

Loving yourself made easier



BEGIN YOUR SELF HEALING PRACTICE

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



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CONNECT WITH YOUR HIGHER SELF AND SOURCE

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

