

My Insights and Experiences with Angel Ariel's Homecoming Process

By Stevan J. Thayer

In January 2009, I channeled a message from Angel Ariel about something she called [Homecoming](#). According to Angel Ariel *Homecoming is a return to the mission of your soul and the activity of bringing your sacred gifts into the world. Homecoming is built upon the activity of consciously aligning yourself with the ever increasing vibration of love and spending more and more time in the Dimension of Love. This involves periodically turning your attention away from seeking worldly treasures and towards seeking the sacred treasures within. Inward seeking requires less of the doing and thinking associated with worldly seeking, and more of being and feeling.*

Ever since I channeled Ariel's message about Homecoming, I have been practicing her Homecoming process. The Homecoming routine I follow is as follows. I encourage you to try it for yourself.

1. I sit quietly (often outdoors in nature).
2. I Heartlink to Angel Ariel and all the Healing Angels.
3. I offer my prayer of invitation to the Healing Angels.
4. Using the WAG 2 process activation, I Heartlink to the 10 layers of the World Angel Grid.
5. Using the WAG 3 process activation, I touch my "Joy Stone" and I bless all the people in my life (those I like and those I don't like).
6. Using the WAG 4 process activation, I tap my heart center 10 times to awaken my "Heartseeds of Compassion" and I let the energy of compassion radiate from my heart and flow through my body.
7. Then I simply focus my attention inside of my body and feel the energy. Sometimes I sit focused inwardly for 5 minutes and other times I sit for up to 30 minutes. My awareness of this energy generally follows the progression that I have outlined below.

Phase 1 - Tingling Sensation: As I focus on the energy of compassion, at first I feel the slight tingling sensation of the energy in my hands and arms. As I focus my awareness on this tingling I become aware of the same loving compassionate energy tingling in my feet and legs. Then as I continue to focus on the tingling in my arms and legs I become aware of this same energy tingling throughout my body.

Phase 2 – Wavelike Flow Within Me: As I focus on simply feeling this energy (without analyzing it or thinking much about it) the feeling shifts from the sensation of tingling to the sensation of a flow like movement, that I can best describe as being like waves of energy that are moving everywhere within me.

Phase 3 - Wavelike Flow Extended Beyond Me: The more I focus on feeling these waves of energy the more I become aware that these waves of energy are not only flowing within me but they are flowing out of me into the world and flowing from the world back into me. The longer I focus on this flow the less sure I am of where my body ends and the plants, trees, birds, other people, the Earth, and even the angels begins.

My Insights and Experiences with Angel Ariel's Homecoming Process

By Stevan J. Thayer

Phase 4 - Unity: As I continue to focus my awareness on the flow of energy I lose the ability to separate “things” from each other. Everything in our world, in fact, everything in the universe, is simply a flow of the vibrating loving compassionate energy, and while our thinking mind loves to separate things, this energy has no separation. It is the unity of all things because it is all things. I am aware that I am not something separate from this flow of energy but rather an expression of it. What I call Stevan is simply a temporary convergence of this energy, like an intersection point on an infinite grid.

Phase 5 - Spiritual Surrender: As I continue to sit feeling the energy of compassion that is the fabric of the universe I have a knowing that there is infinite intelligence and purpose in this energy and that everything in this universe has a place, function, and purpose. That this energy subtly directs, almost as through invitation, the actions of all things, and if we simply surrender and (practicing discernment and operating within our limits) allow this flow to guide us, we will not only live in harmony and peace, but we will meet all the right people, in the right places, under the right circumstances, to live our dreams and fulfill our heart's desires.

Distractions: As I sit in Homecoming and allow my awareness of the energy of compassion within me to bring me through these 5 phases, my thinking mind (which likes to remain in control) will often try to distract me.

To Do List: It may bring to my awareness things that I need to do that are more important than sitting and experiencing the energy within me. When this happens I simply thank my thinking mind and promise I will deal with these things after I am finished with my Homecoming time.

Creativity: Another distraction is creativity. As I sit in Homecoming I am very open to creative ideas, as though I was tapping into a source of creativity. Wonderful creative ideas simply spring into my mind. At first I stopped the homecoming process and went to my computer to record the ideas. Now, I keep a pad of paper or voice recorder beside me, and I have learned that if I simply let the creative ideas go and focus on feeling the energy until I am done with my Homecoming process, I will easily remember the ideas and can write them down at the end of the process.

Are we done yet: As I sit, my mind keeps wondering what time it is and whether we are done yet. I have found that setting a gentle timer or alarm to signal me when it is time for me to end the process is very helpful. Then if my mind wants to know if we are done, I can let go of the question and return to feeling the energy knowing that my alarm will tell me when I am done.

Benefits: The benefits I have experienced from practicing Homecoming are easy to feel in my life but hard to describe. There is a heightened sense of peace, harmony and

**My Insights and Experiences with
Angel Ariel's Homecoming Process**

By Stevan J. Thayer

purpose in life. Things seem to be easier and just flow. By spending time “just being” in Homecoming, then after Homecoming “doing” became more efficient and accomplishes more. Life simply feels better.