

LIMITLESS LIVING

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Intuitive Flow Healing Process - For Emotional & Physical Challenges

1. Go ahead and as you take a long deep breath in, and out, allow yourself to bring your attention right here, right now. Allow yourself to bring all your attention here, into this moment, into this millisecond.
2. As you do that, bring into your awareness, what is it, that you want for yourself? What is it that you want to explore today? Just welcome anything and everything that you want to explore. From now on, we will refer to whatever you want to explore as “THIS”. If there is anything else that you would like to explore at any moment, you can add it to “THIS”.
3. So, we will begin by placing the hand on the heart and placing the other hand, either on top of the hand on the heart or on the upper chest. Just make a connection with yourself first, and take another breath in, and out.
4. So, we will begin by invoking the energy of healing by saying this statement out loud, *“This healing, is on behalf of all points of view, our ancestors and our future generations, and on completion, you will find this healing to be completely complete.”*
5. Now, as you bring into your awareness the energy of “THIS”, whatever it is you want to explore today, and as I say each statement out loud, you can either say it out loud after me or silently on the inside.

After I say the statement out loud, we'll just sit with it, and after a few moments, I might ask you, *“What happened?”* When I ask you, *“What happened”*, you can either share it out loud or keep it silent.

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6. So, we will begin with the first statement now. Noticing the connection between your hand, your heart and your collar bone, say out loud, *“THIS happened, all that caused me to resonate, identify and connect with THIS. Thank you for THIS happening. I welcome THIS too. I allow THIS too. THIS is welcome. I claim THIS too. Thank you for resonating, identifying, and connecting with THIS.”* And just sit with this vibration now. As you sit with it, just ask yourself, *“What happened?”* As you bring into your awareness, *“What happened”*, you can either share it out loud or keep it silent.
7. Now take a breath in, and out, I will say the next statement now, *“THIS happened, it's over now, I can **relax**.”* Just sit with this vibration of knowing it's over, knowing you can relax now.

Once that feels complete, just let me know. Then ask yourself, *“What happened?”* Just connect with the energy of knowing, this is over now, and you can relax. When that's complete, just give me a signal or you can share with me what happened.

8. Now go ahead, and take a long breath in and out, and we will move to the next statement. Say out loud, *“All the places, in my body, mind and life, where THIS is stored is healing now. Thank you for healing all the places in my body, mind and life, where THIS is stored. With my eternal thanks.... Thank you.”*
9. Sit with this vibration of all the places in the body, mind, and life, where THIS may be stored. Just open into the energy of all those places, where THIS is stored. You can also imagine all the places in the body, mind, and life, where THIS is stored.

You can now imagine a magical cleaning instrument that you want to use to clean all the places where THIS is stored. With the cleaning

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instrument go ahead and clean all the places in the body, mind, and life, where THIS is stored.

10. Clean it completely, even all the little areas, even all the large areas, even all the spaces in between, clean everything, large or small or the spaces in between. Take your time, allowing the magical instrument, to do the cleaning at the deepest level. Cleaning from the feet, the ankles, the legs, the hips, the belly, the torso, the neck, the head, the back, the arms, and the whole body now. When that's complete, just give me a signal or you can share with me what happened.
11. Once it has all been cleaned, you can place all that has been cleaned into a magical box and send it to the Universe. Let the Universe transmute it all to unconditional love. Just let it be free. As you allow it to transmute into love, notice for yourself now, *"What happened?"* When that's complete, just give me a signal or you can share with me what happened.
12. Take a breath in, and out, and we will focus on the next statement. You can say the statement out loud, with me or silently in your mind's eye, *"All the parts that got something from THIS, are healing now. Thank you for healing all the parts that got something from THIS."*
13. As you sit with it now, exploring the energy of all the different parts, who got something from this, imagine the different parts, healing now, integrating now and completing now. You can even ask yourself, *"What happened?"* Bring into your awareness, what happened. You can either keep it silent or share it out loud.
14. So, take another breath in, and out, we will begin with the next statement. Say out loud, *"All the connections and communications*

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related to THIS are completing now. Thank you, for completing all the connections and communications related to THIS."

