



Day 1 ✨ Confidently Receive Messages - How to communicate with your Spiritual Support team + Vibrational Scale Activation

Today's call is all about how to recognize the signs and messages your spiritual support team gives you so that you know what next steps to take next.

It is so fun and validating when you are able to communicate clearly with your guides. It cultivates the confidence to take leaps of faith in the direction of your dreams!

The 5 main ways to communicate with your spiritual support team

2nd chakra or Sacral Chakra: Clairsentience is the ability to “feel” the emotions and energies of others, as well as your own.

5th Chakra or Throat Chakra: Clairaudience, your ability to hear spirit and your inner voice. There are many other spiritual gifts in this chakra, such as channeling and telepathy.

6th Chakra or 3rd Eye: Clairvoyance is your ability to “see” spiritual energy.

7th Chakra or Crown Chakra Claircognizance, which means “clear knowing”. This is where you will have an understanding of something or an “aha” moment that you can't explain how you know it, you just KNOW.



Repetitive Thoughts

Pay special attention to repetitive thoughts. They may not always make sense to you. The guidance steps come in usually just one or two steps at a time.

Discernment is important to cultivate through practice. Not everything you hear is divine guidance. The short answer is to know it will come from *Love* not *Fear*.

As a recap the 5 ways our spiritual support team communicates with us is **sight, feelings, thoughts, hearing, knowing.**

Journal your experience of the Vibrational Scale Activation. Were there any realms that felt familiar to you? Did you experience something exciting and new?



Alignment Activities

1. Each morning set an intention and ask your angels and guides to give you clear signs you can easily receive and understand and the confidence to take action on them.
2. Share in the group how you most experience your messages and which of the “clairs” you would like to develop more.

Also share your experience from the vibrational scale activation.

Below is some information about 2 very powerful archangels you can enlist as a part of your spiritual support.

Archangel Michael

Aura: Indigo Blue/ Royal Purple

Name means: “He who is like God”

Archangel Michael is really awesome to work with on many levels. He really helps you to release fear and have courage in any situation. Whether you are called to take a leap of faith or want to feel safe while driving. You can simply ask him to protect you, your home, children, vehicles with his deep indigo blue/purple energy.



He is also the keeper of your life's purpose. Archangel Michael knows exactly what your soul chose to experience this lifetime and can help you to remember and navigate your way, so you are in alignment with your highest path.

You can also call upon him to be with you in your dreams to facilitate healing or give you clear signs and understanding in any situation. It is a great idea to journal upon waking if you have any signs come to you so you can further access divine guidance.

I love working with him to release energetic cords of fear to people, things, addictions or even technology. As a highly sensitive person, you can become easily overwhelmed, drained and confused when you have absorbed a lot of other people's energy and emotions.

A simple way to have him support you with letting go of things that no longer serve you.

“Thank you Archangel Michael for helping me to release with love all things, patterns, people, and situations that are no longer serving my highest good. Please show me signs that I can easily see and understand so I can move forward confidently in alignment with my soul's desires and dreams.”

Archangel Haniel

Aura: pale blue

Name means “ Grace of God”



Archangel Haniel has a beautiful, soft, compassionate essence. She is a wonderful angel to call upon to help heal any woman's physical problems, emotional wounds, such as heartbreak or any other sensitive issue.

Haniel is also the angel associated with the moon cycles. It is powerful to call upon her around the full moon to release anything you want to let go of. You can also work with her around the new moon to magnify your intentions and heart's desire.

Like the goddesses, Archangel Haniel is wonderful at helping you really own your feminine energy and power. She assists us with opening our intuitive and clairvoyant abilities and accessing our divine wisdom.

You can ask for assistance by saying something simple like this:

“Archangel Haniel thank you for helping me to release this [painful emotion or negative pattern] so I can experience more [ease, joy, grace and love].”

[Share in our Facebook group](#) your experience of the activation and any insights you gained today!