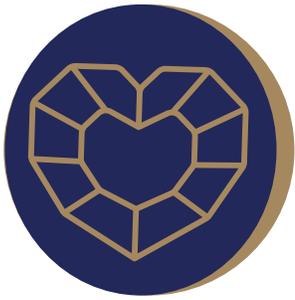


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After completing the meditation, **PRINT OUT** these pages and write down any insights, revelations and thoughts that came to you.

Statement of Intention

✦ I release, transmute and delete across all space-time realities and timelines of what no longer serves me and keeps my heart closed off from receiving love.

- ✦ I call in the love, understanding and nurturance from the universe, so that Heart's deepest Dreams and Desires feel safe to emerge and express themselves in form.
- ✦ I ask for the support to release all self-shame and anything I believe is unlovable in me. It is my birthright to love and be loved.
- ✦ I nurture "THE LOVER" within me by realizing the Divine Truth: I am a being created from Pure Unconditional Love manifested into human form.
- ✦ I lift the veil of forgetfulness and remember that LOVE is all around me. All I have to do open my heart to experience it.

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What did You experience when **CONNECTING** to all Hearts in existence?



How can you be more **OPEN**?

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What did you experience when releasing **INTRUSIONS** from your heart you held in your hands?



What did you experience during your **HEALING** from **THE LOVER**?

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How do you feel about LOVE after the meditation that you didn't feel before?



What are any additional insights, revelations and experiences you received from the meditation?