



*Energy Healing with  
Archangel Raphael  
&  
Archangel Metatron*

- Stress
- Overwhelm
- Anxiety
- Vulnerability
- Fear
- Grief

*Angelic Healing by Trudz*

## **DAY 2 – CLEARING WITH ARCHANGEL METATRON AND ARCHANGEL RAPHAEL**

When we are overwhelmed with stress, overwhelm, anxiety, vulnerability, fear and grief, we feel small and powerless, and we become stagnant with no energy to move forward and create our best lives.

Life comes with many challenges, and we also pick up many other's energies around us that add on to what we are already feeling within ourselves.

If we do not clear ourselves often, we attract more of the same energies into our field, and we end up feeling angry, irritable, anxious and overwhelmed.

Archangel Raphael and Archangel Metatron are here to help you to clear these many layers of fear based energies that are around you, and it's amazing how light and relieved you will feel afterwards.

To receive an energy clearing from them, tune into Archangel Raphael and Archangel Metatron and feel them clearing these heavy energies from you with their healing frequencies. See it all evaporate like mist before the sun.

Sometimes you will need more than one clearing, so feel free to ask them to clear you again if you sense the need to.

#### Gratitude Affirmation

*Thank you beautiful Archangels for helping me to be free from these energies so that I can move forward with ease and grace.*

Love and Blessings,  
Trudz, the Angelic Healer