

Heart Healing Meditation

Begin now by taking a slow deep breath in, and exhale gently.

Bring your awareness to your heart. As you breath in and out, visualize the petals of your heart charka gradually opening. You may feel or sense your heart chakra opening. Feel your heart filling with light and love as strongly as you can. Allow the love to heal your heart now of any past hurts.

If you have any pain or dis-ease in your body, visualize this love traveling to the area to heal it completely. Visualize this part of your body healing now.

Visualize this love expanding out from your heart and permeating every cell of your being. A feeling of love and peace washes over you.

You may feel some emotions rising to the surface, this is completely natural. Be an observer and allow the emotions to surface and release.

Remember to breath and allow the emotions to subside. Your body is filling with light and love, healing all aspects of your being.

Simply allow yourself to be and enjoy the healing.

The following are some affirmations to assist with the healing process. In your mind repeat the following affirmations;

My body, mind and spirit are healing now.

Any past pain or upsets are being released now.

My health is returning to full health and the blueprint of perfection. > It is now time, to release the past, and embrace the present.

The power of love is healing me now, on all levels of my being.

I am now healed and grateful for this healing.