SOVEREIGN WOMAN

Heart Center - module 2

“

Everything in the entire Universe is made of unconditional love in motion, which resides in your heart center!

-John English, shaman and teacher of ancient wisdom

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CHECK IN

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LET'S REVIEW

1. *Stopping internal dialog*
2. *Ego*
3. *Fear*
4. *Heart*
5. *Body*

THE CENTERS & CREATION

Third Eye

Mind - Divine Mind

Heart Center

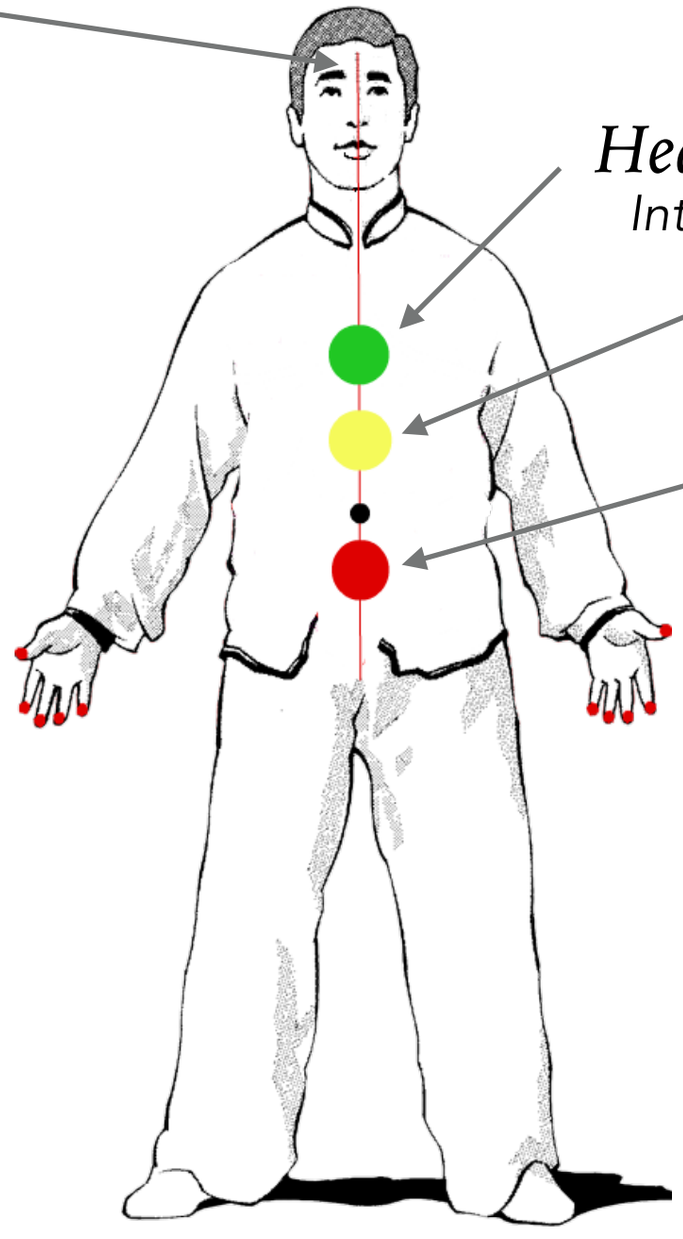
Intent

Solar Plexus

The Void

Dan Tien

Earth - The Physical Universe



The 4 Energy Centers

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“All of life is 100% interconnected, interrelated, interdependent, and therefore totally interactive.”

~Toltec Aphorism

REAL IDENTITY

You are a magical being of the universe.

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EVERYTHING IS ENERGY

Photo from fractal enlightenment

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USING ENERGY

1. *Take Control of Awareness*
2. *Stop the dialog*
3. *Use your heart center*
4. *Use your solar plexus*
5. *Use intention*
6. *Use prayer/release*
7. *Reside in your heart center*

Image by Katinka Soetens

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PRAYER/RELEASE

Photo from Uplift Connect

"I give myself permission to release _____ and it's foundational energy in all times, all forms, and all dimensions.

And I ask my Dreamer and the Great Spirit to help me release it and clear it now.

Thank you!"

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HOME "PLAY"...

1. *Heart Center Meditation*
2. *Stop the dialog*
3. *Shift Awareness*
4. *List Triggers*
5. *Stay in touch with your Self, the group and Me*

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