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## **Daily Intense Energy Clearing Protocol for Advanced Souls and Twin Flames**

Blessings and congratulations on making this step to take the action for deep transformation in your world. You are a divine, advanced and infinitely capable soul who is very respected. Please know that whatever has happened up until this point on your soul journey, you always can experience deep love, joy and abundance that you desire, including harmonious union with your Twin Flame.

The most empowering thing I could tell you is that energy is at the crux of not only your Twin Flame connection, but your entire reality and ascension journey. Those things causing issue and blocks are energy that can be cleared, and this is your power. As we live our daily lives, we get inundated not only with our own thoughts and energies, but also by anyone we interact with, the collective consciousness and all other beings that are incarnate or discarnate. This can create a sense of overwhelm and if you are a twin Flame can cause energy blocks between you. All these denser energies can cause the body and mind to go out of balance, which is why it is so important to clear your energy daily. It is not something western culture within the 3D matrix teaches and very often the reason why our life might not be working how we hope for.

This daily clearing has been made in specific for advanced souls and can be used for self or with the intention of assisting your Twin Flame and other loved ones on the journey by intending it. It is to assist daily and those who are struggling with their energy. It can be used more than once daily in a difficult situation. I also included light language, which goes beyond the mind level of comprehension to connect directly with the soul for the deepest level of transformation. This protocol can be used by ‘non’ Twin Flames also simply by ignoring the Twin portion and doing for self and/or other loved ones.

This daily clearing offers a solid foundation in which to begin and then build upon your spiritual and energy work, allow you to get the most out of deep healing work and function optimally through the day. This can be used for both yourself and your Twin Flame whether you are in a relationship or not currently, assisting in bridging any gaps you may need assistance with. This will assist with any feelings of over sensitivity, anxiety, lower vibrations and like you are carrying the burden of others.

This daily intense energy clearing protocol is designed to clear multiple areas of your consciousness field and your life, grounding, transmuting, upgrading and activating your entire being as well and balance your energy. As an advanced soul, it is so important to have a deep energy clearing protocol to use daily to assist your journey on Earth. It is recommended to clear once per day or if experiencing extreme difficulties, you may use many times a day to really assist.



## **It is the Energy Vibration that Makes or Breaks the Twin Flame Connection as with All things**

Your consciousness, mindset and emotions matter when is comes to not only the Twin Flame connection but also your entire life and what you manifest. When the energy is clear and balance, flowing in higher vibration, you naturally open to each other. However, when there are low negative vibrations lodged between you and your twin, the connection experiences disruption, conflict, interferences, the running and separation because the polarity of energies flip into repelling each other.

**You Have the Power to Clear Energy and Shift the Dynamic for the better**

When you are feeling off on a regular basis, with your connection to your Twin Flame shutting off or within conflict, it is likely because your system and being is trying to release and purge a large amount of negative energy.

It is important to ask yourself if you are regularly clearing out the negative energy and to be very honest with yourself about your fears and blocks rather than just hoping they will go away or putting all the blame on your Twin Flame for the difficulties.

Really look deeply beyond the visual representation of information & data to the energy vibrations. Remember that in essence what the Twin Flame connection is about is energy. Clearing out the negative energy and lifting into the vibration of love you will notice the whole connection shifting. You are one soul in two bodies so what you do for you will be done for you both. Therefore, doing something different is important, so you get different results.

Twin Flames or a strong soul connection that is meant to travel with you in this lifetime will travel together energetically as one, so what happens to either one affects each other. This means also that as advanced souls we are connected to all kinds of energies flying around the planet. Whenever you do a clearing for yourself and you ask that is be done for your Twin Flame or soul connection you are doing them a great service. It does not matter if you are speaking, you have been blocked, there is a large distance or whatever the current situation is because it is pure energy clearing.



# **Become Conscious of Your Energy, Reality & all Connections**

When we are going about life in an unconscious way, we allow ourselves to be at the mercy of various energies and interferences. In this clearing put together it has combined all the best practices and can be used everyday and sometimes multiple times a day to assist. Giving a healing for your Twin flame or others is going to the soul level and it is this level that either accepts or rejects a healing.

Remember your Twin Flame is you and therefore you are clearing for all of you. If you are connecting with others on the soul level, you are never imposing and what is not needed simply wont go through. This is all about having the intention of the highest good and it clears a lot up to shift. It is also important that we are asking only extremely high beings to come through to assist in the healing and are very respectful. It the healing truly is not wanted then it will be blocked.

Doing this kind of deep daily clearing will assist in the ascension journey and make each transition faster and smoother. Have the right tools will make a difference in your life and to move higher with more ease and grace.

Remember also that if you feel uncomfortable things surface after listening, it is because the negative energy is beginning to lift out. You can keep clearing and trust it will get easier. Keep bringing in light daily as well as ground your energy. I wish you well and divine blessings of love, light and peace. Abigail