

Homecoming Process For the Festival of Light 2009

Created by Maria Peterson, Carol Armitage and Stevan Thayer

This special Homecoming Process was designed especially for use as part of a festival of light celebration. This process should take about 30 – 45 minutes depending on the number of participants and fits perfectly into the afternoon schedule of the Festival Agenda.

Pink text is information for the moderator only and doesn't need to be read out loud to the group.

Everyone get out the angel card that you drew this afternoon. We are going to refer to this angel during the following process. In addition, get out your joy stone (which can be an actual joy stone or anything which you can physically touch to send compassion – example: beads, amulet, etc).

Give the participants a minute to find their card.

Let yourselves get comfortable. Take off your shoes if you wish, or lie on the floor, etc. Now we are ready to begin.

Read the process slowly with pauses. Parts 1 – 7 take 5 minutes. Use additional breath work if you need to build time to take you to 5 minutes.

1. **Heartlink:** We begin this process by Heartlinking to Angel Ariel, all the Healing Angels of the Energy Field, and your own personal angels.
2. **Prayer:** 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 be for your highest good and highest healing.
3. **Connect to WAG:** Send Human Heartlinks to the thousands of World Angel Grid anchor beams and connect your energy to the 10 layers of the World Angel Grid.
4. **Joy:** Activate the energy of the WAG 3 - Joy Process by touching your Joy Stone (or touch the inside edge of your index finger as a “virtual” Joy Stone) and send your blessing to everyone in your life. Sit for a moment in the energy of Pure Joy. --- Now set your Joy Stone aside.
5. **Compassion:** Activate the energy of the WAG4 – Compassion Process by tapping your heart center 10 times to awaken the Heartseeds of Compassion.

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6. **Awareness:** Now put your attention on your heart center. You can touch it with your hand if this helps you to bring your awareness to this center. Simply be aware of what you are feeling in your heart center. Don't think about it, just feel what you are feeling. Your attention is on your heart center. Now let yourself step through any barriers that separate you from actually being in your heart center. Step right through these barriers and into the center of your heart. You may feel the sensation of "coming home" to yourself. Let yourself be here, in the center of your heart, feeling the energy of love, joy, and compassion that you have in your heart. Settle in. This is who you are. This is your true essence. It is common to feel a mild tingling sensation in your heart center. You might even feel this tingling sensation in your arms, legs, throughout your body.

Give people of plenty of time here – playing some soft music would be nice.

7. **Expand the Love:** Now, feeling comfortable with this energy, let's start to expand it. As your feeling of love grows and builds within your heart, say your own name out loud. See your heart, which is filled with love, joy, and compassion, now fill with light. Either see with your inner vision what color this light is, or simply give this light a color.
- a. Now use your breath to help you shine this heart light even brighter.
 - b. As you breathe in and out gently, see the light expanding from your heart, enveloping your entire body.
 - c. Breathe even more and see the light expand from your heart out into the world, wrapping others in your light.
 - d. Breathe even more and see the light expand out around the world, wrapping the world in your light.
 - e. Breathe even more and see the light expand into the realm of angels.
 - f. Continue to inhale and exhale gently, building that love inside you and sending it out through your heart center and into the world and angelic realm for them to feel and share.

Parts 8 – 9 will take 5 minutes. Again you can use more breath work if you need to build time.

8. **Embrace your Angel:** Now, say the name of the angel you drew. Each time we say the name of any energy, you draw the essence of that energy

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- to you. Their essence actually comes to you and you can feel it in your energy field.
- a. Say the name again of the angel you drew and feel that angel standing in front of you.
 - b. Inhale love and joy and on the exhale let yourself relax. Relax with each breath.
 - c. Now visualize the figure of the angel. As you see the angel begin to materialize before you, heartlink to your angel's heart.
 - d. With your breath, inhale love and joy. On the exhale send the love and joy that you have been inhaling and building out through your heartlink to the heart of the angel before you. Continue to inhale and exhale slowly.
 - e. As you send this love, light and joy through the heartlink, see the heart of your angel begin to glow and grow brighter.
 - f. Either see with your inner vision what color this light is, or simply give this light a color.
 - g. Continue to see the heart of the angel as a glowing ball of light and with each breath that you send it, this glowing ball of light grows and grows and grows.
 - h. With each breath let the color of this ball of light begin to fill the rest of the angel's form.
 - i. Let the light grow from the heart of the angel then spill out into the aura of the angel and beyond, out into the world, and feel it beginning to envelop your own body. You may feel an intensified tingling sensation or even a wavelike flowing sensation.
9. **Explanation of colors:** The color of the light in your own heart center is your current empowerment color, and the color in your angel's heart center is your current healing color. Together, these two colors can heal and empower you and bring you even deeper into the experience of Homecoming.

Pause for 10 seconds and let several inhales and exhales happen as the body of the angel fills with light.

10. **Become one with your Angel:** Aren't the two of you beautiful, each so filled with light?
- a. Now, let yourself step into the aura of your angel.

Homecoming Process For the Festival of Light 2009

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- b. As you enter into your angel's aura, let yourself feel enveloped by the beauty and love of your angel.
- c. Wrap yourself in this warm and delicious blanket of color and love. Feel yourself being cushioned and protected.
- d. See the empowerment color of your heart center and the healing color of your angel's heart center swirl and mix together.

Part 11 of the process will take about 10 minutes.

