

## Heart Power Recovery

### Class 1

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*All images used for the Heart Power Recovery come from Dreamstime.com.*

#### **Daily Practice: Central Sun Fill Me Up!**

Take a deep breath in and exhale slowly and completely. Together with the Child that lives within your heart, step into the image as if you were stepping into a scene of a movie.



Say, "I AM filling up with the pure LOVE of the Central Sun and I ALLOW this LOVE and HEALING ENERGY to fill every cell, molecule and atom of my humanity!"