to help you shine this Heart Light even brighter and as you breathe in and out gently, see the light expanding from your heart, down your arms to your hands, down your legs to your feet, and enveloping your entire body. [pause].
  - g) In this homecoming process we will refer to the color of your Heart Light as your **Empowerment Color**. [pause]

**5) Stage 2: Enter more deeply into Homecoming:**

- a) Continue to inhale and exhale gently, as you focus your attention on your heart center. [pause].
- b) Once again feel the energy tingling and flowing within you. [pause].
- c) Now extend your awareness, and become aware that the energy does not stop flowing when it reaches the tips of your fingers or the tips of your toes, but rather, it continues to flow out of you, out to all living things. [pause].
- d) Start by becoming aware of the energy that is now flowing between you and all of the people in the room here today. [pause].
- e) Now extend your awareness further and become aware of the energy that is now flowing between you and all of the trees, plants, and animals in the world around you. [pause].
- f) And extend your awareness even further and become aware of the energy that is now flowing between you and all of the 6.5 billion people in the world. [pause].
- g) Finally, become aware of the energy that is now flowing between you and the Earth itself. [pause].
- h) Simply sit and feel the flow of energy, the flow of life that is moving from you to all of life, and from all of life back to you. ....
- i) Rather than think about it, allow yourself to feel it.....
- j) Feel the **Unity** that exists between you and all of life. [pause]
- k) It is the *Unity of All Things* because it *is all things*.
- l) According to Angel Ariel “**Unity is the energy that is made available by the flow of life**”.
- m) You have now entered the Second Stage of our Homecoming journey.
- n) [pause]

**6) Stage 3: Experience Unity with your Angel Guide:**

- a) Extend your awareness from the flow of the energy of Unity within the Earthly realm, to the flow of Unity with the Angelic Realm. And more specifically, to the flow of Unity between you and your Angel Guide.
- b) To do this, imagine that this angel is standing right in front of you, and send a heartlink from your heart to your Angel Guide's heart.
- c) Focus your clairsentient awareness on this heartlink and "feel" the energy of Unity that is flowing between you and your Angel over this heartlink.
- d) With every breath feel the flow of Unity grow stronger and stronger.
- e) Now focus your clairvoyant awareness on your Angel Guide and see if you can use your inner vision to begin to visualize the image of your Angel Guide.
- f) As the image of your angel continues to come into focus, let your inner vision see your angel's heart center.
- g) As you feel the flow of Unity grow stronger and stronger between your heart and your angel's heart, begin to notice the light that is radiating from your angel's heart center.
- h) As your inner vision begins to focus on your Angel Guide's Heart Light, see if you can adjust your inner vision to see what color your angel's Heart Light is. [pause].
- i) If you are having any difficulty and you cannot actually see the color of your Angel Guide's Heart Light, simply let your mind tell you what color your Angel Guide's Heart Light is. [pause].
- j) The color of your Angel Guide's Heart Light is your **current healing color**.

- k) **Experience Unity with your Angel Guide:**
- i) Imagine in your minds eye that you can reach your right arm out in front of you and place your hand on your Angel Guide's heart center.
  - ii) Now offer your heart's love to your angel from your heart and let it flow out though your right arm, through your right hand, and into your Angel Guide's heart center.
  - iii) Imagine in your minds eye that your angel can reach their right arm out and place their right hand on your heart center.
  - iv) Now feel your Angel Guide offer you love from their heart as it flows out though their right arm, through their right hand, and into your heart center.
  - v) Feel the energy of Unity begin to flow even more powerfully through this heart to heart connection.
  - vi) Now use your left hand to embrace this flow of Unity by placing your left hand over your own heart center covering your Angel Guide's hand.
  - vii) With your inner vision see your Angel Guide place their left hand over their heart center covering your right hand.
  - viii) With the energy of Unity flowing powerfully between you and your Angel Guide, become aware that there is no longer any you and your angel but you and your angel have become one thing. ...One life force. ....One radiant being of love.
  - ix) Now see your Angel Guide's Heart Light begin to blend together with your Heart Light.
  - x) See the Empowerment color of your Heart Light begin to swirl and blend with the color of your Angel Guide's Heart Light and mix together in a swirling vortex of heart centered energy, like spinning colors around a may pole.
  - xi) Now that you have unified your energy with your Angel Guide's energy, you can release your Heart Hug connection with your Angel Guide.

**1) Angelic Home Cleaning:**

- i) I like to think of this Inner Home Cleaning process like having angelic scrubbing bubbles inside of you. You might envision it like a small tornado or vortex that spin and scrub clean everything that is in the way. We are going to use the spinning vortex of our healing and empowerment colors to act like angelic scrubbing bubbles to clear away any resistance we may have to entering even more deeply into the experience of Homecoming.
- ii) We will begin focusing in the area of our head as we invite the spinning vortex of our healing and empowerment colors to move around inside of our head [Pause]
- iii) Next let us focus on the area of our throat and neck as we invite the spinning vortex of our healing and empowerment colors to move around inside of our throat and neck [Pause].
- iv) Next let us focus on the area of our shoulders, arms and hands as we invite the spinning vortex of our healing and empowerment colors to move around inside of our shoulders, and down our arms to our hands [Pause].
- v) Next let us focus on the area of our chest as we invite the spinning vortex of our healing and empowerment colors to move around inside of our chest [Pause].
- vi) Next let us focus on the area of our abdomen as we invite the spinning vortex of our healing and empowerment colors to move around inside of our abdomen [Pause].
- vii) Finally let us focus on the area of our lower back, legs and feet as we invite the spinning vortex of our healing and empowerment colors to move around our lower back, down our legs, all the way to our feet [Pause].

- 7) **Stage 4 – the final stage - Spiritual Surrender: Enter into the deepest experience of Homecoming:**
- a) You are now entering into the deepest experience of Homecoming.
  - b) Simply relax and bring your awareness once again to your heart.
  - c) Feel the energy of Unity coursing through you.
  - d) Feel the feeling in your heart. The love.... The safety.... The peace....  
The grace ..... The stillness .....
  - e) [pause]
  - f) As you sit in the Energy of Homecoming and feel the energy of Unity flowing into and out of you, between you and all life
  - g) The Energy of Unity fills you PEACE!
  - h) Peace is the treasure that all people seek but rarely find. Through Homecoming, you can find this peace.
  - i) Join with me as we radiate the powerful energy of Peace that is within us outward to the world
    - i) starting with the people sitting around you in the room here today
    - ii) extend the power of your Peace to all of your family and friends
    - iii) extend it to all of the 6.5 billion people on the planet
    - iv) extend it to all the animals and plants and all life forms on the planet
    - v) extend it to the planet itself.
  - j) Wonderful. You currently exist in a state of Unity with all life and are radiating the energy of Peace like a beacon into the world. You have come home to yourself and you are Home.
  - k) **Automatic Activation:** From this moment on, whenever you place your hands in the Heart Hug hand position with your right hand extended palm out and your left hand placed over your heart, you will automatically reactivate this Homecoming process and enter into this wonderful state of Unity and you will radiate this wonderful energy of Peace.

### The Homecoming Process

- 8) **Closing Process:** take a few slow, deep breaths as you gently bring your awareness back into the room.
- i) Now as you breathe normally, begin to bring your attention back into the room.
  - ii) Your body's energy will be in a wonderful healthy and balanced state.
  - iii) You can offer yourself some grounding by placing your right hand on your left knee and your left hand on your right knee.
  - iv) While our Homecoming process is coming to a close, there is no need to end the connection you have established to the Energy of Unity. Your energy will automatically remain in a more heightened state of unity each time you repeat this process.