



**FIRE.  
BURN.  
DETACH.  
CLEANSE.**

**RELEASE LIMITATIONS**

BURN UNWANTED ENERGY

Little Sparks of Divine Light.com





Card from the "Indigo Angel oracle cards" deck by  
Doreen & Charles Virtue

## *Fire releasing ceremony with Archangel Michael*

### **intro**

This is a small meditation where you will ask AA Michael to come and help you release what no longer serves you, cutting the cords to past situations, people, or feelings that keep you enchained, and in burning your feelings of shame, guilt and fears.

The fire is spiritual but if you want to do this next to a candle or an actual fire, you can.

You can also write down on a piece of paper all the things you want to release, but you don't have to do that.

It's more about feeling the release with your heart, than with your mind.

Love & Light,



Gretta

## *Fire releasing ceremony with Archangel Michael*

Get into a quiet and comfortable place.

Take some deep, cleansing breaths.

Come into your body. Become aware of where you stand, how you feel.

Let it be. There is nothing wrong.

Imagine your feet on the floor. Feel as if your feet have roots, like the roots of a tree, going deep down into Mother Earth. Feel as you ground yourself into the Earth.

Deep breathing...

Now you are ready to ask AA Michael to come into your presence, to assist you and protect you, while you are going through this meditation.

At this moment also ask any Angels or guides, who are working with you, in this lifetime and ready to assist you with this releasing, to come into your presence.

You may already know them. Or maybe there are some new guides coming in, at this time. Maybe they were already present with you and you just recognize them now.

Maybe you even see a dragon or a salamander, a fire spirit.

Deep breathing...

Now imagine a fire burning in front of you. This is the Divine Flame. It could show up in any shape or form. The flames can be any color. Trust that what you feel and see is right for you at this time.

Deep breathing...

Ask any part of you, that is ready to leave at this moment, that you are ready to release, to just detach from you and join in the fire, to be returned to the Divine, to be purified.

Old thought-forms. Old labels.

Old paradigms. Old habits.

Old pain.

Deep stuck emotions. Fears. Etc.

You don't need to know exactly what you are releasing or where it is coming from.

Just focus on releasing and breathing deeply.

Feel and breathe.

Now, with your permission, AA Michael will take his sword of light (see photo) and cut through any cords that are enchaining you. Anything that is ready to be cut. Like dead branches hanging from a tree.

You may feel lighter already, as if a huge weight has been lifted from your shoulders.

You may feel or see what you are releasing, but again, it's not important if you don't.

Just let AA Michael release you from your cords.

Feel and breathe.

Now, with your permission, AA Michael or your guides will take this Divine flame and pass it through your aura, through your energy, to release anything that is still stuck to you.

The flames maybe have changed color, or it's the same color as before. Trust that what you feel and see is right for you at this time.

Deep breathing...

If you can, allow the fire to go wherever it needs to go. Burning and cleansing what you are ready to release. Maybe you feel it going towards your heart chakra, or your crown chakra, maybe around your feet...

Take a moment to feel it through.

Deep breathing...

Now the Divine Flame has played its role and is returned to Heaven. It's time now to fill the space left by the cleansing with pure Divine Golden Light. Imagine sparkles of Golden Light, gently, slowly descending from Heaven, and enveloping you, your aura, your body, filling your cells and any space in you and outside of you that needs pure Divine Love energy. It feels magical.

Breathe in the Divine Light.

Let it be...

Thank AA Michael and your guides.

If you want, take a moment to listen or ask for any messages they may have for you at this time.

If you want, take a moment to journal your experience and your insights.



The second part of the releasing would consist, if you feel guided to, to go around your house and all your possessions, asking AA Michael or any other guides, which items do you need to let go of at this time.

AA Michael will show you, or inspire you, to donate / trash / maybe burn the items that are cluttering or lowering your energy at this time.





**GRETTA BARTOLI**

ANGEL INTUITIVE & ARCHANGEL LIFE COACH

[Little Sparks of Divine Light.com](http://LittleSparksOfDivineLight.com)