11. **Angelic Home Cleaning:** We are now going to use your healing and empowerment colors to do an "Angelic Home Cleaning" to bring you even deeper into the experience of Homecoming.
- a. As you are surrounded with this blanket of love and joy, let yourself relax into this grace. As you relax, you and your angel are going to remove anything that is creating discomfort, blockage, anything keeping you from entering into an even deeper and richer experience of Homecoming.
 - b. **Guilt:** If there is anything that you feel guilty about let that rise out of the top of your head, and let the angel transform the energy of guilt into divine illumination and innocence. To empower the clearing, you can touch the top of the head integration points located one finger width behind the top of your ears. – Now release these points.

Pause for about 15 seconds

- c. **Distrust:** If there is anything that you distrust let that rise out of your third eye and let the angel transform the energy into Divine direction and trust. To empower the clearing, you can touch the third eye integration points located one finger above the eyebrows and one finger width apart. – Now release these points.

Pause for about 15 seconds

- d. **Shame:** If there is anything that you are ashamed of, let that rise out of your throat and let the angel transform the energy into spiritual pride and creative expression. To empower the clearing, you can

Homecoming Process For the Festival of Light 2009

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touch the throat integration points located just below the collarbone in line with imaginary lines projected down the sides of your face. – Now release these points.

Pause for about 15 seconds

- e. **Threat:** If there is anything that you are threatened by, let that rise out of your neck and let the angel transform the energy into support. To empower the clearing, you can touch the neck integration points located half way up your neck on either side of the spine. – Now release these points.

Pause for about 15 seconds

- f. **Shoulds:** If there is anything you wished you should or should not have done, let that rise out of your shoulders and let the angel transform the energy into freedom. To empower the clearing, you can touch the shoulders integration points located half way out the shoulders and one finger width back from the top of the shoulders. – Now release these points.

Pause for about 15 seconds

- g. **Heartache:** If there is anything where you feel unloved or betrayed, let that rise out of your heart and let the angel transform the energy into love that is unconditional and always present. To empower the clearing, you can touch the heart integration points located just below the bump at the bottom of your neck on either side of the spine. – Now release these points.

Pause for about 15 seconds

- h. **Anger and Resentment:** If there is anything that you feel angry or resentful about, let that rise out of your liver, gallbladder, and spleen and let the angel transform the energy into forgiveness for yourself and for anyone who is involved. To empower the clearing, you can touch the integration points located just below the bottom edge of the shoulder blades on either side of the spine. – Now release these points.

Homecoming Process For the Festival of Light 2009

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Pause for about 15 seconds

- i. **Stress and Powerlessness:** If there is anything that you feel stressed or powerless about, let that rise out of your stomach and adrenals and let the angel transform the energy into ease and empowerment. To empower the clearing, you can touch the integration points located just below the bottom rib on either side of the spine. – Now release these points.

Pause for about 15 seconds

- j. **Fear:** If there is anything that you feel afraid about, let that rise out of your kidneys and let the angel transform the energy into safety and protection. To empower the clearing, you can touch the integration points located in the sacroiliac joints on either side of the sacrum. – Now release these points.

Pause for about 15 seconds

- j. If there is anything in your mind or heart that you feel opposed, suppressed or limited by, let that rise out of your heart and mind and let the angel transform the energy into freedom and harmony.

Pause for about 15 seconds

- k. If there is anything in your mind or heart where you feel constricted or victimized by, let that rise out of your heart and mind and let the angel transform the energy into free and harmonious action.

Pause for about 15 seconds

- l. If there is anything in your mind or heart that you feel is keeping you from living your soul's mission or taking the next step in your soul's mission, let that rise out of your heart and mind and let the angel transform the energy into free and glorious blooming of your intuition and your inner guidance.

Pause for about 15 seconds

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The process ending is about 5 minutes.

12. **Closing Process:** Slowly take a deep breath. Let yourself exhale. You are still in the aura of your angel.
- a. Hold his/her hands, look him/her in the eyes and say thank you for this transformation.
 - b. Let go of your ange'ls hands and move out of his/her aura and back into your own heart center.
 - c. Let the image and energy of each of these transformations that you now carry absorb into your heart, into your being and your energy field.
 - d. Inhale your own love, light and joy and on the exhale let yourself breath these transformations into your own energy field. Filling your aura with all the healing, love, light and joy you experienced in your angel's aura.
 - e. Feel yourself relax as each transformation becomes one with your heart. You are integrating these changes into your heart and as you allow yourself to feel this integration, feel the strength, firmness and love that these transformations contribute to your heart.
 - f. You are home.
 - g. Every one of your experiences and transformations is integrated within and all is created as one in your heart.
 - h. Your single breath holds all of you, just as your heart holds all of you.
 - i. On the inhale ... and now the exhale, let yourself relax into you.
 - j. Each of your experiences contributes to your life and supports you on your life journey. This is a beautiful, unique and striking weaving that you and your angel have woven. No one else has this same color or texture because it comes from your own life experiences.
 - k. Let yourself feel this spiritual pride within your heart center. Each breath that you inhale and exhale builds this transformation into love and grace within yourself. And each time you put your attention on your heart center you can feel this grace.
 - l. Inhale and feel this grace in your heart. On the exhale feel this grace moving into your aura. ... Inhale again and feel your heart grace. ... Exhale and let yourself relax into your heart grace. Let yourself accept these new integrated parts of you.

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- m. One more time, inhale this grace and on the exhale let yourself come home to yourself at a deeper level than ever before.

Pause

13. **Grounding:** Continue breathing in your normal breath.
 - a. Now begin to bring your attention back into this physical space in a healthy and balanced physical, emotional, mental and spiritual state.
 - b. You can offer yourself some grounding by placing your right hand on your left knee and your left hand on your right knee.
 - c. Then look someone in the eye and recognize, ground and share the transformed you.