

# USA

Hi!

My name is Channie West and I am from Sweden. Through a lot of different classes I help people with their spiritual growth both in Sweden but also in other countries. I am now going to hold a small lecture here today, but I want you to already know that all of this information can be copied and handed out to your friends all over USA.

## **Holy Light Candle**

When creating a Holy Light Candle you need a larger candle. This candle is created to spread out light for hope, joy, happiness, harmony and love, for you and your friends.

Start with creating a relaxed, peaceful and beautiful feeling in the room. Put the candle on a table with the Sign under it. Do not light the candle yet.

It is only when you first create a Holy Light Candle that the Sign lays under it.

Think:

**Hereby I ask to create a Holy Light Candle from this candle in front of me.**

Close your eyes and stretch yourself out and into the Universe. In your thought you travel to and reach the Central Sun. You now stand directly under it.

Think:

**Hereby I ask to receive one ray from the Central Suns Light to my Holy Light Candle.**

Open your eyes and light the candle. Close your eyes again.

Now think that you once again stretch yourself out in the Universe and reach the Central Sun. This time the Central Suns lightens you up and your entire body, with its Divine Light. You now receive a ray to your Crown Chakra, and that ray travels down into your body and reaches your Heart Chakra. And from there the light spreads itself out into the entire body.

The Central Sun embraces you with its Divine Light and takes you back to the room. The Central Sun has also taken down a ray to your candle. Now this ray goes directly into your candle and it becomes a Holy Light Candle. Thank the Holy Central Sun and its Rays of Light for what it has given you.

### **The Sign for Holy Light Candle**



### **Small Meditation**

Light a candle, preferably your Holy Light Candle. Create a relaxed and beautiful feeling in the room.

Peacefully sit down. Close your eyes and take down a bright white ray of light from the Universe. Let the ray reach your Crown Chakra and then go down further into your body. Fill up the entire body with light, from the feet and upwards to the head, do not forget the hands and arms.

You are now filled with light. Take down one more ray of light from the Universe, this time a golden ray. It goes to your Heart Chakra. There it warms up your Heart Chakra, it feels calm, safe, soft and good. You reach a new form of balance and harmony inside and in your mind. Your thoughts become still and you now go deeper into yourself.

Very far in the inner of yourself you find the Souls Light. When you reach this special Soul Light you then give to it some of the golden light you received to your Heart Chakra. The Souls Light then shimmers a bit extra. The Soul becomes stronger and receives force. When you become strong in your Soul then the physical body strengthens.

Open your eyes and read or think this three times:

**I am strong and happy.**

**I am in perfect harmony.**

**All is well now.**

**Life is what it is suppose to be, and I will reach all my goals in life.**

**I can now fulfill all of my dreams.**

Once more close your eyes and sit still in a soft meditation mode.

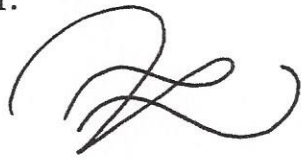
## **Universal Sign**

The Signs below are written in the universal vibration-language. I will say that these Signs are both strong and good for everyone to use.

The Signs can be put underneath your Holy Light Candle for spreading out the energy. The Signs can also be copied and be placed out, drawn with the finger or thought out, and much more.

## **Energy Boosting Sign**

This Sign will higher the energy inside of you and others, this goes also for animals, nature and physical things. The personal vibration level and frequency will become higher.



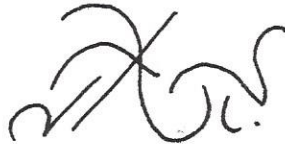
## **Sign for USA, the Light of the Country**

This Sign opens up the light and love, but also for friendships and harmony among the people. The Sign can also be used individually for everyone in the country, and also its animals wild and domesticated. When the Sign is given to nature it will flourish and its inner light will blossom up.



