## How to do Everyday family life

Angel Aura Essences: Recharge your batteries and enjoy yourself! (Tutorial 7)



## **Energetic support with sleeping disorders**



There are various reasons why children cannot, or do not want to, fall asleep, or sleep through the night. It can be connected with fears or worries, burdening energies in rooms, or energetic interference fields, such as water lines or electro-smog. Some children also react to medication, or food, with inner restlessness or sleeping disorders. Others can hardly handle their everyday problems. Or they reflect the troubles of their social environment, for example in the family, at school, or with friends. Others have not completely arrived with their soul in their body yet. It might sound strange, but this is one of the main reasons for long-term sleeping disorders during infancy.

There is angelic help available for all these problems in the form of Angel Aura Essences. It just depends what the topic is. Generally, the Angel Aura Essence "Angel Norael" is to be recommended for infants, and the Angel

Aura Essence "Angel Hariel" for school children. You could call them both "Spiritual Rescue Essences". If the application does not lead to the desired result, you could additionally use the Angel Aura Essence "Energetic Boundary" or "Energetic Cleansing" or "Angel Sonael". The child may also only reflect a problem of its social environment. In this case, the adults should rather deal with the problem.

## A PRACTICAL EXAMPLE

Situation: Xenia (aged 3) lives happily with her family. The parents provide a healthy and balanced diet, try to avoid electro-smog in the house, and interference-fields in their bedrooms. Although the girl appears well-balanced and cheerful, she sometimes seems distant and dreamy. If you talk to her suddenly, you seem to bring her back from another, faraway, world. Since she was born, she has not slept through one single night, much to her parents' disappointment. When she is asked whether she is scared, she says no. A spiritually-open children's doctor, made them aware that the child might not have completely "arrived in life" and recommends the Angel Aura Essence "Angel Norael". Already after using it for the first time, the girl sleeps through the night. As soon as the mother stops using the spray, the problems start again. Therefore, the mother sprays the child's bedroom regularly every evening. After a few weeks the girl can sleep through the night even without the Angel Aura Essence.

Explanation: The Angel Aura Essence "Angel Norael" (for babies & infants) and "Angel Hariel" (for schoolchildren) can help the child's soul to establish itself in the material body, and balance the child's energy system.