



School of Intuitive Studies

BY WENDY DE ROSA

Your Sadhana Practice for August:

Your practice for this month is to create a sacred space to meditate and go inward. In this practice time, value the space of your body. Notice if there are tight spots, resistance, or holding. Let your intuition guide you to a place in your body. Feel the resistance, contraction, or nervous energy, and thank it for showing you this place needs more attention. Thank it for protecting the underlying hurt.

Breathe yourself intimately into this space. Is there a feeling to feel or energy to clear? Can you let go here? Breathe more of you into the space(s) as you make space for the emotion or energy to move. Breathe more of you into that space again.

You are invited to try this process as you tune into a past situation with someone you may want to forgive, which may include yourself. No need to pressure yourself to forgive in place of honoring your true feelings.

You may want to utilize the three step process we were guided through:

If you are forgiving a person, can you give the energy back to them?

Can you see the hurt that hurt the person(s) or yourself - how it was passed down and if they lacked the tools, which therefore contributed to the hurt?

Hand it over to the realm of the Divine. Allow the light of God into your space. Say, "I'm willing to forgive and I need support." May your prayer of forgiveness be held with intention of release. Place it in the hand of the Divine so you may feel within your body the freedom and space for your wholeness.

Remember, your inner love is your most powerful healing tool. Take some time to meditate on this and perhaps journal on it, if you feel called.

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Remember - as you receive the healing in these sessions, the effect can be immediate, or it can take a few days following the healing for the body to integrate. Sometimes emotions may surface after a healing. These emotions can be energy releasing, or they can be in response to the soul's need to return to that state of connection.

Support your system in any way you intuitively feel called. You may want to have your bare feet on the earth outside — be it soil, grass, or sand — and tune into the vibration of winter! You may want to create more downtime, rest more, or restart a self-care routine. Listen to your heart's whisper as to what is going to nourish your soul.