

## AKASHIC ALLIANCE™ HEART INTEGRATION

I find for myself that if I am standing up when activating Heart Integration, I seem to be able to connect better with every cell of my body and then every level of my being. You might find that too, or perhaps relaxing comfortably in a chair or recliner works best for you. I encourage you to discover how you respond most completely. When activated regularly and frequently, Heart Integration begins to teach you. Then you too can step outside the five basic steps of the outline given below and let the Divine fully interact with you. This unique prayer process comes directly from the Akashic Records and is a powerful gift.

### HEART INTEGRATION

1. Place one or both of your hands on the center of your chest – your heart center.
2. Take several full breaths and relax.
3. Become aware of:
  - a. The warmth or coolness of your hand as it rests gently on your chest.
  - b. Every cell of your body
  - c. Every level of your being (physical, emotional, mental, and spiritual)
  - d. Your Heart Light focused in your heart center
4. Allow your Heart Light to merge with All That Is.
5. From there you simply receive or request Divine Assistance. Heart Integration will bring whatever you need. You do not need to be in your Records to access this Divine Supply.

### SAMPLE PRAYER FOR STEP 5 OF HEART INTEGRATION

The following prayer did not come directly from the Akashic Records. It is not required. It is one way to work with Heart Integration until you discover your own heart felt prayers and requests.

*“I welcome the Divine to release from me now anything that would hinder me, known and unknown, from (state what you want to achieve). I know the Love and Grace of the Divine now releases this from every level of my being (physical, emotional, mental, and spiritual), through all times and all dimensions. I breathe in this Divine Energy and allow it to fill me, heal me, and bless me. I give thanks for this, as I know it is now complete. And So It Is.”*

*Breathe and relax.*