



# Welcome to Thrive

with Josie Wood of Heartful Living

There are 4 factors regarding your heart power which combine to enable you to handle any challenge with greater ease grace and confidence.

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 inner powers. It is the reservoir from which you get the strengths and resources that will carry you through whatever challenge 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. It can heal anything and everything.

# The process has 5 parts...

1. *Connection* Open up to the immense power of your heart.

2. *Healing* Let the issue drop into your heart to be healed, soothed and transformed.

3. *Empowerment.* Allow your heart to provide you with the inner powers needed to move forward with this issue. Feel that energy fill you and empower your response to the challenge you are facing.

4. *Guidance.* Notice the guidance your heart gives you regarding your next step in this area of your life – as it supports you to utilise your inner powers.

5. *Integration.* This step incorporates gratitude, taking action on the guidance you have received or aligning with an intention to do so.

# Activate Your Heart Powers

*When you're experiencing*



Fear

Sorrow

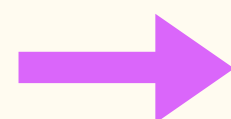
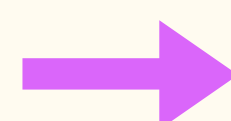
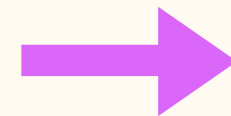
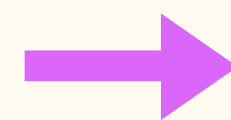
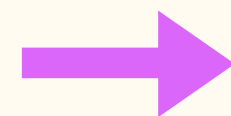
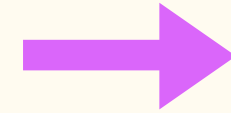
Lack

Doubt

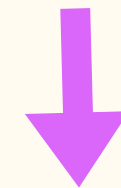
Anxiety

Hopelessness

Exhaustion



*Activate in your heart*



Courage

Compassion

Receiving

Certainty

Peace

Optimism

Renewal

# Three Bonuses

## *Earth-Sky-Heart Breath Meditation*

This beautiful grounding meditation will help you feel fully aligned with the flow of your inner power.

Early Bird discount of 10% until 19th August on Option One

Plus the first 5 people to book also get 10% on the retreat Balanced and Boosted that I am holding on Sunday 6th September

[www.heartful-living.com/thrive-online-course](http://www.heartful-living.com/thrive-online-course)



Thank you for joining me for  
this webinar to help you  
Thrive...!

If you have any questions - please do get in touch.

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