



Exercise for the Connection of Mind and Heart

Breathe.

Breathe through your slightly open mouth.

Calm down.

Arrive at yourself, in this room, in this time, in your body.

Let yourself glide in a state of relaxation and of joy to be.

Feel this joy in all of your cells, like sparkles.

Enjoy the sparkles of joy within you, observe them, be aware of them. Continue to breathe through your slightly open mouth.

A connection between your head and your heart comes into being.

Pay attention, how does that feel for you now? Everything is alright, you feel it just the way it should be like now.

In this connection, energies flow in both directions, just as you need it to your highest good now.

Allow that to happen, and allow your system to do what is necessary to your highest good.

If you are ready, return at your own pace to your body, to the here and now.

Stretch and move to finally return completely. Drink 3 liters of pure, still water today. Sleep enough and transfer all difficult situations to a different day if possible.

Blessing to all.

Received from Soul Level through and provided to you by:

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