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Your work is part of
the divine plan

Self-Care

As individuals, we have no control on the heartlessness and trauma which shows up in the world, so let's look at that a little deeper.

When we individually choose to heal and transform, we need to release and let go of the shadows which lay within our cells. This allows space to allow the light in, which creates our healing and transformation.

The very same process exists for the earth and the mass consciousness. In order for earth and it's beings to transform, the shadows (heartlessness, trauma etc.) will need to be revealed.

This process is not wrong, or bad. It's the process which is integral for the healing and transformation earth needs to take place.

Observation is the muscle to develop for those situations you have no control over, and remembering that self-care is not a luxury, it's a necessity.

You will need to recognise when you need healing, aiming to focus your full attention on having your emotions in a peaceful state.

It's important you practice simple things which soothe you, bring you joy, make you laugh and uplift you every day.

Recognise when you are drained of energy and give yourself time to heal.

We need you balanced so you
can serve others in the highest
and best way.

Why a Master Manual?

For you who are transformational teachers and healers, what is your ideal focus during this time? This Master Manual is designed to help you with that.

It's important that you have the techniques and practices as a way of life to self-care in order to be in balance and in the peaceful state you need to amplify your light.

You uplift others when you
amplify your light.

Everyone benefits when you use your light amplified power - your power for higher purpose.

Those around you are absorbing the energy you emanate, without them realising – in a soft way, as they will only take on however much they are ready for.

Earth is healing and transforming at a rapid rate, with a divine plan in action above our understanding.

Value Essences

According to the Law of Manifestation, in order to magnitise what we desire, we need to feel the feelings of having already achieved it - and that can seem rather tricky!

I recently took a Divine Alchemy Course through the wonderful Tina van Leuven who is a Practical Joy Alchemist and Abundance Mindset Mentor <https://tinavanleuven.com>.

Tina's course inspired me to create an easy practice in the form of a few sentences, giving me immediate access to the feeling of what I truly desire in each now moment.

Let's look at the value or goal of Abundance.

Eliminate the heavy feeling of having to 'strive for abundance'.

Focus on your 'value essence'
then simply...
let the Universe do the rest.

How to determine your Value Essences

Ask yourself "How would I feel in my heart when I reach the abundance I seek?"

The answer to that question is your 'Value Essence' to your goal or value of reaching Abundance.

For me, it would feel like the sense of 'Freedom' or 'Feeling Free'. It may feel different to you, but let's look at **Freedom** as the Value Essence of Abundance as an example.

Energise your value essences

You energise the value essence of freedom by asking, allowing, surrendering and recalibrating your cells.

This is when things get
REALLY GOOD!

Ask, Allow, Surrender and Recalibrate.

When you find yourself feeling anything but abundant, 'by asking for the feeling of freedom, allowing and surrendering to the feeling of freedom and recalibrating the cells in your body', you will begin the shift in feeling free.

What does recalibrate do?

We have trillions of cells in our body, and each hold the shadows from past experiences.

When we recalibrate to the divine light being we are, we are making the command to release the shadows to allow space for divine light to enter each cell instead.

Try it now, using Freedom or Feeling Free in the example below. It's fascinating.

Listen to your body and keep repeating it until you feel the shift.

Value Essence Example

What does it feel like to be free in my heart in this now moment?

Deep in breath

I allow infinite freedom.

Deep in breath

I surrender to infinite freedom.

Deep in breath

I recalibrate to the divine light Being that I am.

Deep in breath

When I started writing this chapter, I decided I needed 'clarity' to ensure I write this section of the book in a way in which you will easily understand, because this is important.

My value essence (for the first time ever) became 'clarity'. My body felt lighter and the words flowed. This really is fun when you use it for everything.

What does it feel like to have clarity in this now moment?

I allow infinite clarity.

I surrender to infinite clarity.

I recalibrate to the divine light Being that I am.

Creating your value essence list

Ask yourself "What emotions would I love to feel?"

For example, I'll give you mine, I've decided I only need three:

- Love
- Ease
- Freedom

I will automatically feel joyful, peaceful, excited, etc. when I am feeling these three pinnacle value essences.

