

## Chant for contacting My Guardian Angels

Find a quite place to relax. Remove any tight clothing that you may have on. You can be lying down or sitting up. The choice is yours.

Just make sure that you are very comfortable. And that there are no outside sounds disturbing you.

Take the grand Voodoo Seal in your right hand and begin to look at the dot in the centre of the paper. (Pause)

As you begin to look at the centre of the paper, begin to slowly breathe in one deep breath. (Pause)

Breathe in deeply again (Pause)

Breathe in deeply once again and when you do, let your mind just become naturally relaxed.

Still looking at the mystical Voodoo dot, repeat to yourself in a low voice each suggestion to your self while looking at the Voodoo dot.

With each breath that I now begin to breathe end from this moment on will cause me to become more and more relaxed.

The muscles in my head are now becoming more relaxed. (Pause)

My eyes now are becoming more relaxed (Pause)

My face is now becoming more relaxed (Pause)

My neck muscles are now becoming more and more relax (Pause)

My shoulders are now becoming more and more relax (Pause)

My arms are now relax (Pause)

The relaxing feelings are now moving slowly down my arms and relaxing them. (Pause)

My hands, head, neck and shoulders are now becoming more and more relaxed (Pause)

With each breath that I now take in.. is now relaxing my chest muscles (Pause)

My stomach muscles are now relaxing (Pause)

My back muscles are now becoming more relax (Pause)

Now my entire top body is now more relaxed (Pause)

Now this feeling of relaxation is now moving down my body to my thighs (Pause)

Now down my legs causing my legs to become more and more relax (Pause)

This wonderful feeling of relaxation is now moving down to my feet (Pause)

Now my complete body is more and more relaxed (Pause)

I am going to count backwards slowly from 10 to 1 and as I do, my complete body will become more and more relaxed (Pause)

10... this feeling of relaxation is now moving from my head slowly down my face relaxing all the muscles in my face (Pause)

9... this feeling of relaxation is now moving from my face down to my neck relaxing all the muscles in my neck (Pause)

8... this feeling of relaxation is now moving down from my neck to my shoulders...relaxing all the muscles in my shoulders (Pause)

7... this feeling of relaxation is now moving from my shoulders down to my arms...relaxing all the muscles in my arms...causing my arms to become heavy and heavy with more relaxation. (Pause)

6... this feeling of relaxation is now moving from my arms into my hands becoming more and more relaxed (Pause)

5... this feeling of relaxation is now moving from my hands down to my back muscles...causing them to become more and more relaxed (Pause)

4... this feeling of relaxation is now moving from my back to my chest muscles causing my chest muscles to become more and more relaxed (Pause)

3... this feeling of relaxation is now moving from my chest muscles to my stomach muscles relaxing all those muscles in my stomach (Pause)

2... this feeling of relaxation is now moving to my thighs, my legs and to my feet. Causing all those muscles to become more and more relaxed now (Pause)

1... this feeling of relaxation is now moving through my entire body causing my body to become more and more relaxed now. (Pause)

Chant for contacting My Guardian Angels

As I now lay here very comfortable and very relaxed (Pause)

The ceiling in my room is now becoming very bright with a bright white light (Pause)  
I am now slowly leaving my body and I am now rising up to my ceiling (Pause)

As I am rising up to the ceiling my room is becoming smaller and smaller (Pause)

I am now going through the ceiling into the bright light (Pause)

My room is getting smaller and smaller now (Pause)

The earth below is getting smaller and smaller (Pause)

I am now leaving earth and rising up to the bright light ahead of me (Pause)

As I am entering into the light, a sense a loving presence in front of me (Pause)

The loving presence is becoming stronger and stronger (Pause)

As this loving protecting presence is becoming stronger and stronger  
I can mentally make out a face in front of me (Pause)

I can begin to mentally see the body in front of me (Pause)

This body is now forming into a loving Angel (Pause)

This Angel is my Guarding Angel (Pause)

The more that I make contact with my Guarding Angel  
The more I will begin to learn more spiritual secrets (Pause)

I thank my Guarding Angel for protecting me (Pause)

I will now count up from 5 to 1 and will awaken from my lucky numbers trance state fully refresh  
and wide awake (Pause)

5... coming back to body (Pause)

4... feeling my feet and legs beginning to awaken (Pause)

3... feeling my thighs beginning to awaken (Pause)

2...feeling my top half of my body to becoming more awake (Pause)

1... I am now fully awake and fully refresh now!

Repeat this chant daily to help you make stronger contact with your Guardian Angel

Day by Day in every way, the more I practice these psychic excises I will be able to make  
stronger and more positive with my Guardian Angel

