

# Heartful Living

Activate your Superpowers

by Josie Wood



This is a process that has 4 significant factors which combine to enable you to handle any challenge with greater ease and grace then move forward to a more successful, peaceful outcome.

- 1) Your heart power is your biggest ally when it comes to handling stress in challenging times.
- 2) Your heart is the generator and guardian of all your super powers. It is the reservoir from which you get all the special qualities that will carry you through whatever you are facing.
- 3) Your heart is your trustworthy inner guidance system. It will show you step by step how to proceed to resolve any challenge or stressful issue.
- 4) Your heart is the source of the most powerful healing energy in the universe - love. It can heal anything and everything.

In what area of your life do you yearn for most yearn for change?

Is there a specific challenge that you want to resolve?

Open up to the possibility that inside this challenge or issue there is the seed of great opportunity. Your heart knows what this is, it will reveal it to you and guide you forward to it emerging in your life. It will supply you with the inner resources (superpowers) that you need to allow this to happen with ease and grace.

The process has 5 parts...

1. Connect deeply with the immense power of your heart.
2. Let the issue drop down into your heart to be healed and dissolved or for insight and inspiration to occur.
3. Allow your heart to show you what inner resources you need to resolve the issue, heal or transform it.
4. Open up to your heart to guide you on your next step forward, as it supports you to utilise your inner superpowers.
5. Integration. This step incorporates gratitude, taking action upon the guidance you have received, or aligning with an inner intention to do so.

Your heart sees your true potential and it guides you constantly towards it...step by step, living in the moment and knowing the best action to take from where you are now. It supplies you with all the inner resources and superpowers that you need to draw on - to move forward.