

Module 3

Reflection and Integration

DISCUSS

- Time to reflect and integrate. A pause for us all to sit with all that has come through and perhaps do one of the classes over.

HEALING

- Supporting yourself as you release and heal this week with Starbury Quartz.
- Tune into your body and ask it, where do I need support in release? Then place the starry there, allowing it to expand in light, to illuminate those parts and assist the flow of release in grace.
- Healing is not linear, sometimes it has no structure, it just flows, so we are all being asked to be in that state of flow at the moment, trusting.