

Attune to Divinity: Energy Activations for Health and Enlightenment

By Mariah Windsong Couture DD RGMT

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Attune to Divinity attends to your body and spirituality, helping you to improve your well-being and increase your conscious connection with Divinity. As your awareness of the behind the scenes factors which impede or foster your happiness increase, you will gain the ability to change your life for the better. Receive attunements to various Divine energy streams to upgrade your intuition and protect yourself from adverse influences. Written Intention Reversal helps you to achieve your goals personally and professionally by erasing old intentions. Anytime you write something with strong feeling, you are setting forth an instruction to Divinity. When your intention and goals change, it is important to reverse your previous intention. The written word holds strong instructions for the universe to follow on your behalf. The more concentration of you which is here in the present moment, rather than tending to intentions which no longer apply to your current life goals, the more likely you are to actually get what you want! Financial Fear Flush and Credit and Currency Empowerment with Self Blame Flush and Self Trust Empowerment help you have a better relationship with money. Hand Care and Foot Care assist to clear and renew your minor chakras. Kundalini Awakening enlivens and beckons your Kundalini energies to arise and move through your body. Arch Angel Michael Alignment attunes your heart center, third eye, root chakra and hands to be in alignment with Archangel Michael to increase your intuition and discernment. Resentment Flush frees you from the resentments that have built up over time. Optimal Bone Density Field supports your bones to have the proper concentration of calcium at all ages of life. Pregnancy Care helps you to increase your empathetic abilities to be more aware of your baby. Media Influence Flush drops away adverse influences from newscasts, television, radio and movies. Azure Shakti helps you have a better sense of your own soul. Slate Shakti is a Divine Intelligence who is skilled at bringing your lower self into harmonization with you at the personality level. This fosters communication between you your lower self. Great healing and peace can be known when the shadow self feels heard. Affirmations are provided for each unique Divine energy system so that you can call in the attunements and activate the energies described. The techniques become progressively more advanced throughout this book. A novice at energy systems and spiritual practice can easily use these techniques. If you are sensitive to subtle energies, you may feel the presence of Divinity strongly. Or you may need to give your body time to acclimate to the new spiritual energies and connection with Divinity. People feel subtle spiritual energies stronger, with practice. Attune to Divinity is agreeable

with people of many spiritual traditions and doctrines as well as those seekers who have not yet found a spiritual path that resonates with them. With just a thought, you can activate any of the channels of energy you've been attuned to. Directions for in-person and long distance sessions are described in detail. Learn more about yourself and how to call upon Divinity to repair the pathways between you here in your body, you higher self and soul. Whether you use this book merely for its self-examination, spiritual education and meditational guidance or enter into a direct experience with Divinity,it grants you new insights and perspective.

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