

The ABC Plan of Spiritual First Aid...

Alignment ? can you feel the energy flowing through your body, legs and feet and into the Earth? Flowing through the feet up to the heart centre. At the same time flowing from the heart centre up through the crown and returning from the crown down into the heart centre. Literally feel the energy moving ? feeling the soles of the feet open and the energy flowing ? practice until you can feel it. Seeing and feeling yourself standing within a pillar of light that encompasses your entire energy system and is strong and solid. This connects you with your grounding to the Earth and your Higher Self at the same time ? with your heart in the centre.

Breathe ? often we forget to breathe ? as you are within your alignment ? ensure you are breathing ? maintaining a sense of flow with the Earth and Source. Breathing assists the feelings to be felt fully and completely and is a reconnection to your core.

Centre ? Feel and breathe into your heart centre ? this is your home, it is where you live, everything happens in the Centre. If you are feeling things in other areas of your energy system ? then it may not be real. Feelings are the eyes of the Heart ? bring it all back to the centre.

The last thing your ego will want you to do is this ABC ? for there is disempowerment for the ego as you align with your spiritual self. This is why it's so important to begin with the basics. If any aspect of yourself is suggesting you do something else ? then it is not your Spirit or Heart speaking. Please don't be under the illusion you are too spiritually advanced to do the ABC.