Yours may be different and the emotions checklist will be a good go to if you would like some suggestions.

Emotions List

See [VIEW LINKS & VIDEO INSTRUCTIONS](#) on [FREE RESOURCES CONSCIOUS LIGHT 1st degree](#).

Consciousness is raising

We are in an exciting time on Earth as its evolution has reached the stage where consciousness is going through the process of raising to the fifth dimension.

What does the fifth dimension mean?

It is my understanding that the emotions we will be experiencing as a base line in the fifth dimension are of higher frequencies for example love, clarity, freedom and unity.

The lower frequencies we experience in the third dimension which cause us emotional pain through trauma, for example grief and fear will no longer take such a strong hold.

We will still be experiencing challenges in order for us to grow and learn, however, it will be so much easier to heal our emotions as we experience life on planet earth in the fifth dimension.

You are helping with
this divine plan with your
intention and love

The importance of Unity

The frequency of Unity is one we can practice here and now, as it's important we uplift each other and recognise the 'oneness' in us all.

We all rise and we all benefit when we do.

How we can easily practice the frequency of Unity

Unity can be practiced easily when we recognise we are all one in the higher dimensions and to allow others to experience their own truth even if it differs from our own.

Allow others to have their own truth

We are all interconnected through a grid work of conscious light and it's important we play our part in focusing on the frequency of unity for each other regardless of our differences and truths.

Recognise each individual as a Soul

Practice by recognising each individual has a soul, as each one of us are a divine light Being in the higher dimensions - no one misses out.

When you are feeling triggered by judgements of others, then revisit the frequency of Unity and what it means.

Speak to their Soul to heal

The meditation Soul Level Communications is an outstanding practice for when you need to understand, express your truth and communicate on an intuitive level any situation you may be struggling with.

Meditation 15
Soul Level Communications

See MEDITATIONS under INSPIRE

Bring yourself back into your
own body, your own
sovereignty, become grounded
and amplify love
and conscious light.

This is YOU practicing the frequency of UNITY and you will uplift and powerfully affect others more than you will ever know.

How to heal your inner critic

It takes courage to show up and do this work, and for you to have got this far, you have a strong determination, and desire to do your very best in each step you take.

Which means when you start putting yourself out there you will have high expectations of yourself and the sub personality which is your inner critic can surface.

When you become public, there are times, when self-doubt can arise by your inner critic, saying “I should have done more” or “I should have included this... or that” or “Am I actually doing anything to help anyone?”

I mention these sentences because they are all very familiar to me - especially after being all brave and starting Facebook lives!

I needed time to resolve my inner critic and heal after each one, feeling I wasn't good enough.

That has since eased, and this is how.

Be your natural beautiful you

I've discovered one thing which is particularly important when you put yourself out there, your humanness, mistakes and falling all over yourself in front of a camera gives other people the courage to share their gifts which are important to the world as well - with less fear.

You don't have to be perfect
- only genuine.

[Nicky Pattinson](#) taught me that. I'm a fan of Nicky's. She creates online workshops on how to express yourself either on camera and in the written word, to make your clients feel as if they're sitting right beside you, and help them realise you have listened to them and completely understand.

She is so natural on camera, that I feel as though she is speaking directly to me, and as a friend chatting over a cuppa.

I continued to observe others in front of the camera, the ones who were their natural selves, not concerned with perfection, and when they did experience blanks and 'ums', I loved them even more!

But when that pesky inner critic surfaces with self-doubt, the below will really help you heal, and prepare you with the courage to put yourself out there again.

Support net dialogue

This is my net of loving support and a great reminder of how to love myself, because when I am my best for me, I'm also my best for others.

- I did my best
- My intentions were in alignment with my values
- I was brave
- Mistakes don't matter – only my intentions
- I can rest now
- I can educate myself further for the next time
- I can practice more before the next time
- I give myself time to heal
- I will practice automatic writing and ask how to heal quickly
- Command: “In the name of Christ, disintegrate and remove all feelings other than peace and love in my heart and recalibrate to the divine light Being that I am.”

