

How to Activate Your Superpowers

Open up to the potential that inside any 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 its emergence in your life.

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 that your heart gives you regarding your next steps in this area of your life - as it supports you to utilise your superpowers.
- 5.Integration.** This step incorporates gratitude, taking action on the guidance you have received or aligning with an intention to do so.