

HEART & SOUL EXPANSION ESSENCES

MEDITATION

FOR RECEIVING LIGHT CODES & SYMBOLS HEALING ENERGY

BEFORE YOU START WITH THE MEDITATION

Please use the mist of your choice

Spray your Crown Chakra and Heart Chakra with a light mist.

Look at the symbol and say the name aloud or in your mind.

Place one hand on your heart (preferably left hand) and hold the bottle with the other hand.

Set the intention to activate the symbol and heal.

FOLLOW WITH THE MEDITATION

Gaze at the symbol for few moments

Take a deep breath and close your eyes

Slow down and deepen your breath

Feel yourself sinking into the ground. Quiet your mind

Feel the connection with your Heart

Feel your Heart opening. Anchor the symbol into your Heart

Imagine the Symbol anchors into your Heart. Receive it with gratitude

Ask the symbol for Activation

Ask to show you what do you need to know

What do you need to do to heal

Ask the symbol for support and guidance

Breathe in and receive the energy of the symbol and the light codes into your Heart

Open yourself to the guidance this symbol is gifting you

Breathe out and expand

Feel the symbol expanding in your Heart and your whole being, expanding out through your crown chakra and connecting with your Soul

Awakening your Soul light

Now you feel your Heart and Soul expanding together in Unity

The symbol is reconnecting you with your Divinity

You are remembering who you are

Keep your request and intentions clear in your Heart for a while, then softly let them go

Take a deep breath, open your eye and gaze upon the symbol again

Place your hands in prayer position in front of your Heart

Thank the symbol for the special healing gift you just received, for the loving support and guidance.

Use this affirmation to finish off: **I AM LOVE, I AM LIGHT, I AM DIVINE**

Namaste, Love & Light