Your higher self and soul are so proud of you.

Presenting is a different energy and experience to being the recipient of your work.

[Lee Harris](#), who is an intuitive and transformational teacher has taught me so much. He explained to me that when you are the presenter, it's a completely different energy than being the recipient.

While we may be thinking we could have done better, the people observing aren't concerned about the snippets of information you didn't include or the moments of humanness in your presentation, they are simply taking in your wisdom and love.

That really eased my stress, and helped me with the courage to put myself out there. Not the perfect person whom I thought I needed to be, but the me who I am - speaking to people whom I intend to uplift and guide, always with love.

With your intentions of love, unity, peace, and freedom you will always reach and make a difference to people's lives.

Handling the outer critics

There will always be someone who will criticize other people's work, because everyone is not for everyone – and that's okay, it's simply what is!

We are all learning and growing. It's not about comparison with others, it's about you having the courage to share your gifts and sharing them with love to those they are for.

Thank those outer critics for sharing – and leave it at that.

It's very easy to be a critic, but it takes courage, education and change to show up in a public way.

(Anon)

If you recognize you are being triggered with heartbreak by criticism, listen to your higher self and soul and forgive the critics with compassion because it's painful to be jealous, painful to be judgmental and they have shadows which need light. Thank them and ask for divine help to let go.

Forgive unkindness and block

With your social media, block those who make comments which are intentionally unkind. If you wouldn't invite them in your home, then keep them out of your social media too.

Forgive them, they have shadows to deal with, send them love, then block them.

Cut, cut, cut.

Take the stance as your higher self

We each have two different thinkers... you, and your higher self. You both think of the same things, but from a different point of view.

If you are mad at yourself, or hurt by the judgments of others - your higher self isn't.

Your higher self is lovingly enjoying the unfolding of growth and here to help you through.

Calibrate to your wholeness instead of the situation

When you are struggling with your emotions, you are calibrating to the 'situation'. When you are at peace, you are calibrating to your 'wholeness'.

Let's look at the difference and work through this together.

Calibrating to the 'Situation'

The situation as an example is **someone has criticized and judged you**

When you are calibrating to this situation – how are you feeling?

“I feel small, feel weak, feel angry, feel I have failed, feel not good enough, feel being bossed around...”

Now, let’s calibrate to your wholeness to feel the difference.

Calibrating to your ‘Wholeness’

“I feel bad when I calibrate to this isolated situation, so I’m going to ask my higher self some questions!”

Who am I really?

Who do I dominantly know myself to be?

Am I caring about what I do?

Am I good at what I do?

Am I an effective person?

Am I considerate of others?

What are my strengths?

When you calibrate to your strengths instead of your weaknesses, into your wholeness instead of the situation, you are clearing, letting go and becoming an even greater you.

Calibrating to your wholeness is
you taking the stance as your
higher self.

Owning your Value

When you begin something new, and take it out into the public, sometimes we can feel a little unsure of ourselves as we tentatively step out.

Firstly from me, please receive these congratulations - you made it!
You so totally rock!

A great way to start this work in particular is to offer some of your services for free in exchange for a testimonial just to help you get started and feel confident that you are making a difference in people’s lives.

Then when you start to advertise your work in a more formal way, you can quote the beautiful words by your clients from the testimonials you have been given.

You will likely hear words such as:

I felt safe, I feel more at ease, I feel lighter, I feel like I have a clearer idea of what next to do, I felt loved, I have a clear path, I’m handling things differently now, my relationship has improved, I feel inspired to keep going etc.

These words are GOLD

When you put yourself out there advertising and charging for your services confidently, you can add *“People who have experienced my (workshops, healings, mediations, teachings etc.) say they felt safe, at ease, lighter, have a clearer mind, felt wisely guided and loved and their relationships with others has improved”*.

This information is IMPORTANT – AND HOW YOU TRULY HELP!

These words are more important than the certificates on your wall!

Testimonial request

I inform my clients at the time of our session together, that in a week or so, I will be sending them a testimonial form to fill out and would be so very grateful for their feedback.

