

Robin White Turtle Lysne: *The Heart of Vibrational Balance*

What lies at the heart of vibrational medicine is a resonance with love, peace and support. There is only one person who knows what you need at all times and in all situations: That is you! Loving yourself gives you a foundation of peace and on-going healing towards an unconditionally loving Self. But how do you love aspects of yourself you don't like? The Heart Path process teaches self-love. It provides a bridge to heal separation and promotes Self-discovery, harmony, and greater connection to the wiser you. The results are greater union within yourself and consequently more harmony with outer relationships. The biggest surprise is that when we become loving of the small self and allow it space to transform, it becomes part of the vastness of the transpersonal Self – or the love-based Universe. We become love, we conquer fear and dissolve anger and hatred. It is a process we can use over and over to move towards our authentic presence. In this presentation you will be introduced to the Heart Path Process through original art work as seen in a slide show of how we contract and then release the past moving into more wholeness. You will also experience the process directly through this unique guided imagery process.