



- › Set your loving INTENTION to create the link—be open, surrender & full of trust
- › VISUALIZE yourself in a place of love—clear your mind/disconnect from personal mind
- › No comparison; no judgment; don't worry about being wrong (can't be); no fear
- › EXPAND your inner spirit into the spirit world and blend with spirit
- › You may feel a light tingling or increase in your own energy levels as spirit merges with your energy
- › You can invite spirit to touch you on your shoulder and move closer to you