

Merging With Your Higher Self

Congratulations on following the desire of your own Higher Self to connect and merge more fully with you! Using this powerful meditation, you will clear yourself of lower vibrational negative energies and infuse yourself with divine, higher vibrational energies. You will feel more peace, bliss, acceptance of what is, and joyfully radiate your true Self to the Universe!

The awareness of the Higher Self, as the Higher Aspect of who we truly are, beyond our personality Self, has been known throughout the ages. Many saints and sages have spent lifetimes using meditation, yoga, prayer and seclusion to accomplish this. We are in an age where more and more people are naturally awakening spiritually. Humanity is ready for an evolutionary quantum leap. Your Higher Self has been waiting for you and using this potent tool can aid in the process.

Ed and Monika have each helped thousands of individuals free and clear themselves of negativity, unwanted behaviors and traumas. Ed utilizes his own **Energy Center Clearing** methodology, while Monika mainly uses EMDR, Brainspotting, Yoga therapy and Meditation. They were inspired to team up and create this groundbreaking guided meditation to bring both male and female presence to deepen the Alchemy of your Higher Self Integration.

This CD can be used anytime. Sit comfortably in a chair, in a yoga position on the floor, or lay down. Turn off any sources of external distractions, close your eyes and relax. You only need 24 minutes. After you are done, give yourself a few minutes to become aware of the gentle, peaceful and solid presence of your Higher Self.

Do not listen to this CD while you are driving or operating machinery.

Enjoy your journey to your Higher Self!

Best wishes,

Ed & Monika

Higher Self Integration with Edwin Harkness Spina

Ed offers personal clearing sessions, via phone or skype in which you will receive:

- Opening and clearing of blockages in your 12 energy clearing centers,
- Activation of your pineal and pituitary glands,
- Flushing of energetic debris and discordant energies from your emotional, mental and spiritual bodies,
- Expansion of your aura,
- Removal of non-physical entities,
- Removal of etheric implants,
- Removal of mental trash,
- Removal of your pain body, and
- Energetic infusion of higher vibrational, loving energy.

In addition, with your **Higher Self Integration**, you will:

- Purge fears, traumas and pains from your current and past lives, as well as from your DNA,
- Elevate your being to a higher level of consciousness,
- Discard energies that are not of the highest and best good for you,
- Eliminate all energetic debris that is flushed from your being, and
- Facilitate your Higher Self merging completely with your Beingness.

For more info, please visit: EnergyCenterClearing.com/higher-self-integration/

Private Sessions with Monika Summerfield

Monika offers private sessions to help you:

- Clear and heal yourself from past traumas, losses, blockages, illnesses, and hardships through EMDR, Brainspotting, Yoga Therapy, and Image Transformation Therapy
- Experience effective psychotherapy, for any numbers of sessions, long term or short term
- Receive guidance in regards to your personal growth and spiritual awakening and facilitating conscious awareness and access to your own inner wisdom and Higher Self.
- Learn about Kundalini Yoga and Meditation.

For more information, please visit: MonikaSummerfield.com

Sessions can be conducted in person, by phone or via skype.