I send them an editable pdf form for them to fill out and reply with the attachment by email.

The body of the email is a letter to them, similar to this:

Dear (first name),

I am super keen to receive feedback regarding the session we had together and would love for you to fill in the attached form.

Yours was a huge experience and I would love to hear how you have been able to embrace the information and the experiences you have had since.

This is to help me with how I can improve, and maybe use some of your comments in testimonials for upcoming launches. The process would be to take your feedback, potentially tweak it, and send it back to you for your approval.

....

Any published testimonials will link back to your website (google win), and I'd love if you have a good headshot - colour or black and white is fine. One with space around the face even better.

Thanks so much, I really appreciate it.

Keep safe, healthy and have fun!

With love, Robyn

4. What's important for others to know about participating in a ... session with me?
5. How are YOU as a person, different since our ... session together?
6. What was/is the most difficult for you and how could I have helped make it easier?
7. Were you pleasantly surprised by any aspect of the experience?
8. If you had to pick ONE most powerful aspect of the session, what would it be?

You will be inundated with the most beautiful glowing words of your services, and ideas on how to improve and how to help your future clients.

When your clients suggest changes, remember to thank them and that you have tweaked your sessions thanks to their wonderful advice.

I've made a number of wonderful changes thanks to feedback I received.

Your service is important, and proven by these beautiful glowing words!

I highly recommend [Lee Harris'](#) work as an outstanding source of courses which are reasonably priced and on line, the one in particular is his course called 'Own your Value'.

If it's not listed on his website, there will be another updated course available for you.

All his work is incredible, and the most perfect support for Master Healers and Intuitives like you.

Testimonial questions

The questions which follow for them to answer is:

1. What specific results did you experience from your (workshop, healing, teaching etc.) session with me?
2. What doubts or hesitations did you have before your ... session with me?
3. What did you like best about working with me?

Automatic Writing as a regular intuitive practice

It's easy to trust when you receive high guidance using Automatic Writing when you recognise the information you receive has no judgement or blame.

Whenever you seek important advice, for example if your heart is still triggered over your inner and any outer critic, go straight to automatic writing and ask how you can heal.

It's a safe place to express what you need to express to get it off your chest, but ensure you always follow with:

How can I change? What can I do better?
How can I be better? What is my next most important step? How do I handle this situation next time? How can I heal my heart?

Your spiritual support group will guide you and be there for you in every way when you ask.

Organisation uplifts the energy

Be organised in your home

When I return to the now after meditating, my Master Orin explains that I must look around and feel the energy of the room and everything within it.

I do a lot of my meditations in the family room and as I awake, the kitchen is in full view. I make sure I've done the dishes, put them away and cleaned that area before I meditate, so when I come back to the now and look at the energy, it looks good. That command from Orin sure makes me get my act together.

Look at the energy of each room in your home and ask your higher-self "How can I add more love in this area?" You will be clearly guided.

Say the mantra "Love, Love, Love" when doing something you don't particularly enjoy.

I did that when I found myself having to paint the ceiling and walls of one of our investment properties which I frankly had no love for.

We were living in our caravan in the back yard at the time just to get the job done, so we could take off again travelling.

It needed to be done in a hurry because we had new floor coverings arriving that week, and the painter I had organised had become ill and all of a sudden I had to do it, and I'd never painted walls or a ceiling before.

So, I received all the information I could from the hardware store about painting a ceiling. I was nervous and my attitude wasn't the best.

Realising I had to change my thoughts, I decided to say the word 'love' in my mind (and sometimes out loud) on every stroke and it really worked.

We actually weren't going to live in this house, but by the time I'd finished, I had fallen in love with it. When I had finished renovating, I said to Shane "Can we live here for a while?" and he responded with "Thank God for that!" He'd fallen in love with it too.

I look at the ceilings and walls now and know every stroke has the word 'love' in it.

Seven years later
we are still here, and
loving it.

Be organised in your work, social and family planning

Being organised clears space in your mind and your energy of matter which otherwise might be a distraction.

