

Title:

Are you ready for LOVE?

Word Count:

997

Summary:

Want More Love and Joy? Has your current relationship lost its sizzle? What prevents you from

Keywords:

attraction, sex appeal, love, sex, romance, relationships, dating

Article Body:

Are you at a place in your life where you aren't attracting the love you want? Has your current

Want More Love and Joy?

In order to make room for what you do want, you have to release and let go of the things you d

Unless you want to continue on your current path, you are probably overdue of letting go of em

What You Resist ~ Persists

As long as you continue to resist painful memories and limiting thoughts and beliefs you creat

Are you resisting painful experiences from your past? Are you doing everything you can to forg

Do you spend hours contemplating problems? When you focus on your problems, they persist. Your

Are You Holding on to Pain?

Do you find yourself watching endless hours of TV? Are you trying to escape emotional and spir

Releasing Stuck Pain or Resistance

If you have ever been light-headed from hunger and then felt a sigh of contentment as you fed

Grounding is a simple process of connecting to the Earth that many people do naturally through

People connect with their bodies and the Earth in many ways: through touch and body work, thro

Create a Path for Releasing to Feel Safe and Happy

A grounding cord provides a way to flush out pent up energy and emotion so you can feel good a

Effortless Release Every Day for More Love

Grounding works much like a drain or waterfall. When you pour water down the drain you probabl

Consider releasing other people's problems, your worries and anxiety that are weighing you dow

Grounding is such an invaluable tool in healing yourself that it's worth taking the time to be

Grounding Cord Visualization

To revitalize and refresh your body, mind and spirit take the first step by letting go with gr

1. Close eyes but stay focused.

- Be aware of own body with your feet flat on the floor.

- Create a mental image of line of energy between base of spine and the center of the planet.
- Connect a grounding cord into the center of earth.
  - Secure the grounding cord snugly at the base of your spine.
  - Notice your breathing.
  - Using the gravitational pull of the planet start to release foreign or stuck energy from your body.
  - Notice how your body feels while grounding. Imagine seeing stuck energy draining out of your body.

Remember to:

1. Start your day with by grounding yourself.
2. Check in with yourself during the day to see if you have a grounding cord.
3. Notice what happens in your body as you release using your grounding cord.

Grounding is one way to bring your self back into alignment with your essence~ love. Practice

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