

Your Heart is a Powerful Healer

THERE ARE 3 MAIN WAYS THAT YOUR HEART OFFERS HEALING



Your heart brings your entire system into a state of balance and harmony known as coherence, which brings optimum health.

to
experience
this →

BREATHE IN AND YOUR OF YOUR HEART IN A REGULAR
EVEN RHYTHM. THEN BRING TO YOUR AWARENESS SOMETHING
THAT MAKES YOU SMILE.

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Your heart is the physical portal through which your soul pours its beauty, its grace, its wisdom and its love, connecting you directly with the highest source of energy in the universe – divine love.

to
experience
this →

ALLOW YOURSELF TO FLOAT DOWN INTO THE
PEACE FILLED SANCTUARY OF YOUR HEART AND OPEN UP TO LET
LOVE ENFOLD YOU, SUPPORT YOU AND HEAL YOU.

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Your heart is a wise guide that knows exactly what you need on your personal journey of healing and will carry you forward to that.

to
experience
this →

BREATHE AS IF INTO YOUR HEART AREA WITH A, REGULAR RHYTHM,
DROP DOWN INTO THE PEACEFUL CHAMBER OF YOUR
WISE HEART AND ASK IT TO GUIDE YOU TO YOUR NEXT STEP.

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