



Energy Forecast Empowerment Package July 2016

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Thank You

Being aligned with the current energies supports you to be the best version of you.

We are all on an evolving journey, and being in tune with the support being gifted to us from the Universe, is an empowering relationship.

This Empowerment Package supports the information shared in the most recent Energy Report from Grace Ambrook of Heart Soul Expansion. It is by no means limited to that month.

Trust your intuition, and if you feel called back to any part of the package the meditation, the Empower symbol or the affirmations, then this is what your Soul is requiring. Nurture yourself now that you have made the investment.

Love to hear of your feedback with using the package over the month.

Be Love,

grace 



Grace Ambrook

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How to Use the Empower Symbol

This combination of mediation and Empower symbol is to support the many life transitions available in 2016. It will trigger high frequency visions and highly active plans.

The energy of the symbols in the Empower symbol activate light codes within your being and form an integral part of the healing available in this package. This might seem unusual at first, but don't be surprised by some sensations you feel.

As I mentioned in the video we are being supported to step into courage and to play and nurture. Remember, the Universe is on your side.

To make the most of your package.

Listen to the meditation while using the empower symbol as per the instructions below at minimum twice a week.

Meditation with the empower symbol

Step 1: Print out the symbol on the following page. Use paper that has no images or writing on the other side.

Step 2: Set yourself up in a quiet space with the printed out empower symbol and your meditation ready to go.

Step 3: Place the empower symbol on your right hand side, in a position where it is comfortable for you to place your hand over the top, image side up. Keep your hand over the symbol during the whole meditation. If you feel like you need to move your hand or rotate the empower symbol during this time, then do so.

Step 4: Spend a few moments journaling your experience.

Using the focus points for creation

Using the Empower symbol with the affirmations.

Step 1: Print out the Empower symbol as per the instructions above.

Step 2: Choose one of the supplied focuses or affirmations to work with, and write it all around the empower symbol. (Not over it.) Writing is a powerful way of integrating the changes within your energy. Use this time as contemplative and nurturing of your well being.

Use either of these processes or a combination of both, all through the moon cycle, and take notice of how your life expands.





Focuses for the moon cycle

July 4 - August 3, 2016

Connecting to the courage within. Courage means from the heart.

As an aware, awake person, I allow myself to connect with my courage and move into my life from this heart centered knowing.

Values Mantra

This is called working it both ways. It clears any value conflicts that may inhibit you from finding courage.

The more I access my courage, the more my thoughts reflect this truth.

The more my thoughts reflect my truth, the more I access my courage.

Affirmations to write around the empower symbol

I accept I have courage.

I allow this courage to guide me.

I receive my guidance with courage.

I say Yes, to making choices with courage.

I access my infinite source of courage.

Keys for this moon cycle

Key 1. Truth is available to those who have the courage to question what they have been taught

Key 2. Play and nurture your inner child to build your courage.

Key 3. Apophyalite crystal clears the mind so you can access courage.



See You next month

grace ♥

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