

8 STEPS TO CONNECT WITH A LOVED ONE (IN THE NON-PHYSICAL)

~ Releasing their physical self — to connect with the Timeless Self ~



(Before you begin, always imagine yourself surrounded by the Light...)

- 1) Pretend that you're giving your loved ones a verbal recommendation — as if they're still in the body, seeking employment — and have asked you to itemize their best attributes!
- 2) Make a list of all the ways this person changed or expanded your life. Feel yourself expand as you write.
- 3) Recall a characteristic expression, a scent, a laugh — perhaps something specific that you noticed or knew about the person.
- 4) Revisit a joyful moment that you've shared, one that really puts a smile on your face!
- 5) Tell them about happy events that you think they've missed — (even though they haven't!)
- 6) Fill yourself up with all those shared moments that will always belong to both of you!
- 7) Tell them you're ready to be with them in the new way — *beyond the physical* — in this still moment while your heart is open, and you're fully present.
- 8) Invite your loved one to visit you in dreams by letting your last thoughts before sleep — be those of gratitude!

~ These steps will open your heart and create the frequency for messages to come through more clearly! ~