Do you remember a feeling of having finished something which has taken some time to achieve?

That relief that you don't need to do that anymore! I love ticking – done! (This book will be one of them. 😊)

A great practice before you sleep at night if you need help from the universe with the following day's plan, is to say an invocation requesting a download of information you need whilst you are sleeping.

Evening invocation

Thank you Source for showing me clearly and specifically what the next most important step I must take. When I wake tomorrow, I will confidently know what to do.

I thank you for the answers and the guidance that you give to me.

You will be well guided the next day on what to do, not only with organising your life planning, but with anything important.

Transform the energy of situations and thoughts with the Divine Light

In the first eBook 'Guide for Empaths' there is a practice called the 'Divine Light Table'.

This table assists you to hand situations causing emotional pain or discomfort over to the Divine. Let's take this a step a little further.

In the below practice, using the information on your Divine Light Table, you are using your imagination to experience each situation as energy – and transform this energy with the help of the Divine Light.

You will have gained clarity of each situation and receive insights over the next few days.

Transforming the energy practice

Use your imagination for this practice, there is no right or wrong, go with what feels comfortable to you.

Choose a current situation

Recall a situation current right now which is important to you, in which you would love help from the Divine.

Experience the situation as energy

Using your imagination visualise, sense or feel the energy of this situation in front of you.

It could present itself as swirls of light, a feeling, a sound, a smell or any other sense.

Spend a few moments allowing this energy to become known to you.

If you feel resistance, say "I allow, I allow" and this will help you.

Transform the energy

With your attention above to the Source of all Creation, imagine the divine light transforming the energy of this situation.

Take your time observing, you will discover changes in the way this energy appears to you. It may become bigger, more intense in size, change colour or feel differently.

Following the transformation

You will receive clarity on the situation, which helps you feel more at ease and confident of the divine process.

You will receive insights on what action you may be inspired to take over the next few days.

Transform your thoughts

I have a practice of imagining the thoughts in my mind are actually conversations with my higher self.

This really makes me recognise when I'm clearly NOT having a conversations with my higher self because there are obvious signs of judgement and blame! UGH!

It's the best trigger to make me get my act together!

A quick exercise to uplift the thoughts

Command to the thoughts "In the name of Christ disintegrate and remove".

If more work is required, use the **Transforming the energy practice** when you have that time.

Use the Word 'Divine' silently as a regular practice

Use the word 'Divine' to yourself for everything which is important to you, below are a few ideas:

- Divine Sale
- Divine Resolution
- Divine Action
- Divine Support
- Divine Assistance

- Divine Nourishment
- Divine Protection
- Divine Timing
- Divine Guidance
- Divine Inspiration
- Divine Inclusion

Search for the light in everything

Orin has trained me to search for the light in everything, including what's in the news, in the newspaper, (if you choose to experience them) and in all situations. I now look for the spark of divine in everyone too – particularly those who irritate me or I feel judged by.

I encourage you to give this a go.

See these situations as energy and transform them.

Catastrophes which cause grief and trauma to the masses and the environmental destruction to flora, fauna and humans is heart wrenching.

There is a divine plan above our understanding.

Transforming these situations as energy will help you to notice instead, the mass co-operation and love that follows, directly uplifts the vibrations of earth. This is part of the divine plan.

It's for this reason we need Master Healers like you, because your work is also part of the divine plan.

Recognise when you need to heal.

It helps when you understand there is no such thing as death, and that earth also exists at higher dimensions.

Your healing intention, compassion, unity and love is needed, however you **must recognise** when self-healing is required.

Give yourself the space and time to go through your healing by using the Transforming the energy practice and the Forgiveness Meditation which will both help you with that healing process.

When the time comes and you need to act, you need to be healed and powerful in order to handle these situations with the higher perspective in mind.

Annual Intentions

When a new year comes, we are encouraged to write a list of resolutions, and this year, instead, I created a list of intentions and I'm sharing them with you, just in case they are of help to you too.

