

♥ ENERGY HARMONIZATION TECHNIQUE ♥

1 RELAX



- ♥ Standing, sitting or lying down, place your left hand on your heart and your right hand on your belly, just below your navel.
- ♥ Breathe slowly and deeply.
- ♥ Now become aware of your breath as it flows through your body like a slow, gentle wave.
- ♥ Feel the calm and the sense of well-being you are experiencing, and your heartbeat that has slowed down.

2 ENERGIZE YOUR HANDS



- ♥ Rest your elbows on either side of your body and bring your hands closer to each other, as if you were holding a small crystal ball that radiates a powerful and luminous energy.
- ♥ You may feel a mild sensation of warmth, some tingling and sometimes even the impression of a slight electric current flowing through your hands.
- ♥ The more relaxed you are, more intense will be the energy building-up in your hands.

3 FILL YOUR BODY WITH ENERGY



- ♥ Cross your arms over your chest and place your hands in the hollow of your shoulders near your neck.
- ♥ While continuing to breathe slowly, allow this energy to penetrate through your shoulders and spread throughout your body.

4 SEAL THIS WONDERFUL ENERGY INSIDE YOUR BODY



- ♥ Next, gently slide your hands across your chest to position them at the base of your sternum and interlace your fingers just below the ribcage.
- ♥ This position allows you to retain this pure and luminous energy by sealing it within your solar plexus.

5 GRATITUDE



- ♥ Open your arms, turn your palms towards the sky and move your fingers for a few seconds as if on the keys of a piano.
- ♥ This movement fosters gratitude for having received this powerful energy from a higher plane and allows you to share this gift with the Universe.



**EVERY MOMENT OF GRATITUDE SOWS A SEED OF HAPPINESS
DEEP IN OUR SOUL AND SPREADS LOVE THROUGHOUT THE UNIVERSE!**

