

TOOLS FOR SPIRITUAL HEALING

A NON-DEMONINATIONAL, TUTORIAL
STYLE BOOK FOR BEGINNERS

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Rowe Publishing

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DEDICATION



This book is dedicated to my mother and my daughter.

First to my mother, Therese, for her unconditional love and encouragement, and teaching me how to connect with God through prayer and faith. It is through her example that I have had the courage to walk fearlessly toward healing, and share my experiences with others.

To my daughter, Camille, for her existence in my life and opening my spirit to working directly with my guides and angels. When she arrived on the earthy realm, my entire life opened up and I began to see life through a whole new lens, which was to see myself in the image God created me.

For both these women, I am eternally grateful.

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About the Author



Anne Fitzgerald is the youngest of ten children, born to an Irish father and a French-Canadian mother. At an early age, Anne was encouraged to have a daily practice of prayer and mindfulness to assess her behavior both morally and ethically. This daily practice of self-assessment lead Anne to a career in social work. Anne attended the State University of New York at Albany for both her B.A. in English and Secondary Education, graduating Cum Laude, and her Master of Social Work degree two years later. Anne first worked with people as a family therapist, and crisis interventionist, then as a child abuse investigator, and eventually going into middle management for state governmental agencies in New York and Georgia. It was through her intimate work with the vulnerable, the fearful, the hurt, the angry, the addicted, and those fighting to survive in unfathomable conditions, that she realized the people she met were no different than herself or anyone else she had ever known. Anne realized that every human being was simply trying to heal the wounds with which they were struggling. This conscious understanding of the human experience lead Anne to begin her own soul

healing and with that process came a deeper understanding of her own spiritual wounds, and techniques to heal them.

Anne shares her personal experiences and techniques with others so they may experience the inner peace she has been so fortunate to experience as a result of her spiritual work. Anne lives by the phrase she often quotes to those with whom she works: “You are in charge of your own destiny, you can make it look any way you want it to, so make the most of it.”

Preface



I began my journey to spiritual healing at an early age, somewhere around the age of 15. It was around that age I became more conscious of the role I played in my soul's evolution. I spent time questioning my life's purpose, whether there was a God, and if the world was truly my oyster, how would I eat it?

It was not until my mid-twenties that I had more of a reason to find the answers to these questions, as I had become a mother. Subtle things made their way into my conscious mind. Thoughts I had not been aware of previously, such as karma and the role it played in my life, made its way into the forefront of my mind. Was karma real? If so, how did we accrue it and pay our debts, and could unpaid karmic debt be passed down to our children? I began to wonder about reincarnation, and if knowledge, wisdom, and wounds from past lives could be brought into my current lifetime because my soul had unfinished business with them. Was there a way I could recall experiences from my past lives? Was there a way I could remove negative experiences from past lives from my soul's memory, or possibly heal those past experiences? The questions that made their way into

the forefront of my mind were endless. I spent quite a bit of time “in my head” as they call it, meaning spending time in complete quiet, with no noise, or distractions, but simply just thinking, and the more I thought, the more questions I had. The more questions I had, the more curious I became. And as this process of wonderment unfolded, the answers to my questions seemed to be more intricate, multilayered, and like a puzzle, there were more and more pieces that fit, every time I looked at it. I didn’t believe I could find these answers on my own, and was unsure how to go about getting the answers.

During this time, I was becoming clairaudient (receiving information audibly); clairsentient (feeling energy, sensing peoples’ emotions); and clairvoyant (receiving information visually of events to come, and events of the past). When I noticed how easily the information flowed to me from the spiritual realm, I realized that I could access this realm and all the information I desired at any time. Initially, I was tapped in to this source of information constantly, which in turn, exhausted my mind and my body. Then I practiced shutting off access at different times such as when I wanted to go to sleep, or was in line at the supermarket. I consciously worked with my guides and angels and intentionally blocked out all other beings who were chattering to me about various things. This required me setting limits with the sources of this information by telling Spirit “That’s none of my business....I don’t want to know that...I’m not interested in hearing the information right now” when I was not willing to act as a conduit

for this source of information. This practice enabled me to turn my channel to them on and off at will and as a result, build a strong connection with my guides and angels by creating a respectful, appreciative relationship with them. And, once I had honed my psychic skills, I was guided by Spirit to work on healing myself, physically, emotionally, and spiritually. At first, this seemed impossible, implausible. Then I wondered, if I am being directed to do this work, it must be a pretty easy task, right? Wrong. Healing, in any form, is challenging, frustrating, and painful, but going through the process of healing is crucial if you desire releasing that which ails you.

Interestingly, during this same period of time, my daughter was exhibiting these same psychic abilities, and it was through my and my daughter's experiences that I have chosen to document the information I have been given, and share our experiences in an attempt to show that we all carry spiritual wounds and find various ways in which to deal with them. As I began my journey toward spiritual healing and karmic cleansing, I incorporated a number of techniques to accomplish soul healing, and all of the techniques I used are outlined in this book to offer you the opportunity to use these same, tried and true techniques to reach your own level of spiritual healing and cleansing. Although some techniques outlined in this book may resonate with you more than others, my hope is that at least some, if not all, of the techniques you will find helpful in achieving inner peace and beginning your own journey toward deliberate consciousness and intentional healing leading you to an abundant

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life of joy, harmony, happiness, and love, and ultimately toward the ascension of your soul.