

LIGHTGUIDED

Expanding Light Energy Exercise©

Expanding Light is an exercise that helps us align our conscious awareness with the inner light and higher vibration that is already within us. There is no *bad* or *right/wrong* energy. All energy comes from one source and all energy has importance in our growth and development. Sometimes we experience a sense of separation when we are transitioning between different densities of energy. When that happens, we can feel off-balance, ungrounded, anxious, and have a sense of losing our center. This exercise is a re-centering activity. You can use this tool as often as you'd like to regain your sense of self and return to your center.

When you first begin practicing this tool it is recommended you make time to sit quietly as if initiating a meditation. As you become more comfortable with this tool you can call it up anytime, anywhere without the need to be in a meditative space. The purpose of being in a quiet meditative state initially allows you to consciously recognize the feeling of being connected to your own light.

Steps:

1. Find a comfortable place to sit or recline. Place your hand over your heart and some deep breaths. Bring your attention to your heart and your hand placed there. With each breath allow yourself to go deeper into the awareness of your heart.
2. If you have trouble locating the energy of your heart imagine a ball of light or small flame there and focus on the light until you feel the light. *If you don't "feel" the light at first, it's okay, say the words anyway and continue to practice. Your intention to expand the light is just as powerful.*
3. Smile. Continue to breathe and say to yourself or out loud (keep smiling):

In this heart beats the heart of all humanity.
In this heart beats the sacred heart of earth.
In this heart beats the sacred heart of the cosmos.
In this heart is the frequency of love, joy, and abundance
This heart, my heart, is the divine heart.
I am joy. I am love. I am abundance.