



Angel EFT round for bringing more peace into your life for someone experiencing relationship conflicts

Close your eyes and visualise thick golden roots growing from the soles of your feet down deep into the earth and wrapping around a great crystal at the heart of the earth. Feel healing energy flowing from this crystal, all the way back up through the roots back into the physical body. Invite this healing, nurturing energy into every cell in the body. Take some deep, cleansing breaths. Imagine a stream of white light flowing in through the crown chakra into your energy body, clearing and cleansing the energy meridians and the major and minor chakras, freeing up your energy. Place yourself in a protective bubble of blue light, sealing around your energy so that you feel completely safe. Now call to mind your own guardian angel and any Archangels you like to work with who will assist you with this work.

Take three deep breaths at the heart centre and say: *Angels please help more peace to flow into my life and into my being now.*

Take another breath and tap gently on the top of the head and say: *I choose to be a magnet for peaceful experiences.*

Take another breath and tap gently on the third eye point and say: *I release any part I have played in attracting difficulties and drama in my life now.*

eyebrow Point: *I am open to learning any new information that will assist me in this if I need it.*

Side of the eye: *I invite Archangel Raguel to assist in any relationship conflicts I may be experiencing just now.*

Under the Eye: *Peace in all my relationships.*

Under the nose: *Love in my heart.*

Chin: *Peace in my home.*

Collar bones: *Thank you Archangel Raguel for assisting me in experiencing more peace in my relationships.*

Thumb: *I allow more peace to flow into my mind and body now.*

Index finger: *Letting go of tensions.*

Middle Finger: *I release any power struggle that I may have been playing a part in.*

Ring Finger: *I speak my truth with love, and invite fairness to flow in now.*

Baby Finger: *I can't control how other people behave but I can always choose my response.*

Side of the hand: *I choose to respond to people in my life with the highest integrity with the help of my angels.*

Heart Centre: *Inviting peace into my life now, thank you angels.*

Closing your eyes again visualise yourself and the person with whom you have been in conflict within a golden figure of eight, each of you in one circle of the eight. The light and the eight formation cuts cords of fear between you and also brings in the higher energy of the angels to the situation. If there is more than one person you can do it separately for each one or if they are somehow connected put them all in the one circle and yourself in the other.

