

Energy Reset

by Aviva Okrent

(your name), your stars are aligning
You are climbing
Above what was before
Be open and explore!

New experiences are coming your way
As your heart opens every day
Be present, stay grounded
Let the magical fun surround

Be coherent in heart and soul
Beautiful stories are yet to be told
Embrace all you do
_____ is inside you
(or any emotion of attitude or wishes)

Now.... place your hands over your heart, close your eyes, take several slow deep breaths in, and slowly exhale out to anchor into your body that emotion.
Imagine your heart is opening to inhale and exhale this energy out. Repeat 10 X -

Notice any sensations in your body, mind.....