

Loving yourself made easier



BEGIN YOUR SELF HEALING PRACTICE

Meditation 1 - Letting your thoughts go	ACTIVATE YOUR INTITUITION
Intuitive Writing	ACTIVATE YOUR INTITUITION
Blend with your Inner Child	ACTIVATE YOUR INTITUITION
Ignite your Voice	ACTIVATE YOUR INTITUITION
Ignite your Body	ACTIVATE YOUR INTITUITION
Ignite your Heart	ACTIVATE YOUR INTITUITION
Ignite your Peace	ACTIVATE YOUR INTITUITION
Ignite your Curiosity	ACTIVATE YOUR INTITUITION
Ignite your Creativity	ACTIVATE YOUR INTITUITION
Uplifting your thoughts using Clockwork Technique	HEART HEALING
Experience portals in Meditation 2 - Walls of colour	HEART HEALING
Create an Auric Shield & Support Invocation	HEART HEALING



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Meditation 3 - Release burdens	HEART HEALING
Allow Support from the Universe	HEART HEALING
Collapse Timelines	HEART HEALING
Centring and grounding	HEART HEALING
Meditation 4 - Allow more light in your life	HEART HEALING

CONNECT WITH YOUR HIGHER SELF AND SOURCE

Meditation 5 - Meet your Higher Self	HEART HEALING
Self-healing practice	HEART HEALING
Daily peace practice	HEART HEALING
Releasing worry with the help of divine light, including Divine Light Table.	HEART HEALING
Open to a pathway ahead filled with light in Doors with Light	HEART HEALING

