

Loving Light Healing Ltd



Inner Union Healing Sessions

Setting you free on your path to alignment.





Are you looking to rediscover yourself, tired of repeating the cycles resulting in less than desirable outcomes?

Inner Union Healing sessions are designed to help you heal from wounds that prevent you from living the life you truly desire.

We will work towards identifying and clearing your core wounds, 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 energy system, alter your mindset and integrate your emotions, allowing a harmonious relationship with your yourself. Your inner world reflects your outer world after all!

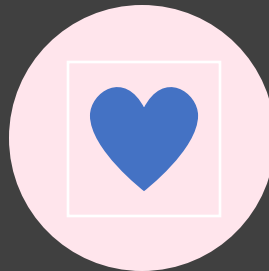
The aim of this 6-step course over a period of 6 months is to embody and connect your mental body, emotional body and spiritual body. The sessions will benefit you if you're looking to find happiness within, with the intention of ending repeated self-destructive patterns to put you on track to bring a soul aligned connections into your life.



What does the programme include?



12 X 60 MINUTE 1:1 SESSIONS VIA
VIDEO LINK



A SELF CARE PACKAGE
(SENT MID COURSE)



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 into your current situation and what you feel is lacking in life. Recognising your trigger points is the first step in taking back control of your life.

Enrolling on this course is the first step of taking back control of your life. If you've made it this far, feel proud of yourself; you've already started to recognise your self worth.



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 explore your spiritual aspect to help you understand your past life/lives and how this is playing it's part this lifetime. We'll identify your purpose and how to navigate action plans. We'll begin to unlock your hidden talents and work on the solar plexus. Your inner child will start to come out to play.



Step 3

We'll begin to work through your limitations. You'll be at a crucial point of integration; a challenging time as you begin to battle with your changing world, detaching from your limitations. We'll work together through this challenging phase to ensure you're held while you push through.



Step 4

You'll begin to trust your choices and gain confidence as you come into your own power. As you transition more into your heart space and align with your emotional body, you'll begin to accept your authentic self noticing positive changes. You'll begin to make choices that are aligned with your path. You'll start to feel a sense of peace as you fall in love with yourself and the world all over again.



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 values and beliefs. You'll begin to attract your soul family and those who align with your current vibration.



Step 6

We will focus on energy alignment and integration as we wrap up the programme. It will be your opportunity to focus on 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! You have a better understanding of yourself and how you operate, with the tools you need to navigate life.

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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