



## PRAYER FROM THE ARCHANGEL MICHAEL

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Before you start your day, any time during the day, or before going to bed, say and visualize the following:

**1. “BELOVED ALMIGHTY I AM PRESENCE AND MY BELOVED HIGHER SELF!  
IN THE NAME OF THE BELOVED JESUS, I ASK YOU TO TAKE COMPLETE CONTROL OVER  
MY THOUGHTS. THANK YOU.”**

Visualize a Golden Light entering your head.

**2. “BELOVED ALMIGHTY I AM PRESENCE AND MY BELOVED HIGHER SELF!  
IN THE NAME OF THE BELOVED JESUS, I ASK YOU TO TAKE COMPLETE CONTROL OVER  
MY WORDS AND SPEECH. THANK YOU.”**

Visualize a golden light entering your throat.

**3. “BELOVED ALMIGHTY I AM PRESENCE AND MY BELOVED HIGHER SELF!  
IN THE NAME OF THE BELOVED JESUS, I ASK YOU TO TAKE COMPLETE CONTROL OVER  
MY SENSES, FEELINGS AND EMOTIONS. THANK YOU.”**

Visualize a golden light entering your heart.

**4. “BELOVED ALMIGHTY I AM PRESENCE AND MY BELOVED HIGHER SELF!  
IN THE NAME OF THE BELOVED JESUS, I ASK YOU TO TAKE COMPLETE CONTROL OVER  
MY WILL, WISHES, DESIRES AND NEEDS. THANK YOU.”**

Visualize a golden light entering your Solar Plexus chakra, (the area around the stomach), your Sacral chakra (the area around the navel), and then into your Root chakra (the area around the groins).

**5. “BELOVED ALMIGHTY I AM PRESENCE AND MY BELOVED HIGHER SELF!  
IN THE NAME OF THE BELOVED JESUS, I ASK YOU TO TAKE COMPLETE CONTROL OVER  
MY PHYSICAL BODY. THANK YOU.”**

Visualize a Golden Light entering and filling your entire physical body.

**6. “BELOVED ALMIGHTY I AM PRESENCE AND MY BELOVED HIGHER SELF!  
IN THE NAME OF THE BELOVED JESUS, I ASK YOU TO BE THE ONLY GUIDING  
PRESENCE IN MY WHOLE BEING AND WORLD. THANK YOU.”**

Visualize a Golden Light entering your entire BEING and World.

Anytime you feel that your Thoughts, Words, Feelings or Body are out of alignment with the Divine Perfection, repeat this process!

Do this for seven days and watch your life transform and your vibrational frequency rise! Even after the end of the seven days, it is worth continuing this, as it will continue to intensively help your Ascension process!