



Warm welcome to PART 2 in this Activate and Ignite Program



- Take a few deep breaths and set your intention to hear a clear direction from your heart.
- Think of a situation you have in front of you where you might feel a bit indecisive around what to do, how to think, what choice to make. Start small.
- Imagen that you place two choices in each of your hands that you are stretching out in front of you. If you have more than two options start with two and work your way down.
- Now focus on your left hand and the choice you placed there. How does it feel? Light heavy? Can you sense a shape or colour? How does your body feel when you focus on this choice? Allow what ever comes up be the right thing without analysing the how's, whos' and when's.
- Now do the same with your other hand and choice. Can you feel a difference? Which one is lighter? Again, without getting into the details around it.
- If you have more choices, keep the one that feels the lightest and add the new one to the other hand and do the process with this one.
- Keep going until you have two options left.



- Now you should have two options one lighter and one a bit or a lot heavier. You can let go of the heavier one by setting your intention to do so.
- Ask the choice that you have left. if there is anything it needs to learn or release to become lighter and stronger? If yes, then ask your energy to help you with this. It doesn't have to be straight away, but in the right time for you. If No then feel if you now feel secure and trusting in your choice?
- Then take your hand and place it on your heart Chakra, the centre of your heart, and say so be it. Then please go ahead and thank yourself for your wisdom and guidance.