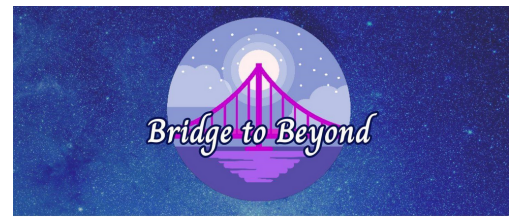


Week Six - Development



Sitting in the Power Meditation - x 3 per week

Spirit Guide Meditation - x 2 per week

PRACTICE - I completely understand that practice can be daunting at first but it really is the only way you can learn.

Congratulations!!!!

You have made it to the end of this six week journey. By now, hopefully you have established a practice which works for you and I encourage you to keep it up and to dip in and out of the exercises as and when you feel you need.

You now know how to connect with Spirit and with each connection to Spirit we learn and grow even more.

I am still amazed at the things that Spirit is able to do and bring through for us to prove their existence on the other side.

