

# ***Shift Your Energy Empowerment*** ***FREE Self Attunement***



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Disclaimer: Shift Your Energy Empowerment TM is not a substitute for any health professional, mental health care and/or of the like. As with all vibrational energy work it is in conjunction with these professionals, not as a substitute – and remember to never undertake any type of work without consulting the proper professionals.

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## ***SHIFT YOUR ENERGY EMPOWERMENT***

This is a simple form to use that was channeled in during a session when things in my own personal life were a bit going haywire and it was brought to my attention to simply shift this into a positive.

We have all heard this time and again, over and over about like attracts like, the rich get richer, poor get poorer, the Law of Attraction and so on as they all come back to the same thing – shifting our emotions and energy! This empowerment energy helps us do just that! When having a bad day, down moment, stress in your life, feeling overwhelmed, etc call upon this energy. This one will help shift your energy and thinking into a more positive and good feeling thoughts, vibrations and energy levels.

Again this is a very simple form to use. Anyone can use this form, once attuned. Young, old, tall, short, new to energy work, not so new to energy work – literally anyone can use this form.

We have all had those days, were we stub our toes when we get out of bed, or get that phone call that sends things spiraling – we all have at one point in our life or another. This energy helps turn this around in such a wonderful and simple and quick way – YES I said QUCIK!!!

That is the wonderful thing about this form, it does not take weeks, months, or even days – it can turn these things around in a matter of minutes. Now it can't change the fact that you got that not so positive phone call, or didn't get the job promotion you wanted, or anything like this. But it can turn around your energy levels into a positive state, which in turn helps us to think and be in a positive state of mind when our energy levels are in one, as well as bring our vibrational levels into a positive frame. This simple shifting of our energies can turn so much around in a matter of a few minutes.

Things will seem so much better in a mental aspect which then puts our emotional aspect into a better frame as well, all from a shift of energy.

You can also send this energy to others for helping them if need be and they are not sure how to receive a self-attunement or are just not sure yet. This is good to use when you know they are going through a chaotic or hectic time in their life and they need things shifted into a positive state of mind, energy level, emotional level and all around goodness in our lives.

Think about it, the more positive, higher energy level people on this planet, how can things not go in a good and positive way for everyone in their life, no matter what it is they are going through or tackling. We can raise the vibrational level of all of us to a more positive state of mind, energy level and emotional level. This can bring so much more happiness, positivity and goodness in all of our lives.

*Even if just three people download this manual, attune themselves, and pass the manual onto three more people and they do the same and so on, can you imagine how many people we can reach and touch and help in the entire world. Who doesn't want a happy world? Or a peaceful world? Or a world where things are so much more calm, relaxed, and positive and everything that that entails?*

***Why not be a part of this! Take the self attunement and let three more people know and see how far this new energy can reach and touch others lives for the good of all mankind.***

There are no symbols with this form, as it is the pure energy in and of itself that is called upon when needed. The Shift Your Energy Empowerment is a form you can call upon at any time, day or night and is very easy to use as well.



### ***SELF ATTUNEMENT PROCEDURE***

To first be attuned to this form you can simply go into a meditative state and call upon this energy and ask to be attuned to its highest power.

Example: “I am now ready to receive the Shift Your Energy Empowerment set by Nicole Lanning.”

This will begin your first empowerment to this energy!

Once you have been attuned to this energy the first time, you can then call upon this energy at any day and time that is needed by simply stating “Shift Your Energy Activate” or “Shift Your Energy On” etc- however you feel most comfortable working with this energy.

## **ADDITIONAL INFORMATION**

I am offering these new forms to the world to be able to share with those who have an interest in learning as well as those who have a hard time working on channeling or are not as far along in their path. Please respect this healing system and treat it with dignity in which it is presented to the world. **YOU MAY NOT CHARGE FOR THIS SYSTEM, AS THIS IS A FREE SELF ATTUNEMENT SYSTEM!** So please respect this system and my time and work in creating this for all to share and use.

There are no prerequisites for the attunement into this system, but of course basic knowledge of energy work is beneficial.

- The Shift Your Energy Empowerment is a **SELF ATTUNEMENT** set in the etheric realms for all to receive! There is no certificate for this form.
- This manual **MAY NOT** be altered in anyway and should only be given to students of this system. **IT MAY NOT BE SOLD AT ANY PRICE OR FOR ANY REASON, BUT ONLY TO BE GIVEN COMPLETELY FREELY FOR ALL TO USE AND SHARE!**
- All rights reserved by Nicole Lanning. This includes translations into other languages, all names and symbols, text and attunement procedures.

I hope you find that this spiritual energy gift enhances your life and spiritual path. If you have any questions, comments, feedback, etc please feel free to contact me at [HealingArtForms@aol.com](mailto:HealingArtForms@aol.com)

Many Blessings and  
Love and Light to you all!

Nicole Lanning

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