

Loving Light Healing Ltd



Inner Union Healing Sessions

Your path to self love, confidence and radiance.
Bring out the divine being hiding within and unlock
your rightful abundance.





Are you wanting to rediscover yourself,
tired of repeating the same patterns?

Inner Union Healing sessions are designed to help you heal from wounds that prevent you from living the life you truly desire, balance your chakras and bring you into union with yourself.

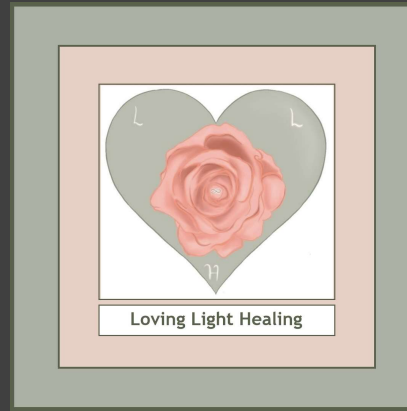
We will work towards identifying and clearing your karmic lessons, putting an end to repeated cycles that no longer serve you, bringing you into alignment, coming into inner union, living life feeling content and comfortable being your true authentic self.



What is the aim of this course?

The goal is to balance your chakra system, alter your mindset and get you to feel comfortable with connecting with your heart and emotions, allowing a harmonious relationship with your yourself. Your inner world reflects your outer world after all!

The aim of this 6 step course is to unblock your chakras, allowing for a kundalini awakening. Inner Union Healing Sessions will benefit you if you're looking to find happiness within yourself, intend to put an end to repeated toxic situations you often find yourself in, and even possibly put you on track to bring a soul aligned romantic connection into your life.



What does the programme include?



12 X 60 MINUTE 1:1 SESSIONS VIA
VIDEO LINK



A SELF CARE PACKAGE AND
DIVINATION TOOLS



ONE 15 MINUTE SOS CALL PER
FORTNIGHT FOR THE DURATION OF
THE COURSE



A DEDICATED PASSWORD
PROTECTED SPACE ON THE WEBSITE
FOR MATERIALS AND CONTENT



How does the course work?

Step 1

We'll look at what you feel is lacking in life. Recognising what repeated cycles you go through is the first step in taking back control of your life. Enrolling on this course is the first step on your journey of self discovery and opening your treasure chest of abundance.

If you've made it this far, feel proud of yourself; you've already started to recognise your self worth.



How does the course work?

Step 2

We'll look at what you feel is preventing you from making the necessary changes to move forward and live a more fulfilling life. We'll begin to look into your akashic records to help you understand your past life/lives and how this is playing its part in this lifetime. We'll begin to unlock your hidden talents and work on the solar plexus. Your inner child will start to come out to play.



How does the course work?

Step 3

We'll begin to work on your limiting beliefs. You'll be at a crucial point of integrating your higher self; a challenging time as you begin your ego death and detach from your thought process and become conscious of the subconscious mind. We'll work together to release blockages and difficulties with integrating all aspects of your being.



How does the course work?

Step 4

You'll begin to trust your own intuition and gain confidence as you come into your own power. As you transition more into your feminine/masculine energy your heart chakra will begin to open. You'll begin to accept your true authentic self and will notice positive changes within, as you accept your shadow self and all aspects of your being. You'll begin to make choices that are aligned with your higher self and for your highest good. You'll start to feel a sense of peace as you fall in love with yourself all over again.



How does the course work?

Step 5

You'll start to feel comfortable in your skin and confidently express this outwardly. Your throat chakra will begin to open as you start to speak your truth and act in line with your beliefs. You'll begin to attract your soul family and those who align with your high vibration. You'll likely begin to question every aspect of your life and begin to plan and make the necessary changes required for you to move forward in your journey and honour yourself.



How does the course work?

Step 6

We will focus on energy clearing as we wrap up the programme and you prepare to move forward. It will be your opportunity to focus on any specific issues you feel unsure or worried about. You'll have ended the programme feeling more assured of yourself and your life choices. You'll have reached a state of inner peace, fully trusting your intuition and allowing it to guide you forward in life.

Congratulations! Your transformation from wounded feminine/masculine to divine feminine/masculine complete!

Important Information

The number of sessions required vary person to person. As we progress, I will evaluate the need to reduce and end, or increase and extend. We will discuss this need together.

For the course to be successful you are required to be open minded and dedicated to your healing process. There will be some incredibly painful moments as you heal core wounds, however this is the case with any healing process. Nothing in life is guaranteed, however, with self love, self belief and faith in the universe your dreams are achievable. What are you waiting for? Follow that yellow brick road to a beautiful destination.

Set yourself free and heal with me!

~ Abby ~

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