



# Energetic Empowerment: Channeled Teachings of St. Francis

*Anina Davenport*

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## **Energetic Empowerment: Channeled Teachings of St. Francis** Anina Davenport

The purpose of Energetic Empowerment is to help you to stay in your own energies even if times are turbulent. It has techniques on centering, cutting old cords and visualizations to release old energies of this and other lives and also across dimensions. More importantly, it explains the reasons why people hold on to old familiar patterns both energetically and psychologically. Understanding alone will help you to rid yourself of old burdens that you cannot take with you into a life of higher frequency. Our job is to give you the tools and support you in any way we can. We do need your permission because we do not come uninvited. As you read through this material please take what is right for you and leave the rest either for later or maybe there are other methods that work better for you. Whatever you decide and however you chose to use this book, our love is with you. -St. Francis

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