

## Body, Mind & Soul and The Law of Attraction

### Step-by-step guide to remove blockages from your energy channels:

1. Find a quiet place and take a seat. Make sure your back is straight, your shoulders are rolled back, and you are comfortable,
2. Close your eyes and watch your breath. Allow it to come and go, simply witnessing it. See your breath, as an energy stream, flowing into your body, refreshing and energising you. And as you breathe out, you let out the things that could clog up your energy pipes, making you feel lighter, as you are letting go of them.
3. Focus within your body. Feel the natural flow of energy. Allow yourself to notice where you feel tension or pain, or simply your attention is being brought to certain areas, energy centres, organs, body parts.
4. Once you are drawn to a certain area, zoom in. Try to find out what you are feeling: what is the colour, the texture, is it heavy or light, what emotions, picture or story is coming with it?
5. Whatever you have found, this pain, tension, blockage, etc is simply made of energy. Ask yourself: are you willing to release this energy now? If the answer is yes, proceed to the next step. If it is No, come back to this exercise another time.
6. Ask yourself: is there an easy way to release it? You may feel like you can compress it, break it down or turn it into liquid, so it can become tiny or can move out of your energy system.
7. Breathe in to collect energy from the Universe.
8. Place your hand on the part of your body, where you feel this obstruction. Have the intention to return to the natural flow of energy.
9. As you breathe out use your intention to let the blockage go in a way that is most comfortable to you. See it leaving your body, and feel lighter, free-er, safer, more comfortable and more relaxed.
10. Well done. Keep breathing and enjoying the flow of energy. When you feel ready, slowly move your toes and fingers and open your eyes.

### Transmit the right frequency of what you want to manifest to the Universe:

1. Watch your breath for a minute or so. Touch the middle of your forehead and imagine, you are bringing down an energy stream to your energetic heart. Now place your palm on your chest.
2. Feel that your mind and heart are connected. Whatever dreams, visions you have in your heart, now you can see it with your mind's eye. It's like a picture or movie.
3. Keep your mind's eye focused on this picture and fill it with life.
4. Focus on the thought first. What is it that you wish to create!
5. As you do so, allow yourself to feel. How will you feel when you accomplished this dream?
6. Let this feeling spread inside of you. Feel it in your heart, your fingers, and see others celebrating you and with you.
7. See yourself standing in the limelight. Feel a light explosion from your heart going into all directions. Creating waves in the Universe. You have dreamt your desire/ vision into life.
8. Whenever you start doubting yourself, feel fear in any way, invoke this thought and the vision and emotion that you have attached to it. Repeat it before you go to sleep and /or in the morning, so you keep transmitting good signals all day long. Enjoy!



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