



Instructions for Spirit Board/Ouija Board Use

1. **Breathe:** Do not use the board unless your own energy is calm and clear. Your energy will be programmed into the board and so it will respond to how you are feeling. If you are upset, angry, depressed, sad, etc then the energy of the board will be affected and you may not rely on the answers that you receive. To clear your energy, sit in quiet, close your eyes and take in three deep breaths, filling your lungs completely and then pushing the air fully out every single time. If this does not calm and clear your energy, please do not touch the board.
2. **Protect:** Before you do any work on the board at all, call in your spiritual team for assistance. Even if you do not work with him, please specifically bring in Archangel Michael, the Archangel of Protection and ask that he and your team form a spiritual circle of protection around your session.
3. **Clear:** Here, this means that you need to cut the etheric energetic cords that are attached to the board. Even if you buy this new, other people have touched it and left their energy imprint on it. Ask Archangel Michael to clear any and all energetic cords from the board and clear it completely. You can ask that they give you a specific indication on the board when this is complete, or you can trust that this intention has been carried out.
4. **Cleanse:** Envision a beam of white universal light coming from above and down into the board. Let the white light completely cover the board and then let it project out over those involved in this session. Please keep this white light active and surrounding yourself, others and the board for the entire session. Do not end it or close it off.
5. **Program/Attune:** You will not only use the energies of loved ones on the Other Side to help communicate on the board, but you will also use your own. Ask that all others involved in the session join in with you by placing two fingers from each hand onto the planchette. Please insist that everyone use two fingers from each hand. The number 4 has a powerful and protective angelic and universal energy, and when it is repeated that energy becomes even stronger. There should be at least two people in the session, including yourself. So, that would amplify the energies of the "4" vibration times two. Once everyone has placed two fingers from each hand on the planchette, all please close your eyes and envision that your energy is being sent into the board. Set your intention that the planchette will move only with your energy as asked or instructed, and that it will only be assisted by your spiritual team. Also make it part of your intention to only work in the Light. You are a Lightworker and those not of the light are not welcome to communicate. For example: *I call upon the power of Archangel Michael and our divine spiritual teams to surround us and assist in this session with our spirit board. I ask that all of the information that is received be for the best and highest for all involved with this session. I ask that the answers be clear and concise. I further ask that only those within the Light be allowed to come through to us in this session. I ask this with the best and highest intentions for all. It is so and so it is.*



6. **Usage:** Once you have followed all of the steps above, the board is now ready to be used. This is meant to be a conversation between those of you in the session and spirit, so start talking. You do not need to limit yourself to “yes” or “no” questions and answers. You are communicating with spirit, so do not sit and wait for them to make the first move. They are waiting for you to open up and start talking with them. These are beings that are of Light, so there is no need to worry about communicating with them. Just start talking.

7. **Ending the session: Please do not just put the board away once you are done communicating.** Your board has picked up some energetic cords from your communication session and those cords must be cleared. If they are not, then your session is still active and other energies could come through, even if you are not using the board.

To end the session: First, thank spirit and your spiritual team for their assistance. It is always important to thank them for coming through for you. Next, call in the same protection deity that you used to originally clear the pendulum (again, I would bring in Michael, the Archangel of Protection). Now, you must set another intention:

Thank you spirit for your wisdom and guidance. I now intend that this spirit board session be completed. I ask all of those in spirit to step back. I call upon the power of Archangel Michael to cut all etheric energetic cords from this board, everyone in this session, this area, this room. I send white light to both ends of these cords and intend that they cannot be regenerated in their current form. I also intend that the white light that has surrounded this session be sent through everyone here in the session into the top of their heads and out through the soles of their feet to ground and center them to the Earth. Thank you.

Archangel Michael and your team may also send a sign once this has been done. You can ask for one, even a physical one such as “Let me know this is done by flickering the candle or the lights.” You can also intend that it is done by saying: *The board has been cleared. I am in gratitude for all received. It is so and so it is. Amen.*

8. It is now safe to put your board away. Please do not leave it out in the open if at all possible so that other energies will not be absorbed into it. You should follow these steps every single time that you use the board in order to keep the information you receive as precise and correct as possible.