Soul Invocations Guide

Invocations for Healing and Awakening

What if you could positively transform your state of consciousness within minutes, or even seconds? What if higher states of consciousness could literally be yours for the asking?

And what if these experiences included divine light saturating your body? Energy healing and divine bliss? Accelerated awakening? And the integration of your spiritual and physical bodies into a harmonious, seamless whole? The personality invokes and Spirit delivers. What could be easier?

An Unprecedented Time

We are extraordinarily blessed to be alive at an unprecedented time in recorded history. The veils between the physical and spiritual worlds are thinning rapidly. Access to spiritual energies has never been easier. States of higher consciousness that once required years of rigorous spiritual practice can now be accessed quickly and consistently.

Let the Expert Handle It

It’s been our experience that the ego just isn’t as good at working with divine energy as the higher self. The ego’s expertise is taking care of business on the physical plane. But the higher self usually works with divine energy effortlessly.

Of course, the ego wants to control everything. When doing spiritual practice, it wants to specify everything. The color of the subtle energy. The being that’s sending it down. What level of consciousness the “juice” is coming from. But why not trust your higher self to manage all that? After all, it can continuously fine-tune all these variables for you.

Imagine that you hired the world’s finest gourmet chef to cook an exquisite meal. Would you hover over her in the kitchen, telling her what ingredients to use and how to prepare them? We hope not! She’s the expert, and your meddling would only get in the way. Interfere enough, and the meal would suffer.

In the same way, your higher self is the energy work expert. Your active participation is only required on the front end. Once you make your request, your best strategy is to step aside.

Focus on the Breath

It has been shown that it is best to focus on the breath, since the mind needs something to do. But let the breath breathe itself. Let it flow in and out of your nose easily, comfortably and naturally. You’ll have plenty of peripheral awareness available to experience what Spirit is doing in response to your request.
Stating the Invocation

You can ask for whatever you want. However, we will focus on invocations that involve healing and awakening. We all like instant gratification, and Spirit can respond to these types of invocations instantly!

Say the invocation aloud if possible, or silently if necessary. Once the invocation is complete, the hardest part can be not helping. If you find yourself trying to make something happen, just return to your breath, gently and persistently. The more you simply relax and receive, the easier it will be for Spirit to honor your invocation.

The Standard Invocation Cycle

This type of invocation cycle brings in divine energy into your physical body, it awakens you into formless absolute peace, and integrates that peace into physical functionality.

1. Core Invocation. “Spirit-that-I-am, please saturate me with maximum light and divine consciousness that serves the highest good, starting now, thank you.” SHORTCUT: “Maximum embodied awakening that serves the highest good, please happen now surpassing both the boundaries of time and space, a living soul essence to lovingly embrace with strength and courage abound in this new age of living sound.”

2. Healing Invocation. “Spirit-that-I-am, please saturate me with the maximum healing that serves the highest good, starting now, thank you.” SHORTCUT: “Maximum healing/clearing that serves the highest good, please happen now.” (The Healing Invocation can be invoked at any time that feels appropriate, or left out of this sequence if it’s not appropriate right then.

3. Light Body Expansion Invocation. “Spirit-that-I-am, please expand my light body to the hugest size that serves the highest good, starting now, thank you.” (Remember that you are really the entire universe and all the dimensions of consciousness. There’s no limit to how huge you can become!

4. Awakening Invocation. “Spirit-that-I-am, please make me one with the absolute peace that I am, to the greatest extent that serves the highest good, starting now, thank you.” (For this invocation, you can focus on the feeling of peace instead of the breath. If it helps you to maintain breath awareness, then do so. This invocation can help you to experience yourself as a formless, absolutely peaceful being of pure awareness. This part of you experiences no mental chatter or challenging emotions.)

5. Integration Invocation. “Spirit-that-I-am, please integrate my physical and spiritual bodies to the greatest extent that serves the highest good, thank you.” (This invocation can help you to maintain peaceful awakened consciousness along with full physical functionality.)

6. Awakened Embodiment Invocation. “Spirit-that-I-am, please place my main awareness in my peaceful light body from now on, while maintaining full physical functionality, to the greatest extent that serves the highest good, thank you.”

Here are some other invocations that you might enjoy:

• Spiritual Awakening Invocation. “Spirit-that-I-am, please grant me the maximum spiritual awakening that serves the highest good, starting now, thank you.”
• **Flowing Light to Others Invocation.** “Spirit-that-I-am, please flow the energy through me to serve [name of person’s] highest good, starting now, thank you.” (This works best when you the ego doesn’t visualize or send energy. Let your body be the passive pipeline through which Spirit flows the energy you invoked. You can also be the conduit through which Spirit flows energy to multiple beings at the same time.)

• **Peace of Mind Invocation.** “Spirit, please lift me beyond the mental realm, to the level of intuitive clarity, to the greatest extent that serves the highest good, starting now, thank you.” (This invocation can help to eliminate mind chatter and merge your awareness with your intuitive wisdom. You simply know what to do, with no need for logical processing, and can enjoy complete peace of mind.)

• **Light Body Awareness Invocation.** “Spirit-that-I-am, please grant me the maximum light body awareness that serves the highest good, starting now, thank you.”

• **Bliss Invocation.** “Spirit-that-I-am, please saturate me with the maximum bliss that serves the highest good, starting now, thank you.” (Soak in bliss often. It not only feels great, but automatically promotes healing!)

**Karma-Free Clause**

These invocations are only examples; ask for whatever feels right to you. However, we recommend always putting in a “karma-free safety clause.” Our favorite is, “…to the greatest extent that serves the highest good.” “Highest good” is shorthand for “my highest good, and the highest good of all beings.”

