



STEP INTO YOUR LIGHT

AWAKENING THE DIVINE WITHIN YOU

CHANGING HABITS

Listening Instructions

Find a moment when you are alone and just let the sounds wash over your body and through your energy. Whatever you feel or see is absolutely right for you. Listen to the light language section each day for five days, followed by two days of rest. Ensure you drink plenty of water after each listening.

Week 1

Habits. We all have them, we all live our lives by them. Some habits are helpful and good for our health and mental emotional happiness. Others are more limiting and stop us from stepping out to create what it is that we want in life.

In time we become the habits that we have created and we begin to lose the freedom that is our birthright.

These habits can become so deeply ingrained that we barely notice them anymore.

In this first week we begin to prepare our bodies for change. Change is a scary prospect for many, but accepting it is the only way to create a better life for ourselves.

So in this week we are reassuring the body that even though changes will be coming, we do not have to fear them.

Activation starts at 6.44

Week 2

Now that we have prepared the body for the possibility of change, we begin to shake out the old patterns. As the network that holds that patterns in place begins to fall apart, we are able to clear the stubborn habits more easily. This also helps us to remove the voices of others that reaffirm the old patterns that we carry.

It is possible during this week that you may feel slightly uncomfortable at seeing what arises, but remember they are arising in order to leave. So let them come into consciousness but do not hold on to them, nor push them away, but simply allow them to be there as they journey out from you. Be kind to yourself if this happens.

You can choose to focus on a particular habit that you would like to shift, but you can also simply allow whatever wishes to arise to come through. I have found this to be the most empowering way, as what arises naturally is generally the most fundamental habit.

Activation starts at 1.32

Week 3

Once we have begun clearing out the old voices and habits, we need to raise our vibration so that we no longer attract the same old energy which helped to maintain our negative habits. The universe is a mirror and will reflect back to us exactly how we truly feel and the state of our energy. Our energy does not and cannot lie. Even if we try to pretend that we feel happy, the universe will still mirror back the unhappiness that we truly feel inside. The mirror reflects back our authentic way of being and feeling and not our façade. So in order to call in what will benefit us the most, we need to raise and change our vibration so that we do authentically attract the best for us.

By raising our vibration and becoming authentic we create a protective coat around us, so that we can move forward in life feeling open, without feeling vulnerable. This is a good week in which to use mantras or affirmations to support this process.

Activation starts at 2.57

Week 4

In this week we strengthen our own inner voice, strengthening the rights that we have to be who we are and call in what we wish. It involves us recognising who we are, and what truly resonates with us. And then allowing us to speak out our truth without feeling guilt or shame in being and in speaking up for who we are.

Activation starts at 3.19

Week 5

In this final week we cement all the changes that we have experienced in the past four weeks, giving strong roots to the new freedoms that we have found,

and the new patterns that are heart centred and true for us. As we strengthen them, we will find that we not be swayed from our new healthy selves. We will stand tall for who we are and take pride in being our truthful selves.

Congratulations on completing this course. I hope it has brought you much joy and positivity.

Activation starts at 1.11

My journey with this course

For me the course cleared my desire to stay small, to stay hidden. I now feel pride in being who I am, in showing up as my authentic self and in fact I now have a desire to be seen. As I cleared my old patterns I did find that those who wished to keep me small turned up and attempted once more to shut down my voice, but this time I brushed them away without effort and realised that them showing up was affirmation that I was no longer prepared to hide my light. I hope that your journey with this course was equally life affirming. Many light blessings to you. Christina xx