Robyn's intentions

- Inviting and honouring my soul's expression in creating and sharing my higher purpose.
- Ask daily to clearly understand the guidance from Source of my next most important steps; for the support I need to achieve each step with ease; and have the courage to take action.
- Care for my body, mind and energy to ensure that I have the strength and courage for each step.
- Ensure that each action I take is with the intention of inspiring unity, ease, healing, freedom and love.
- That I have the courage to 'show up' to be the voice, the energy and connection in the community that they need for their own experience.

- To surrender to the help that comes my way.
- To surrender to my work being the best that it can be.
- To allow and surrender to my work making the impact that is in alignment with my soul's plan.
- To play my part in assisting the human collective into higher states of consciousness.

For the highest good of myself, the earth, the universe and all beings everywhere.

Practice observation

Practice observation, strengthen this Master practice, aiming to be in this state as much as you can, and in all situations.

Centre and prepare yourself to be connected to Source and practice listening only to receive the information - aware of the higher perspective.

When you are powerful, you are able to amplify and project your light.

You serve your family, your business colleagues, clients and all those around you when you do. They are uplifted by your light.

Supporting connections to further your growth

Focus on the present moment

Why focus on the present moment?

After reading the Power of Now by Eckhart Tolle I gained a wonderful perspective of the power of the present moment.

This YouTube video clip [Ekhart Tolle and the POWER OF NOW Motivation](#) is hilarious and full of wisdom. I recommend two books of Eckhart's, The Power of Now and A New Earth. I experienced **major** shifts in my life when I began practicing his wisdom.

The power of water

Dr Masaru Emoto in his book 'Hidden Messages in Water' taught me how our words and thoughts have an effect on the molecular structure of our body.

This YouTube video '[Dr Masaro's Water Experiments](#)' will give you a brief overview of his brilliant work. I highly recommend his books.

I have now made it a practice that every sip of water I drink, I speak to Source in my mind:-

- What is my next most important step?
- Thank you for the answers that you give to me.
- Thank you for the support to achieve this step with ease.
- Thank you for the courage I need to take action.
- Thank you, thank you, thank you.

By the time I run through those, I've finished my water.

When I first started practicing this, although the list was slightly different back then, all of a sudden, I began creating an online energy healing program?!

Heaven knows where it will lead you!

Chanting

I love chanting. There are absolutely the most gorgeous chant examples on YouTube.

[Diva Primal](#) is divine.

For Masters who are hard of hearing, repeating the Sanskrit words, creating a rhythm has just the same effect. Feel the vibrations in your chest and the sensations in your body.

Energy and Light Body Work

Orin and DaBen have been my masters for almost 30 years and I am so grateful for how they have helped me evolve.

Should you wish to continue your spiritual growth, you will be inspired by the incredible books and meditations by Orin and the Light Body work by DaBen.

You will be magnetised to the program which will be right for you to do, so listen to your feelings when you investigate.

The feelings in your body are the most perfect guide.

When I first began, I used to always choose Orin's work and DaBen's just didn't appeal. I found that very strange at the time. Then all of a sudden, unbeknown to me - it was time for me to do the Light Body work.

For the first time ever I was drawn to DaBen's Light Body work. My body told me so.

Just as I began the process, DaBen mentions 'Orin has been preparing you for this work!' – then it made sense to me.

Allow your body and your feelings to be your guide as Spiritual Growth is something that is very addictive once you get started.

With Orin and DaBen you are in the most incredible hands.

www.orindaben.com

Conscious Light Attunement

The final Attunement, which is a meditation where you journey to the Temple of the Masters to meet your Master.

Your Master is a Great Being of Light and you will be able to call upon your Master any time to answer questions and receive guidance regarding your higher purpose.

Your Attunement is on the video below, and is transcribed below so you can also experience the meditation as you read it through to yourself when you feel inspired to do so.

CONSCIOUS LIGHT
ATTUNEMENT VIDEO

See VIEW LINKS & VIDEO
INSTRUCTIONS in MASTERS
AREA.

