

Connect with your Intuition



1 Breathe & Centre

Sit comfortable, palms resting & facing up. Close your eyes. Straight spine & relax. Breathe In & Out deep & slow through the nose. 4 times.



2 Feel the Energy

Feel the energy flowing into your palms filling them with a tingling warmth.



3 Heart Opening

Place your hands to your heart. Breathe In Energy & Breathe Out Love. Breathe 4 loving breaths.



4 Connect Within

Ask your guides, guardian angels, loved ones or higher self, "Please help me to connect to my inner self and hear the whispers within"



4 Be Thankful

Place hands into prayer at heart centre. Deep breath In then hold & Exhale long & slow releasing an OM. Then bow your forehead to your fingertips saying Thank you Thank you Thank you. Namaste.