

# Healing, becoming more empowered



## HEALING BY RELEASING THE SHADOWS AND LETTING GO

Meditation 6 Releasing past & present life obstacles	PATH TO HEART BASED POWER HEAL- HIGHER COMMUNICATIONS
Meditation 7 Meeting your guide	PATH TO HEART BASED POWER HEAL- HIGHER COMMUNICATIONS
Meditation 8 Meet your sub personalities	PATH TO HEART BASED POWER HEAL- HIGHER COMMUNICATIONS
Meditation 9 Forgiveness	PATH TO HEART BASED POWER HEAL- HIGHER COMMUNICATIONS

## BECOMING EMPOWERED

Meditation 10 New belief	PATH TO HEART BASED POWER EMPOWER- HIGHER COMMUNICATIONS
Meditation 11 Projecting love	PATH TO HEART BASED POWER EMPOWER- HIGHER COMMUNICATIONS
Meditation 12 Pain body	PATH TO HEART BASED POWER EMPOWER- HIGHER COMMUNICATIONS
Meditation 13 The future five year you	PATH TO HEART BASED POWER EMPOWER- HIGHER COMMUNICATIONS



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## BECOMING INSPIRED and STRENGTHENING YOUR INTUITION

Meditation 14 Awaken the inner healer	PATH TO HEART BASED POWER INSPIRE- HIGHER COMMUNICATIONS
Meditation 15 Soul level communication	PATH TO HEART BASED POWER INSPIRE- HIGHER COMMUNICATIONS
Meditation 16 Expansion of divine light and love	PATH TO HEART BASED POWER INSPIRE- HIGHER COMMUNICATIONS
Meditation 17 I am	PATH TO HEART BASED POWER INSPIRE- HIGHER COMMUNICATIONS

