

# Bridge Energy



## ***FREE Self Attunement***

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Disclaimer: Bridge Energy Empowerment TM is not a substitute for any health professional, mental health care and/or of the like. As with all vibrational energy work it is in conjunction with these professionals, not as a substitute – and remember to never undertake any type of work without consulting the proper professionals.

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## ***BRIDGE ENERGY EMPOWERMENT***

Bridges are built to connect one location to another or to provide a means of overcoming an obstacle. As connectors, bridges symbolize transitions between states of consciousness and stages in life. The phrase “burning your bridges behind you” refers to cutting off connections to past associations. Bridges are also seen as connections between earth and heaven – the known and the unknown. Bridges also symbolize triumphs over obstacles and rites of passage for moving forward in life. When we say “we” cross that bridge when we come to it,” the bridge represents a problem or situation that we may need to confront later.

This energy form came in quite a few years ago, but I am just now typing up the new manual as instructed by my guides and Spirit to offer this to the World as a **FREE SELF ATTUNEMENT** as this form can be incorporated with the other new recently channeled in forms.



This form originally was channeled in back in 2000 and has helped me along the way with my path, but until recently I was not guided to offer this to the public until now with the recently channeled in forms such as [Prehnite Crystal Energy](#) and [Crossroads Energy Empowerment](#), and [Familiar Spirits Empowerment](#), that are all working with different way to connect with Spirit and develop your own personal connections to the other realms. All of these forms are wonderful ones to work with alone, as well as together to have an even more heightened sense of connection and spiritual enhancement. The original channeling for this form was back in 2000 and I have recently channeled this form in again to make sure all of the energies are pure of heart and love and to follow up with the other new forms.

Bridge Energy Empowerment is a wonderful form to where you work with the new energy as well as your guides in building a bridge to connect you to spirits on the other side.

This is not an easy task for most to start out with but can be done by anyone with some work; practice and now this energy form can make this task a lot easier.



Channelers and mediums today work with their guides to connect to spirits who have crossed over to the other side. They do this with a connection that is built from a type of bridge. In the research I have done with other channelers and mediums, this can be done in quite a few ways, as it depends on what type is best for you and how you like to communicate with your guides and spirits. Most of them all called this a “Bridge Connection” and this, along with the energy form channeled in, are what we are going to be talking and referring to in this manual.

This bridge connection is what the Bridge Energy Empowerment is here to help you build. This is a very easy and simple form to use, as this is done in meditation work.

You can call upon this energy at any time during your work to help with your bridge connection to the other side.

Once attuned this energy builds your bridge however it is best for you. I have found a wonderful ridge to be built for myself from my safe oasis to the spirit realm by building this with bricks from one side to the other. Not all of the bricks can be placed at once, as like building a house or anything else it takes time, patience and belief. I built a row one session and then a row in another session and so on and before I knew it I had my own bridge built!

This is just my own personal reference. You can use this energy to build your own bridge or connection however it comes across to you in your work during meditation, channeling or mediumship work. My personal medium work started out this way and I am now sharing this



with all who wish to develop their own personal work with Spirit.

Please do note this is not a quick fix, it is not a problem solver or a fast way to find out if so-and-so is ok on the other side. This is to work with your guides, and those who have crossed over once the foundation has been established and built.

To first be attuned to this form you can simply go into a meditative state and call upon this energy and ask to be attuned to its highest power.

Example: “I am now ready to receive the Bridge Energy Empowerment TM set by Nicole Lanning. Thank You.”

This will begin you first empowerment to this energy!

Once you have been attuned to this energy the first time, you can then call upon this energy at any day and time that is need by simply stating “Bridge Energy Activate” or “Bridge Energy On” etc- however you feel most comfortable working with this energy.

## ***ADDITIONAL INFORMATION***

I am offering these new forms to the world to be able to share with those who have an interest in learning as well as those who have a hard time working on channeling or are not as far along in their path. Please respect this healing system and treat it with dignity in which it is presented to the world. ***YOU MAY NOT CHARGE FOR THIS SYSTEM, AS THIS IS A FREE SELF ATTUNEMENT SYSTEM!*** So please respect this system and my time and work in creating this for all to share and use.

There are no prerequisites for the attunement into this system, but of course basic knowledge of energy work is beneficial.

- The Bridge Energy Empowerment is a ***FREE SELF ATTUNEMENT*** set in the etheric realms for all to receive! There is no certificate for this form.
- This manual MAY NOT be altered in anyway and should only be given to students of this system. ***IT MAY NOT BE SOLD AT ANY PRICE OR FOR ANY REASON, BUT ONLY TO BE GIVEN COMPLETELY FREELY FOR ALL TO USE AND SHARE!***
- All rights reserved by Nicole Lanning. This includes translations into other languages, all names and symbols, text and attunement procedures.

I hope you find that this spiritual energy gift enhances your life and spiritual path. If you have any questions, comments, feedback, etc please feel free to contact me at [HealingArtForms@aol.com](mailto:HealingArtForms@aol.com)

Many Blessings and  
Love and Light to you all!

Nicole Lanning

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