

# Daily Harmony

This is a very powerful exercise to begin each new day. It is greatly enhanced with the use of the Dancing Dolphin Essences suggested. Even without the essences, the words offer great benefit. Say the words in **bold** out loud.

**"I call upon my Higher Self and my guides. I call on The Divine Presence, the Harmonics, & other Beings of Light to assist me now. I Am that I Am."**

**CLEARING** (*Clearing or Release Roll-On – back of neck or Magnificent Clearing Mist*)

**"Please clear and cleanse my self and my life. Clear each of my chakras and my entire energy system.** (*Optional - clear my spouse and his/her life. Clear my son/daughter(s) and his/her (their) life (lives).*) **Clear my (our) home and property, vehicles, computers and electronics. Clear and cleanse the crystals, plants, pets, and other beings that share space with me (us). Clear all aspects of my (our) businesses, bank accounts, projects, finances, taxes, relationships, opportunities, dreams, all the places I (we) frequently visit. I call on the Knights of Light & the dragon's breath to clear out anything requiring their assistance. I call on the dolphins & the violet flame to transform all noxious, disempowering, distorting, harmful, or non-beneficial energies and thought forms. Please dissolve all cords, attachments, projections, & curses. I ask my Higher Wisdom to orchestrate the removal of anything else that I have forgotten that limits me (us) from being and living my (our) Divine Truth, from being and living Divine Opulent Flow."** (Pendulum - counterclockwise spin until complete.)

**INFUSING** (*The Chakra Kit or Harmonize – 7 main energy centers (chakras)*)

**"I Am that I Am. Please harmonize my self and my life. Please harmonize all:**

- |                                      |                               |
|--------------------------------------|-------------------------------|
| - anxiety & anger into acceptance    | - illusion into illumination  |
| - chaos into clarity                 | - jealousy into joy           |
| - competition into camaraderie       | - judgment into jubilation    |
| - conflict into cooperation          | - lack into lavish living     |
| - corruption into caring             | - lust into love              |
| - dis-ease & depression into deLight | - opposition into opulence    |
| - envy into enthusiasm               | - pain into pleasure          |
| - fear into faith                    | - pessimism into optimism     |
| - greed into grace                   | - pride into passion          |
| - gluttony into gratitude            | - resistance into receptivity |
| - hatred into harmony & hope         | - worry into wonder           |

**Please harmonize any other distortions into Divine Truth. Restore my energy field to pristine perfection, repairing any tears, rebuilding as required. Flood the fields with love.** (*Optional – Please do the same for my spouse and family.*)" (Pendulum – clockwise spin until complete.)

**SURRENDER** (*Dancing Dolphin Essences Surrender – on the thymus - high heart*)

**"I surrender my self and my life to my Higher Wisdom.** (*Optional - Do the same for my spouse and family surrendering them to their higher wisdom.*)" (Pendulum – swings "yes.")

**SEAL & PROTECT** (*Dancing Dolphin Essence Holy Harmony – back of neck, shoulders, temples, wrists, anywhere else desired or use Magnificent Protection Mist*) **"Please ensure that I am divinely sealed and protected. Give me a perimeter."** (*Optional - Do the same for my spouse and family.*) **"Please keep me clear and protected throughout the day and night."** (Pendulum – swings "yes.") **Thank all those that assisted.**

*(You may repeat the meditation again before bed.)*

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