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Group Healing Session – Thursday, April 23rd, 2009 – 7:30-8:30pm

Starting Fresh – Never too late to make change

Whether you are trying to win back the love and respect of yourself, or fighting to regain order of your life, you are never at a loss. It is never too late to make healthy change.

Beauty is everywhere for you to have and to hold. The universe is loving, compassionate and gentle. It continually provides you with the exact lessons and challenges needed in order to evolve into the person you wish to become. The greatest opportunity for change and growth are in the times that feel the most difficult. Through these times we are forced to re-evaluate, and to change the direction of our thoughts, if necessary. Change means healing.

Let yourself be wiped clean of anything in your past that tempts you into reaction – forgive every last piece. Each moment is a chance for you to look into the world with fresh eyes. No matter what you are holding onto, no matter what has been taken from you, no matter what you are hoping for, no matter what hasn't come yet, you can begin by setting yourself free of attachments to the past, and the restrictions they place on you.

In your mind, hold the image of the life you want to live. Pay special attention to the qualities of this life – how do you feel when you place yourself there? Are you happy, content, healthy, blissful, relaxed?

Whatever you see, whatever you imagine, use your breath to soak that image deeply into your lungs. Feel its imprint upon your soul. Your energy will lighten immediately with vitality. This is your true nature as a human being. This is how you feel naturally when your attention is not eaten up with regret, guilt, fear and disappointment.

Whatever feelings you hold inside that do not match the vision of your life, gently let them go – one by one – let them be released from your energy field with each breath out. Holding onto them will only make them grow stronger, pulling you in the opposite direction of where you are trying to go.

Exceed your hopes and dreams by simply letting yourself BE, exactly as you are in this moment. Follow only those thoughts that match the vibration of your vision. When fearful or controlling thoughts come into your head – as they always will – gently release each one with your out breath, and move forward with ease.

Make this change and watch your life transform. Welcome a fresh start to each and every day.

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