

Love attracts Love



Remove Blocks

Clearing the Path to Self-Love, Confidence & Divine Flow

This Acknowledging Technique is a sacred process to gently release the blocks and conditioning that keep you stuck, procrastinating, and self-sabotaging. Remember, just as your thoughts can shift your vibration instantly, your words spoken with conscious intention hold the power to transmute, remove, and reprogram not only your human form but your very soul. Trust in this divine truth. You don't need to relive every painful moment—what matters is following this sacred sequence with love and intention, and the transformation will unfold naturally.

Know This

Emotions not rooted in love act as barriers, blocking the beautiful, abundant flow of life to you. We send signals into the universe every moment, like a boomerang, they circle back, shaping our experiences. And often, the things we see in others are mirrors of what we need to heal within ourselves.

♥ Before you begin, create a safe, sacred space, this is your sanctuary of healing.

1. Say aloud with heartfelt conviction: "I ask for all shields of divine light, to sweep through and around me; to cleanse, protect and heal me on all levels needed. So be it."

♥ Feel the power of those words. Let them sink into your body and spirit.

2. Call upon your main guide: Even if you have never seen or felt them before, trust, they are here, ready to support your healing journey.

3. Gently write down: All the recurring emotions that weigh on your heart, those feelings that drain your joy and peace.

4. Now, write their loving: Peaceful counterparts, feelings of love, serenity and wholeness.

♥ Take a moment to connect with these feelings.

Find a space where you can sit comfortably:

Breathe deeply: Feel The Air Fill Your Lungs:
With each exhale, relax your head, neck and shoulders.

Breathe again: And with every breath, let your entire body soften.

Visualize yourself in a place of pure peace:
Perhaps a quiet forest, a tranquil beach, or a soft meadow, where your soul feels safe and loved.

Tap gently in the center of your chest:
This simple act creates a sacred release point, a place in your body that holds the emotional tension, ready to let go.

Open your eyes slowly & with full presence speak with intention & love:

a: "I acknowledge I have experienced the following emotions"

b: "and I choose to replace them with _____"

Feel the truth of these words as you say them:

*For example, "I acknowledge I have experienced sadness & frustration
& I replace them with love & peace."*

Then with heartfelt sincerity declare:

"I send healing, peace, forgiveness and gratitude for the lessons I have learned. I release all cords, all burdens and I invite the highest vibrations of love to flow through me, healing all that needs healing. I ask this to unfold across all my existences, on every level, in alignment with my soul's divine journey. I consciously surrender to this divine process of healing, removal and transmutation. So be it."

