

Healing, becoming more empowered



HEALING BY RELEASING THE SHADOWS AND LETTING GO

Meditation 6 Releasing past & present life obstacles	HEAL– HIGHER COMMUNICATIONS
Meditation 7 Meeting your guide	HEAL– HIGHER COMMUNICATIONS
Meditation 8 Meet your sub personalities	HEAL– HIGHER COMMUNICATIONS
Meditation 9 Forgiveness	HEAL– HIGHER COMMUNICATIONS

BECOMING EMPOWERED

Meditation 10 New belief	EMPOWER– HIGHER COMMUNICATIONS
Meditation 11 Projecting love	EMPOWER– HIGHER COMMUNICATIONS
Meditation 12 Pain body	EMPOWER– HIGHER COMMUNICATIONS
Meditation 13 The future five year you	EMPOWER– HIGHER COMMUNICATIONS



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BECOMING INSPIRED and STRENGTHENING YOUR INTUITION

Meditation 14 Awaken the inner healer	INSPIRE– HIGHER COMMUNICATIONS
Meditation 15 Soul level communication	INSPIRE– HIGHER COMMUNICATIONS
Meditation 16 Expansion of divine light and love	INSPIRE– HIGHER COMMUNICATIONS
Meditation 17 I am	INSPIRE– HIGHER COMMUNICATIONS

