

Breath of Hope

FREE SELF-ATTUNEMENT



by

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New Earth Energies 2020

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*Many thanks
Amanda*

*There are many more great attunements and empowerments
on my site*

<https://newearthenergies.org/>

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About Breath of Hope Self-Attunement

The energies of this self-attunement come from Source filling your being with a renewed sense of hope, a feeling that all is well.

In these times of change and uncertainty it can be all too easy to get caught up in all the drama and negativity that is around us. We can feel overwhelmed by everything that is going on in the world and begin to lose faith in our divine purpose, our true being.

The energies of this self-attunement help bring you into alignment with your true self as a being of light and love, filled with renewed hope for the future.

The energies are like a breath of fresh air from Source flowing through your being helping dispel negativity and renew you with fresh optimism and hope, helping you shed the layers of lower energies that have been leading to feelings of sadness, overwhelm and anxiety.

The energies are easy to activate and can be used as often as you wish to help bring hope and light into your life. The energies can be used as a pick-me-up, as part of a meditation session or as part of a healing session.

Uses of Breath of Hope

- when you are feeling overwhelmed
- to help shift lower energy forms
- to bring renewed hope and optimism
- to clear negativity
- to connect with your divine self
- to bring in the light
- as a pick-me-up to bring in fresh energy

To Receive Breath of Hope Self- Attunement

Make yourself comfortable and do any preparations that you would normally do for receiving an attunement.

The energies for this self-attunement are already set in the ethereal realms and come from unlimited source energy.

When you are ready, connect with your higher self and source energy and then state your intention,

"I (state your name) am now ready to receive Breath of Hope self-attunement from Source set by Amanda Hadley of New Earth Energies, I ask to receive the strongest possible energies for me."

The attunement will begin and will take approx. 15-20 minutes.

When you feel that the energies slow down and stop the attunement is complete and you can slowly open your eyes.

Remember to ground yourself after receiving energies.

Once you have received your self-attunement, it is important to activate the energies by using them! You can now call in these energies whenever you wish.

How to Activate

Once you have received your self-attunement from Source Breath of Hope is easy to activate using intention. Your intention is key to activating so choose any words that feel best for you, then say,

“Breath of Hope energies activate now”x3

The energies will run for as long as is necessary.

*I hope that you find this self-attunement useful and
beneficial.*

I wish you much peace and light on your journey,

Namaste,

Amanda

Reiki Master

New Earth Energies

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*Breath of Hope Self-Attunement is an original energy system and is not
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Reiki Attunements and Systems channelled by Amanda Hadley

(These are not free self-attunements)

*Chakra Cleansing Empowerment
Peace Reiki
Sole Wolf Journey Reiki
Comfort Blanket Reiki
Thinking Outside the Box Reiki
Negative Thoughts Flush
Energy Vampire Protection
Pet Bereavement Reiki
True Voice Reiki
Responsibility Reiki
Rose Quartz Self-love Flush
Seahorse Empowerment Reiki
Haematite Protection Reiki
Deep Sleep Empowerment
Tree of Life Reiki Empowerment
Celestial Golden Starfish Empowerment
Power Animal Reiki System
Fresh Morning Air Reiki
Etheric Cord Removal Reiki
Attachment Release Reiki
Remembering Your Divine Self
Abundance Awakening Attunement
Jet Stone Empowerment
Celtic Dragon Reiki
Intention Amplifier Empowerment
Dragon's Fire Reiki
Abundance Acceptance Empowerment
Giraffe Power Animal Empowerment
Polar Bear Power Animal Empowerment
Squirrel Power Animal Empowerment
Mindfulness Reiki
Grounding to Gaia Empowerment
Selenite Crystal Empowerment
Pax Goddess of Peace Empowerment
Energy Protection of Archangel Michael
Letting Go of Resistance Reiki
Light of Love Reiki Empowerment*

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Spirit Guide Connection Empowerment
Journey of the Albatross Empowerment
Infinite Oneness Reiki Attunement
Crystal Waters Reiki
Anxiety Flush Reiki
Home Protection Reiki
Magickal Stone Reiki
Sacred Source Vibration
Sleep Protection Reiki
Expanding Gratitude Reiki Empowerment
Crystal Diamond Light Empowerment
Warmth of the Sun Reiki Empowerment
Dragon Lightworker Energy Empowerment
Higher Heart Chakra Flush
Olive Branch Empowerment
Residual Negative Energies Shield Empowerment
Energetic Alignment Attunement
Self-Confidence Empowerment
999 Frequency Unconditional Love Attunement
Light of Spring Reiki Empowerment
Affirmation Reiki Empowerment

For a full list of attunements available please check out my website.
<https://newearthenergies.org/new-earth-energies-systems/>

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