

Healing, becoming more empowered



HEALING BY RELEASING THE SHADOWS AND LETTING GO

Meditation 6 Releasing past & present life obstacles	HEART BASED POWER
Meditation 7 Meeting your guide	HEART BASED POWER
Meditation 8 Meet your sub personalities	HEART BASED POWER
Meditation 9 Forgiveness	HEART BASED POWER

BECOMING EMPOWERED

Meditation 10 New belief	HEART BASED POWER
Meditation 11 Projecting love	HEART BASED POWER
Meditation 12 Pain body	HEART BASED POWER
Meditation 13 The future five year you	HEART BASED POWER



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BECOMING INSPIRED and STRENGTHENING YOUR INTUITION

Meditation 14 Awaken the inner healer	HEART BASED POWER
Meditation 15 Soul level communication	HEART BASED POWER
Meditation 16 Expansion of divine light and love	HEART BASED POWER
Meditation 17 I am	HEART BASED POWER

INCLUDE YOUR SOUL IN HOW TO OVERCOME CHALLENGES, AND TAKE ACTION FROM A HIGHER PERSPECTIVE

Observing relationships – creating healthy boundaries.	CO-CREATION AT ITS BEST
Determining emotions – how to release pain, listening to your heart for wisdom.	CO-CREATION AT ITS BEST
Support and Protection Practice – for all situations that create pain or discomfort.	CO-CREATION AT ITS BEST
Reflection and Celebration - observe how well you have handled difficult situations, discover what lessons you have learned and how to implement them in your future.	CO-CREATION AT ITS BEST
Determining your Value Essences – discovering and opening to the three most important Value Essences you value most in your life.	CO-CREATION AT ITS BEST
Discovering your Soul's vision for you.	CO-CREATION AT ITS BEST

