As sent in an email from Beloved Mickey USA

*(Email received from Peter Mount Shasta September 2016-instructing us on how to use the Sword of Blue Flame)*

Beloved Group:

After the Monday service, I was troubled with the comments about the movement of Archangel Michael’s sword, so I contacted Peter Mount Shasta, the expert on these matters, about my concerns. Here are his comments.

Comments on movement of Archangel Michael’s Sword in 2 separate emails

“The important thing is the feeling, so for you it was a success.

What I do is stand, raise the sword in the air before me and swing my arm in circles**, then release the sword to go forth on its own under the guidance of Archangel Michael.**

Or, I hold the sword directly before me, horizontal to the ground, and swirl around counter-clockwise (as I am right handed) in a circle x3. **Again, I release the sword to go forth under that guidance of the Angels of the Blue Flame**.

I am familiar with the work of Phyllis Crystal, who said that when you want to free yourself from an entanglement with another person, visualize **a blue figure 8** between you and the other person. You would each be inside one of the loops and the light would be moving through the figure 8. This takes place at waist level.  However, there is no sword.

The visualizations need to be simple enough to explain to a child, I think. Hope this has been some help”

“I woke up in the middle of the night, seeing how I think you were doing the figure 8: Make the 8 with the sword in front of you with the 8 horizontal. Then turn to each of the 4 directions and repeat. That would also be very effective. **It's important to give the sword back to A. M. when you are finished.**”

Another explanation I received was to take sword in both hands and swipe it to make a cross-

X raised to right shoulder diagonally down in front of you; then, raised to left shoulder and diagonally down to the right side of you. What is emphasized is to return sword and your energy, love, intent to Lord Michael.”