**Persistence**

Repeat these invocations as needed. We recommend using the Core Invocation Shortcut — “Maximum embodied awakening that serves the highest good, please happen now” — first thing in the morning and last thing at night.

Also use the Core Invocation as needed throughout the day to feel the ease, flow, harmony and grace that only Spirit can provide. You’ll know it is working well when you’re experiencing no mental chatter or challenging emotions.

**Invocation Construction Kit**

It’s good to be able to craft new invocations on the spot to serve the needs of the moment. We will give the formula first, then add some commentary.

**The Formula**

1. State what you want as simply as possible.
2. Add the nine magic words: “to the greatest extent that serves the highest good, please.”
3. Close with, “starting now, thank you.”
Commentary

1. State what you want as simply as possible. Some examples are, “Saturate me with bliss,” “Make me one with my higher self,” and “Integrate my light body and my physical body.” Use the minimum number of words that get your meaning across.

2. Add the nine magic words: “to the greatest extent that serves the highest good”. This says to Spirit, “Give me just as much as I can handle, but don’t overload me!” Although the personality must initiate the energy flow, this phrase gives Spirit final control over the process. It also eliminates worry: if you’ve inadvertently asked for something inappropriate, and the greatest amount that serves your highest need is zero, then nothing will happen.

3. Close with, “starting now, thank you.” “Starting now” lets Spirit know when to carry out your request, and it’s polite to say “thank you.” Gratitude increases abundance!

Ease into Your Awakening

It can be easy to lose momentum and drift off track when you do practices such as these invocations on your own. The above invocations can help you to do the following:

- Enjoy more harmony, grace and flow in your life,
- Eliminate suffering,
- Increase your intuition and synchronicity,
- Stop mental chatter and challenging emotions,
- Live each day in a peaceful awakened state,
- Enjoy support from kindred spirits on your journey,
- And much more
Astral Travel Invocation and Healing

To travel high and low through the ability of Astral Projection,
Be free and open to the limitless energies of the above unions,
All opportunities available now being at hand for safe journeys of protection,
So now you travel beyond the 3D experience, open your mind and heart,
To all possibilities in the higher vibrational dimensions,
Your soul is free to travel where you may wish to go,
Your human self and higher self is able to transcend the boundaries of time and space,
The soul at union with its many selves, wishing to come together in all its creations
Embrace your abilities, to explore your infinite possibilities,
Travel high and low, where you wish to go, in the inner and outer cores of existence
You are your own creator beings, able to manifest and accomplish,
Whatever your soul desires in this world and beyond the veil of 3D life,
Open your mind and let your higher self, your guides, and protectors guide you,
On the many wondrous and joyful journeys of the heart that you will partake in,
Creating your ability to open any doors on the higher dimensions where you will astral travel,
Step into this power and fly high with your eyes wide open seeing the absolute truth,
Of where you choose to go, in exploring your highest states of being,
Fly, soar, and glide on the wings of freedom, infinite possibilities await you,
Your abilities of astral travel are at hand, so allow this energy to come within you,
In the here and now, in the higher dimensions of realities yet not explored,
Take your power of traveling to the higher dimensions, embrace this ability,
To go where you have not gone before, this is part of your infinite core,
So now you witness and stand on the precipice of your desired change,
Now embrace your gifts of going beyond time and space,
This is your dream, your new reality, walk where you have never gone before,
Take the steps on new journeys found, delight in your freedom of expression,
Healing all that needs to be healed, release that which is no longer needed,
Let it all go with the winds of change, the sands of time taking it all away,
The Soul now returning to itself as a whole being without any fragmentation,
There is unity and peace in the soul’s complete joining, a profound integration,
Let the soul come together in the here and now, as fully retrieved in all dimensions of existence,
So let this be felt and experienced, for the sacred world to see, as above, so below, so mote it be.
Unlocking Soul Gifts and Soul Remembrance

Gifts of spiritual growth, and learning, please come forth,
Unlock all psychic abilities, and powers of the higher dimensions,
Help the soul to grow and evolve on the cellular and molecular core,
Release the keys opening doors to the original galactic blueprints,
To the evolving souls on Earth and beyond, make this happen now,
Awaken the dormant cellular memories of the true galactic soul,
Raise the vibrational frequencies of the energetic body and mind,
In order to be able to tune in to all the psychic and higher dimensional powers,
And gifts living within the Earthly soul that is part of the creator and creation,
Let this positive bounty come forth within the human expression,
Ever evolving and living on the dimensional planes of exploration,
These are our dreams and wishes, manifesting in physical realities,
So let us remember who we truly are as galactic beings,
Blending the solar energies of galactic and human together, our highest states of being,
We are the future of our own creation, the enlightened beings of love and creation,
Our soul expression coming forth to work with all our natural talents, gifts, and abilities,
So we sing with our melodic voices being heard loud and strong on all the planes of life
And beyond out in space and the ever changing universe of soul and multi-creation,
As we all come together in lasting grace and unity, so we rejoice in newfound freedom
On the higher dimensional levels and the Earthly realms that we inhabit,
There are no boundaries or limits to what we can do in exploring our gifts,
Let this be witnessed in the here and now, as well as beyond time and space,
Our beauty of courage and the heart, giving our life a new start to creation and beyond,
The souls highest reach, in its infinite evolutionary growth filled with potential,
A destiny divine in the creators grand design, our souls awakened and enlightened,
We are our own guides to freedom of our life’s expression, in our living session.
So mote it be on this living scale, the rite of change and evolution,
Finding our life’s living solutions to all creations and dimensions,
Power come and let it be for all the world to witness and see,
Now it stands and now it grows, prosperity of life and freedom,
No limits bound to walk this sacred ground, of life and evolution,
Our positive solution to see and embrace, the soul so divine by grand design.