

Preparation Practice for Life Review Clients

To be completed after submitting your information and before the Council begins channelling your review.

Step 1 – Set an Intention (one minute)

Sit quietly. Place your hand on your heart. Say aloud or silently:

"I am ready to be seen by the Council of Light. I open my soul records for the purpose of healing, clarity, and growth. May only what serves my highest good be revealed."

Step 2 – Create a Small Sacred Act (five minutes)

Light a candle. Or step outside. Or simply pour a glass of water. As you do, say:

"I offer this small flame / this breath of fresh air / this water as a symbol of my willingness. I am ready to receive."

Step 3 – Release Expectations (one minute)

Say: *"I release any need for the Life Review to say what I want to hear. I trust the Council. I trust my soul. I trust the truth, even when it surprises me."*

Step 4 – Rest

That is all. Do not meditate for hours. Do not try to "prepare" by being more spiritual than you are. The Council meets you where you are—tired, hopeful, human.

Optional: If you wish, send a brief email after completing the practice: *"I have completed the preparation. I am ready."* This completes the energetic contract.