

Step 4 of The Healing Vortex... CONNECT TO THE FLOW

Dropping your awareness down into your body often throughout the day...
Feel the energy flowing in and out through your body.
Feel your breath constantly streaming in and out through your chest.
Feel your heart receive and radiate energy continuously, without effort.
Today, trust in your own limitless flow.
Shine your unique light into the world and allow it to radiate freely.

