

# Serenity Energy Flush

Channeled By Nicole Lanning – 2012

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Disclaimer: Serenity Energy Flush 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.

# Serenity

-the state or quality of being calm, peaceful, tranquil or serene

The Serenity Energy Flush is a free self-attunement that was channeled in to help with calming down your energy fields during times of chaos, anxiety, stress, and so much more. This is a very easy to work with format that anyone can use once they have received the free self-attunement.

What happens when our bodies become upset, anxious, stressed, are in chaotic or traumatic situations? They become tense, tight, the energy flow is restricted, and this adds to the emotional issues that come with this. They become more intense, and can sometimes become overwhelming as well. There are many different causes for these types of issues in your life, and the Serenity Energy Flush is not here to correct these issues. What this is here to help with is to allow your energetic bodies to become calm, at peace, tranquil, and allow the energy flow to return back to a balance state during these times.

When you feel yourself getting upset, anxious, stressed, etc. this is when you want to work with the Serenity Energy Flush. It is very simple and easy to use, and there are no pre-requisites to work with this, nor are there are age limits as well. This was channeled in by spirit to help raise the vibrational level on this planet to one of peace during these energetic shifting times.

The Serenity Energy Flush can be used for physical, emotional, mental, spiritual, and energetic issues concerning your stress levels, anxiety, trauma, etc. Here are some examples of times you can work with the Serenity Energy Flush to bring your natural energetic vibrational flow back to a balanced state of being. These are just some examples, as there are many more times and situations you can work with the Serenity Energy Flush, as it is only limited to your own creative abilities as to how you can use this best in your own life.

## Serenity Energy Flush Examples Situations:

1. To be used when you are experiencing a stressful or high anxiety day.
2. To be used for trauma or abuse situations or victims.
3. To help calm down children when they are upset, having a tantrum, or are anxious.
4. To help ease through a fear you are working on.
5. To calm down your mind to receive communications from spirit or your higher self.
6. To be used during panic attacks to bring them to an end.
7. To be used on a daily basis to help lower blood pressure.
8. To heal a stress related injury to a person, animal, or nature element.
9. To bring about a calm and peaceful atmosphere in a group setting.
10. To enhance and deepen your meditation.

## Self-Attunement Process

To receive the Serenity Energy Flush free self-attunement, first get in a comfortable position and close your eyes. Visualize through your crown chakra that you are ready to receive this attunement. Then simply state, **"I am now ready to receive the Serenity Energy Flush free self-attunement that is waiting for me in the Universal Energies. Thank you."** This will activate the self-attunement and this will then start to bring this into your energy fields through your crown chakra. The Serenity Energy Flush free self-attunement takes 25 minutes to complete.

Once you have been attuned to this new energy format, make sure to work with this to see how this new energy "feels" within your energy fields. To activate the energy format, simply use your intention to do this by stating **"Serenity Energy Flush On"** and the reverse to turn this off **"Serenity Energy Flush Off"**. You can simply have this run through your energy fields or you can use this through your palm chakras well if you are using this for a healing format for a specific issue.

## 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 own spiritual pathway but wish to grow and learn. Please respect this healing system as it has been channeled in to use 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.**

There are no pre-requisite for the free self-attunement into this system, but of course basic knowledge of energy work is beneficial.

- The Serenity Energy Flush is a **FREE 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, symbols, text and attunement process.

I hope you have all enjoyed the new healing that is being provided with this form and remember to share this freely with everyone around the planet so we can all enjoy the healing possibilities and raise the vibrational level together. If you have any questions, comments, feedback, etc. please feel free to contact us directly at our website or email shown below.

Many Blessings  
Nicole Lanning