15. Now, bring into your awareness, all the connections and communications related to THIS, whether they are with yourself, a Divine Power, or the Universe or whether the communications and connections are with other people, bring all of it into your awareness now.
16. If you need to have a conversation with someone related to this, it can be yourself, other people, or a Higher Power; let that conversation happen now. Allow yourself to express fully, how you felt about this, getting it off your chest completely.
17. As you get it off your chest completely, let the other people involved, which can also be yourself, reply from a deeper place, not from the surface level, but reply from the level of understanding and wisdom. As they reply to you, notice how you feel about it, and if you feel the need to reply, go ahead and do that.
18. Keep communicating, till it feels empty and light, and let me know. It's best to speak it out loud. The reason to speak it out loud, it frees the past energy from the nervous system and unlocks it from the mind.
19. So, I'll say the statement again, *"All the communications and connections related to THIS are completing now. Thank you, for completing all the connections and communications related to THIS."* Then ask yourself, *"What happened now?"*

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20. And just sit with it, sit with the energy of what happened. And take a breath in and letting it out. Bringing into the awareness, the origins of THIS and say out loud, *“All the origins of THIS are healing now. Thank you, for healing all the origins of THIS.”* Bring into your awareness all the origins of this. You can say out loud with me now, *“All the origins of THIS are healing now, thank you for healing all the origins of THIS.”*
21. Sit with the vibration of all the origins of THIS, healing now. Whether the origins are from this life, from the womb, from the time of conception, or even before that, allowing all the origins of THIS to heal. As you speak to this, ask yourself, *“What happened?”* When that's complete, just give me a signal or you can share with me what happened.
22. As you breath in, and out, we are going to move to the next part of the process. Go ahead, and take another long deep breath in, and out. Bring into your awareness, anything and everything that needs forgiveness, keep your hand on your heart and collar bone, as you bring it into your awareness, go ahead and say, out loud with me, *“I forgive anyone I hurt related to THIS, including the Universe and myself. Thank you for forgiving anyone I hurt, related to THIS, including the Universe and myself. I forgive anyone who hurt me, related to THIS, including the Universe and myself. Thank you, for forgiving anyone who hurt me related to THIS, including the Universe and myself.”*
23. As you say it, with the energy of forgiveness, you can say out loud, *“I forgive anyone I blamed for THIS, including the Universe and myself. Thank you, for forgiving anyone I blamed for THIS, including the Universe and myself. I forgive anyone that blamed me for THIS, including the*

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Universe and myself. Thank you, for forgiving anyone that blamed me for THIS, including the Universe and myself."

24. As you take another breath in, and out, say out loud after me, *"I release myself, from any, and all attachment that keeps me from the truth of who I am. I claim me, I claim who I am. I claim my purpose in this lifetime. I accept everything and I allow myself to live as an expression of who I am, surrendering everything now. I bring the awareness back into this moment, back into this millisecond. I welcome this moment now. I allow this moment now.*

25. Now, imagine yourself like an empty vessel, through which all the gifts of the Universe flow, an empty vessel with the Universal energy, inside and outside, a container of all that is, and notice now, what do you choose for yourself?

Say out loud, *"I choose."* End the statement with what you choose for yourself. Then say out loud, *"I choose to resonate, identify and connect with..."* End the statement with what you choose. You can choose qualities like love, freedom, a specific desire or goal, anything and everything that you are drawn to. You, can also choose to connect with this moment and being present in every moment, knowing yourself to be an instrument of channel of all that is.

26. Now, say out loud, *"Anything that remains about THIS healing, is completing now. Thank you, for completing anything that remains about THIS healing."* Open into the vibration of completion now, and say out loud, *"This healing is completely complete, with my grateful thanks."*

27. Knowing this process is now complete, knowing you'll only be able to open your eyes, as soon as, all parts of you are fully integrated, ready to

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carry on the healing process, perfectly, automatically on its own, without you having to do a thing, just like the parts of you that make your eyes shine, and your hair grow and your heart beat.

You may open your eyes now, taking another breath in and letting it out.