

Hello, I'm Robyn, and welcome to 'Heart Healing'.

This is the second of three courses leading to the 'Path to Heart Based Power'. The first being 'Activate your Intuition, which you will have access to when you enroll in 'Heart Healing'.

Throughout these courses, you will learn a lot about me, because there are little stories weaved throughout, about how this work has helped me over the years.

In the first course, you will have activated your intuition, creating conversations with your higher self and soul, ignited your mind, body and soul... allowing the self-care and self-nurturing essential to live a heart-powered life.

In 'Heart Healing', you begin the process of letting go and clearing away burdens from the past - which have no value in your future, leaving room in your emotional body for more love.

You will learn easy techniques on:

- How to uplift how you feel;
- clear your energy centers;
- release burdens;
- allow light in your life;
- release worry and other painful emotions to the divine to take care of; and
- become confident seeking guidance from within, as you continue the practice of connecting with your higher self and soul.

There are five modules with techniques and visual guided meditations which can be experienced as your very own 'five day heart healing retreat'. My suggestion is to practice no more than one module a day to allow the healing to settle, as there will be a shift in your cells which will need to recalibrate throughout your body before moving on to the next.

'Heart Healing' includes bonuses in my eBook called 'Guide for Empaths - navigating life with more ease and grace' and a special channel, which has inspired me for many years in the hope that it also inspires you.

'Heart Healing' is also the perfect foundation for 'Heart Based Power', so if it feels right for you to continue, then there is an upgrade opportunity at the end of this course.

If this is a journey that you would love to experience, there is support in the way of a private Facebook group and online gatherings and we so welcome you to our tribe.

It is my intention as ever, that your heart allow more fully the feelings of ease, peace, love, and freedom and I send you all my love.