Attunement Transcription

Beginning Invocation

To the Source of all Creation, please create for me a crystalline temple of light around me. I invite Archangels Metatron, Michael and Raphael, all my high level guides, 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, filled with the raised vibrations needed for my healing my growth and my expansion of light.

Attunement Meditation

Adjust your posture so that you are comfortable. Begin by taking a few deep breaths.

Imagine your entire body relaxing. Starting from your feet, calves, thighs, abdomen and lower back, chest and upper back, shoulders, letting the tension go. Arms, hands, neck, head and face.

Let your jaws and eyes relax. Peaceful, focused and comfortable. Breathe a deep breath into your upper chest filling your lungs. Let that go.

Now breathe a deep breath into your abdomen, filling your stomach. Letting that go.

Enjoy the floating feeling.

Clear your mind, letting any thoughts go.

Imagine your higher self is approaching you in the form of a Being of Light in front of you.

Imagine holding on your higher self's hand, and follow your higher self who is taking you to the Temple of the Masters.

See the entrance of this magnificent crystalline Temple.

A Great Being of Light comes towards you with arms wide open to embrace you. Feel the gratitude and love for you this Being has.

This Great Being of Light is your Master and will be with you as you fulfil your higher purpose.

Focus your attention in your Masters third eye, beaming his light from his third eye into your third eye. Allow yourself to receive this light as his greeting of love for you.

Your Master takes you inside the Temple to a beautiful light filled room.

Your Attunement as Master is about to begin and is celebrated by many Great Beings of Light who surround you now.

You are at the centre of this room. Allow yourself to receive the light of higher purpose from all the Beings of Light which surround you.

The Beings of Light are attuning you to the highest frequency for your healing and for your higher purpose.

Receive the love, the joy, the trust, and the surrender.

Your Master is there for you to call upon at any time you need guidance.

There is great celebration, such love for you, and such excitement at you having made this connection with them.

Allow yourself to enjoy the celebration and the feeling of this excitement and love.

Affirm: I am Master of Conscious Light

Thank your higher self, your master and all the great Beings of Light who are surrounding you and for the light and love they have shared with you.

It's time now to leave the temple and allow yourself to follow your higher self as you return back slowly into the earth plane.

Thank your higher self for taking you to the Temple of the Masters and for being with you to celebrate your Attunement as Master of Conscious Light.

Taking your time, start to bring your awareness back to the present moment.

Be aware of the feeling of the air around you... of the seat or mat beneath you.

Imagine sending love to the earth below.

The earth loves you too.

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Repeat this as often as you wish.

Congratulations Master

Experiencing this Attunement, creating healing for yourself, building your energy, amplifying your light and emanating your love and other value essences will ensure you operate from your authentic clear and powerful space as Master of Conscious Light.

Summary

- Self-Care
- Value Essences
- Consciousness is raising
- The importance of Unity
- How to heal your inner critic
- Handling the outer critics
- Take the stance as your higher self - calibrate to your wholeness
- Owning your value
- Organisation uplifts the energy
- Transform the energy of situations and thoughts.
- Annual intentions
- Practice Observation
- Supporting connections to further your growth
- Attunement, meeting your Master and receiving the light of higher purpose, and of love, joy, trust and surrender.

I invite you to become an Affiliate.

Affiliate Opportunity

Through a clever software link (which you should have already received by email), your clients will be given a 10% discounted rate (to inspire them to use your code) to receive full access of the products they purchase and you will be given a generous commission of 35% at the end of each month.

Thank you

Thank you with all of my heart for everything you have done and all that you have achieved.

You are GOLD – You are needed and now is your time!

With infinite love,

A handwritten signature in black ink that reads "Robyn E" with a stylized flourish at the end.

Robyn E Gibson

**Grand Master and founder of
Conscious Light –
system of natural healing.**

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GRATITUDES

Every creation which has manifested within me
has only ever happened
thanks to the support, the cheerleaders and
the love of my family and
friends around me.

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[Orin & DaBen](#)

[Abraham Hicks](#)

[Lee Harris](#)

[Nicky Pattinson](#)

[Tina Van Leuven](#)

My Guides, Masters and Great Beings of Light

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