

Loving yourself made easier



BEGIN YOUR SELF HEALING PRACTICE

Meditation 1 – Letting your thoughts go	ALIGN – HIGHER COMMUNICATIONS	Free
Meditation 2 – Walls of colour	ALIGN – HIGHER COMMUNICATIONS	Free
Meditation 3 – Release burdens	ALIGN – HIGHER COMMUNICATIONS	Free
Uplift your thoughts	GUIDE FOR EMPATHS page 3	Free
Clock face technique	GUIDE FOR EMPATHS page 3	Free
Centring and grounding	GUIDE FOR EMPATHS page 4	Free
Shield your aura	GUIDE FOR EMPATHS page 5	Free
Archangels Michael and Raphael	GUIDE FOR EMPATHS page 5	Free
Psychic attacks and cords of attachment	GUIDE FOR EMPATHS page 6	Free
Helping others	GUIDE FOR EMPATHS page 7	Free
Self-healing practice	GUIDE FOR EMPATHS page 8	Free
Daily peace practice	GUIDE FOR EMPATHS page 9	Free
Divine Light Table – releasing worry	GUIDE FOR EMPATHS page 10	Free



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CONNECT WITH YOUR HIGHER SELF AND SOURCE

Meditation 4 White Light	ALIGN– HIGHER COMMUNICATIONS	Free
Meditation 5 Higher Self	ALIGN– HIGHER COMMUNICATIONS	Free
Automatic Writing	GUIDE FOR EMPATHS page 15	Free
Receiving guidance from your higher self	GUIDE FOR EMPATHS page 12	Free
Ask for guidance and energy throughout your day	GUIDE FOR EMPATHS page 13	Free
Turn an obstacle into an opportunity	GUIDE FOR EMPATHS page 13	Free
Ask for guidance while you sleep	GUIDE FOR EMPATHS page 14	Free
Improving relationships	GUIDE FOR EMPATHS page 16	Free
Hand your lists over to the Universe to Do	GUIDE FOR EMPATHS page 17	Free
Touch base with the future 12 month you to help you with filling in your Universe to Do	GUIDE FOR EMPATHS page 17	Free
How to relax and allow	GUIDE FOR EMPATHS page 19	Free
Collapse timelines	GUIDE FOR EMPATHS page 19	Free
How to keep your vibrations high	GUIDE FOR EMPATHS page 20	Free