## **Sign for good Health and Harmony**

This Sign helps the physical health, but also the mental one. It gives mental harmony for you, others and animals. In nature it will recapture the balance and harmony at the location where the Sign is laid.



## **Sign to protect your Country**

This Sign help and protect the country and its people. It can also protect individuals, like you yourself, when you are in your country. This Sign is also great to use for animals wild and domesticated, and all of nature and its water. Helps to purify toxic substances and other forms of environmental pollution.



**Spiritual developing Sign for growth**

This Sign is used when you alone or with others want to meditate or in other spiritual ways want to upgrade yourself. Remember that spiritual growing also is needed for animals and nature.



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## Friendship Ceremony

This ceremony strengthens you and your friend and the bond you share with your friendship. The ceremony can be done inside or outside in nature.

Sit down on two chairs facing each other. Light a candle, preferably your Holy Light Candle. In a humble way greet your friend. Ask your friend to sit with palms upwards and close their eyes.

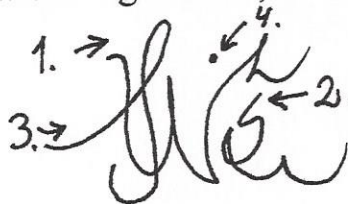
1. Put your palms on your friend's palms.
2. Look at the Sign below and take it in, to the inner of yourself, then let it flow to your friend's palms.



3. Now take away your hands and draw the Sign below, with your finger on your friend's Heart Chakra.



4. Lift your hand and draw the Sign below, with your finger on your friend's Third Eye Chakra.



5. Look at the Sign below and take it in to your own Heart Chakra. Then let it flow over to your friend's Heart Chakra.



6. Touch the Sign below and give it to your friend's palm, repeat in the same way with the next palm.



7. End in your own humble way.

## **Spiritual Cleansing**

This exercise is done in the shower. Let the water streaming over you.

Think:

**I ask to be cleansed of all the negativity I might have gotten on me or somehow accumulated.**

**A cleans from all forms of negative energy, from bad environments, harsh words, evil thoughts...**

**I want to free myself from everything that feels heavy.**

**Let the drops of water that fall on me sweep away all that makes me sad and unhappy.**

**I now become pure with every drop that touches my body.**

**I willingly let go and free me from everything bad or negative.**

**All the rubbish goes down the drain.**

**My body is now entirely cleansed, free and strong.**

**I am now both happy and content.**

**My life is good.**

## **Spiritual Protection**

This exercise is done in the shower. Let the water streaming over you.

Think:

**I now ask for protection.**

**The pure water carries with it a special light.**

**Each drop that falls creates a layer of light around my body and me.**

**Slowly a shield like a light-cocoon surrounds all of me.**

**This light-shield I will carry on me today as a powerful protection.**

**My body is now purified and filled with light.**

**My angels and guides also surround me, today, with their light.**

The Spiritual Cleansing and Protection can be done at the same time after each other.

## Opening and Upgrading

This opening is also a form of upgrade, and it will help you to spiritually move forward. It also gives you an increased closeness to angels and guides. You can either do the opening on yourself or someone else. If you do it for yourself you give all the Signs to yourself one by one.

Sit down on two chairs facing each other. Light a candle, preferably your Holy Light Candle.

1. Humbly greet the person you are going to work with and give the opening to. Ask the person to sit with their palms up and close their eyes. Put both your palms on theirs.
2. Look at the Sign below and with your mind and thoughts lift it up. Let the Sign go through your own hands and palms, then over and into the palms of the person.



3. Lift your hands from the person's palms. Draw the two Signs below, with your finger, on their Heart Chakra. Lightly touch, with the whole hand on the chakra.



4. Lift your right hand and with your finger draw the Sign below, to the persons Third Eye. Do this twice.



5. Draw the Sign below with your finger on the persons Heart Chakra. Lightly touch, with the whole hand on the chakra.



6. Touch the Sign below and give it to each one of the persons palms. Put your palms on theirs for a short time.



7. End in your own humble way.