

# UPDATE

## SEDONA JOURNAL OF

# Emergence

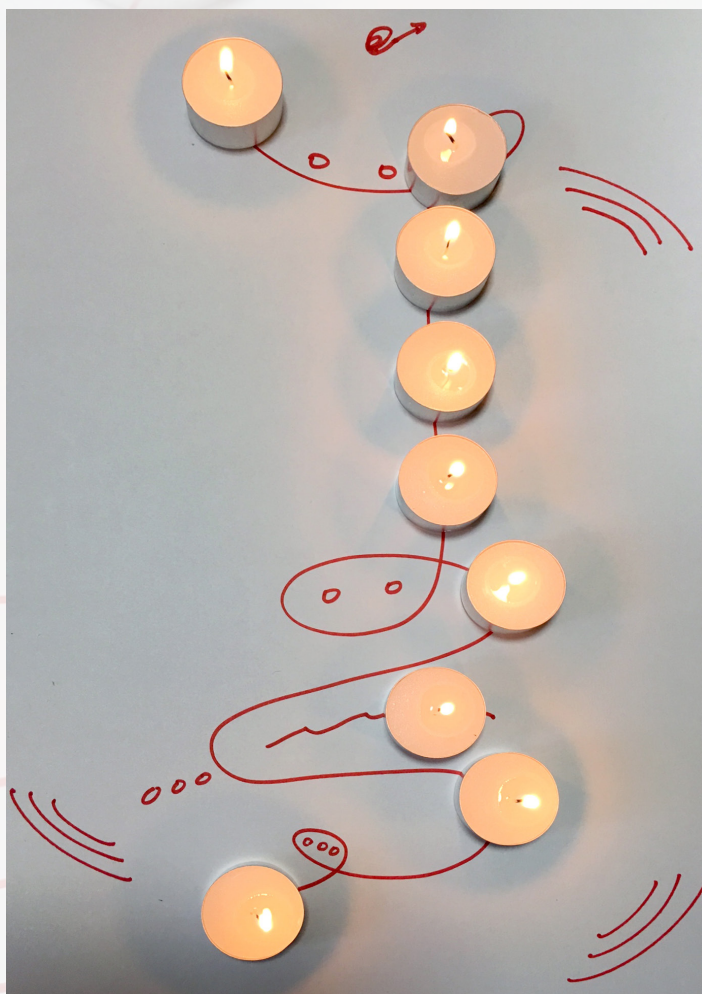
## Ceremony to Reset Your Energy in 2018

Rae Chandran

Dear family, pictured (see image) is a symbol for resetting energy. This ceremony is done within one week of the beginning of a new year. The nine candles represent the nine areas you want to reset in 2018:

- your health
- finance and abundance
- your relationship with yourself
- your relationships with others — romantic partner, friends, family, coworkers, colleagues, and so on
- your career
- travel and fun
- creativity
- soul evolution
- your contribution to the world

As you light each candle, focus on your intention in one of the areas until all the candles are lit. Let the candles burn for some time.



**Rae Chandran** creates individual and healing soul symbols that are channeled from ascended masters like Master Kuthumi, Lord St. Germain, Mary Magdalene, Isis, and a host of other lightbeings. Rae has been on the path of self-discovery for some time and teaches spiritual disciplines and other modes of healing for audiences around the world. He also conducts spiritual tours to sacred energy spots. To learn more, go to [www.RaeChandran.com](http://www.RaeChandran.com).