

Invocations, Affirmations & Questions



Invocations inspired by Guide for Empaths

Self-healing Invocation:

Thank you Archangel Michael for disintegrating and removing all negative thought patterns, psychic attacks, psychic intrusions and psychic contaminations from my body, mind and feelings now!

Thank you Archangel Raphael for healing, sealing and energising my wounds now.

Thank you Archangel Michael for disintegrating and removing all negative thought patterns, psychic attacks, psychic intrusions and psychic contaminations which I have sent to others now.

Thank you Archangel Raphael for healing, sealing and energising their wounds now.

Next steps to take - download whilst sleeping invocation:

Thank you Source of all Creation for showing me what steps to take. When I awaken tomorrow I will confidently know what to do. Thank you for the answers that you give to me while I am sleeping tonight.



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Automatic writing invocation:

To the Source of all Creation, please create for me a crystalline temple of light to surround me. I invite all my high level guides, angels, masters and great beings of light to please join me. Please clear and cleanse all energies which are not of the light and fill this temple with the highest, brightest and most radiant light and the raised vibrations needed for my healing and my growth. Please help me clearly hear, see, feel and conceptualise your divine guidance, and the words that I write have blessings for me and for anyone who reads them. Thank you, thank you, thank you.

To the Source of all Creation, if there are any timelines which are not serving my path, please collapse those timelines, so that the highest possible timelines present themselves to me. Thank you, thank you, thank you.

Affirmations inspired by Guide for Empaths

My happiness is the best gift I can ever give.

It's my dominant intent to love and look after me.

I don't have to think about that right now.

Every thought, every cell and every atom of my being is filled with
quantum light and healing energy.

I breathe in a quantum breath of allowing.

I am ready to have a healing energy-filled body.

Divine protection surrounds me, I send love to everyone I meet
and that love returns to me multiplied.

Thank you Archangel Michael for transmuting this salt water into love for the earth.

There is no problem, there is only peace and harmony.

I choose peace, I offer peace to the world and all life in it.

I focus on the part of me which loves. This is who I really am, a beautiful being which loves.

The stronger the light is within me, the more powerful I become.



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Higher Self Affirmations, Gratitudes and Questions inspired by Guide for Empaths

(My ego is the mail clerk – my higher self is the CEO)

Thank you higher self for your guidance, I will step aside and let you lead the way.

Thank you higher self for your guidance and energy.

Thank you higher self for helping me turn this obstacle into an opportunity. I will
step aside and let you lead the way.

Thank you higher self for your guidance, please bring me the resources, ideas, connections
and everything I need to handle it.

Thank you higher self for your guidance, please show me a new vision, so I may release this
responsibility, or find a more energising way to fulfil it.

Thank you higher self for helping me change my environment so it better serves me.

What message does my higher self want to give me today?

What do I need to learn?

What resources do I need to acquire/learn/develop?

Am I surrounding myself with the people who inspire me – are aspirational/inspirational?
(Getting clear about your support network)

How can I achieve each task with real intention and meaning today?

What could trip me up today and how would my higher self deal with that?

What's mine to do?

How do I anchor the highest future?

Higher Self, please help me achieve and activate that higher way of being!

