

Ascension

module 2

For Consideration

- How conscious are you of your heart field?
- Feel your way through every moment of your day.
- Notice where you make fear based decisions rather than heart based.
- How do you project yourself in your world? Notice what you are thinking as you go about your daily life.

Heart Brain Connection Exercise

- Place your hands on your heart and take a deep breath
- Hold your breath for 3 seconds and release slowly
- Think of something that makes you smile and makes you feel love, joy and gratitude
- Allow your smile to increase as you amplify these feelings of love, joy and gratitude
- Visualize these feelings as the color green and see the color growing larger and getting stronger
- Feel a warmth under your hands as the color green increases in size and strength
- Now allow this color green to enter into your mind, streaming upward from your heart to your brain
- Fill your brain with the color green, allow it to grow and fill in every crevice and space in your brain
- Now allow this green to expand past your brain, out of your head and into the entirety of your body
- Your entire body glowing green, every cell lighting up with the color green
- Stay here and allow your body to glow brightly, vibrating with the color green
- Feel the warmth of this color fill your entire being
- Allow your hands to drop to your sides and sit in the warmth of the color green
- Your love, your hope, your gratitude filling every cell of your being
- Connecting your heart to your mind and then to your entire body
- Your soul, your spirit, you

Chakra Balancing Exercise

- Balanced Arch and Curl