

SARAH MARTIN HEALING

COMMUNICATING WITH YOUR BODY & SOUL



MEDITATION SPACE

GET YOURSELF INTO A VERY COMFORTABLE ENVIRONMENT
MAKE SURE IT'S QUIET & GOING TO STAY QUIET SO YOU CAN REALLY HEAR YOUR SYSTEM
GET PRESENT & TAKE A FEW DEEP CLEARING BREATHS



CLEARING THE BODY & MIND

- Call in the most pure, clean, accurate information & energy for your highest good
- Call in the most pure stream of healing light to pour through the crown of your head for opening, clearing, cleaning
- Allow this light to flow down through your head, neck, chest, solar plexus, low belly, pelvic floor, hips, legs, feet, & into the earth

OPENING YOUR SENSES

- Ask to be a clear channel, for information to be shown to you through your senses
- Give permission to:
 - See in your minds eye like you would in a dreamscape
 - To hear thought, words, sayings, messages
 - Feel emotion
 - Feel body sensation
 - Be informed through your knowing - sometimes you just know

BECOMING PRESENT

- Call in the higher intelligence of your body & soul asking - 'what will you have me know for my highest good?'
- Notice - become the observer of your senses. Where is your attention being drawn?
 - Thoughts, Words, Phrases
 - Emotion
 - Body Sensation
 - Knowing
- Become aware of your inner landscape
- As you are noticing - bring your breath & presence to what's coming up



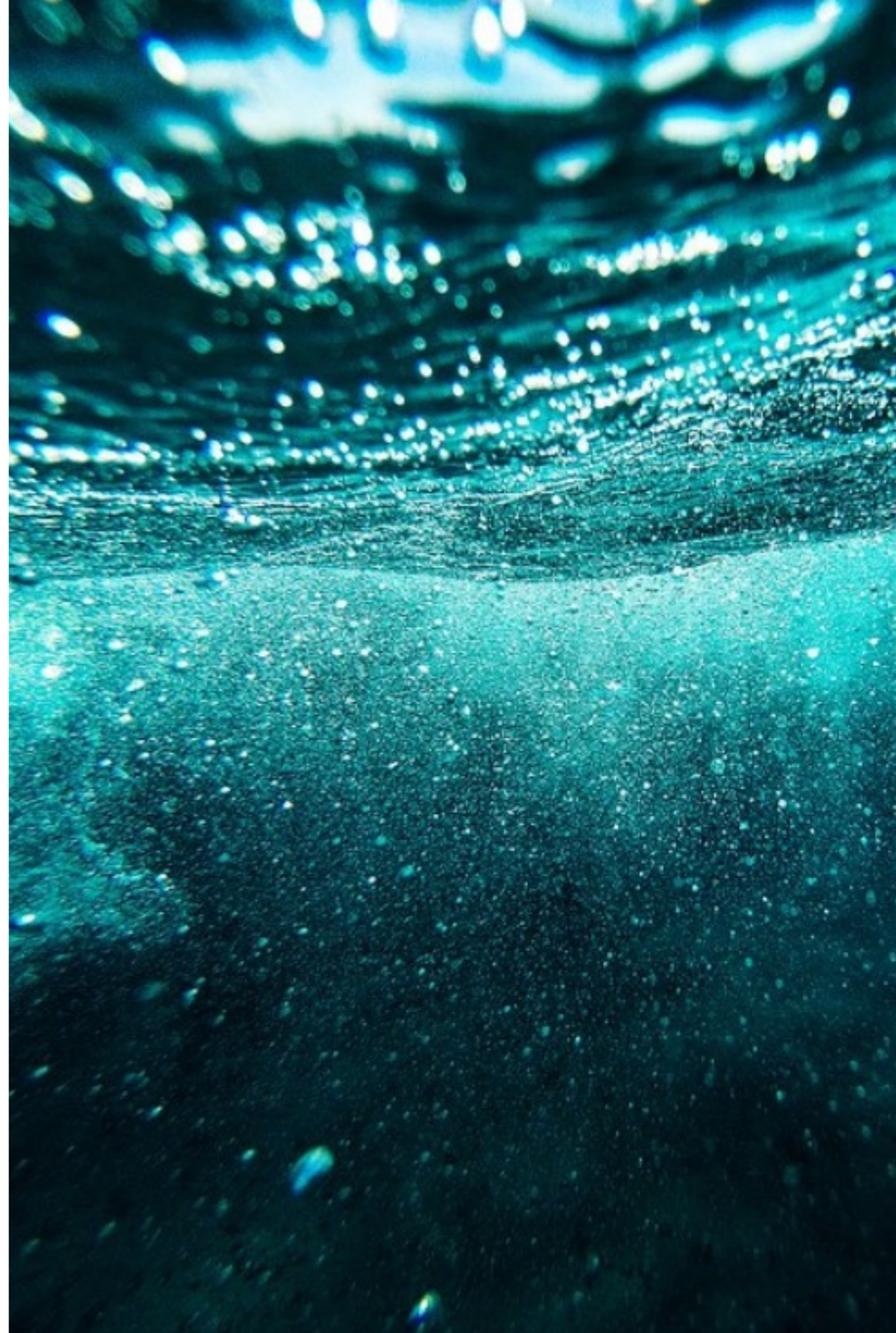


THE INQUIRY

- If drawn to a place in your body ask:
 - What's here
 - What are you needing
- If drawn to a negative thought ask:
 - Is this true
 - Where did you originate from
 - What do you want and need
- If drawn to an emotion, stay present with it, let it express and ask:
 - Where did you originate from
 - What do you want and need

THE HEALING

- Call in healing light energy to help bring clarity and healing to these places within you that are in need
- Let it soak in and stay present for as long as it takes to feel met and filled up
- Give permission to see what's true and let go of thoughts and energies of old
- Give permission to clear what's no longer serving you
- Give permission to fill up in your consciousness, emotion, and your cells with the new energy - with the truth, with healing





CLOSING

- Once you feel a completion, you can give permission for this healing energy to continue to flow for you
- Thank your guidance, higher intelligence, your body & yourself for showing up in healing
- Be gently with yourself, drink plenty of water & flow this healing energy until next time