



STEP THREE

PILLAR 2

STAGE: STABILISATION

Pillar Two: Love

Contrast: Fear

Meaning: Once Peace is understood - Attaining, maintaining and expanding true Love is the Stabilisation of a healthy, happy and purposeful life.

Mind: Love

Contrast: Fear

Love is simply the name for Energy – the purest form of Universal Energy. When you expand with love, you expand with the highest form of healing and success in all aspects of your life. Fear is simply the void of love and can limit, restrict and immobilise your path forward, whereas Love is the fuel tank of life allowing for the freedom of choice, movement and expansion.

Body-General Health Pillar:
Cellular Form and Function

Contrast:
Low Immune

Meaning: Fear can block the flow of Energy to parts of the body and can restrict the body's natural processes. These blockages form vulnerable or diseased areas within the body at a cellular level, so expanding the highest and purest form of the love energy in the body is required at the Cellular Form and Function. This allows for the highest vibration of repair and healing in a physical form.

Soul - Energy Pillar: Joy

Contrast: Burden

Meaning: To activate Love Energy you must sit in the Joy of life, as Joy is the expression of the energy of love. To feel the burden or obligation of a situation is a sign that you have moved out of your Joy. Everything is a choice in life so look at what you are currently burdened by and either change it or change your thoughts around it.



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Tool - Exercise: Mind Sealing (Sealing is Self-Healing)

To SEAL - Self Energy Awakening Life

Seal with hands over the eyes, ensuring no light comes in. Focus on the dark central space in front of the eyelids to clear your mind. Finally, focus on breathing in through the nose and out through the mouth deeply. *“Calm the Mind, Clear the Body, Connect the Soul”*.

This is a self-treatment to clear the mind of any negative thoughts or distractions and bring the mind back to Peace (Peace of Mind) and back in control.

LOVE IS THE STABILISATION OF LIFE



PILLAR 2 PART 1 - MIND AND BODY

DATE: / /

Pillar Name _____

Contrast _____

Emotion _____

Message _____

PILLAR 2 PART 2 - SOUL AND TOOL

DATE: / /

Mind Sealing - *Please refer to the audio files.*

Notes:

