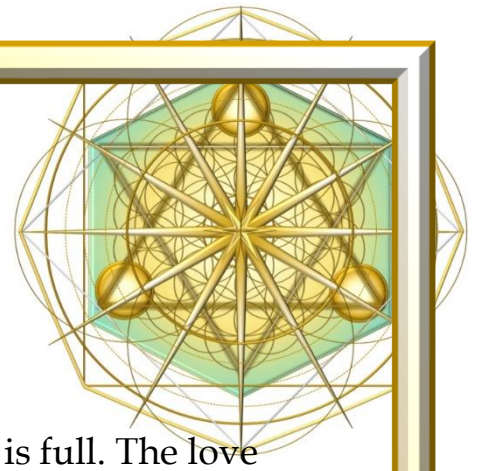


PROMOTING PEACE



*Unity sits at the heart of peace because peace can only be achieved when living beings come together as **One**.*

When you are at One with your inner Spirit, your heart is full. The love flows to and through you, so you are best equipped to give to others without depleting your reserves. When your heart is full and open, you are best able to receive the gifts offered to you by other living beings as well.

A full and open heart holds the power to harmonize your energy field and bring about the balance of your energy flow. You are drawn to give in equal measure for what you receive.

When you are harmonized from the inside out, you rise above insecurity, fear, lack, and judgment, and what you see is abundant beauty, opportunity and love in the world around you.

If two or more are harmonized from the inside out, they are drawn together to become ONE force of light. Emanations grow stronger and brighter naturally when living beings come together as ONE, but when consciousness is applied to this force, the vibrations are amplified in an exponential way.

The image that appears at the top of this document represents an energy field of unity that is fortified each time a person acknowledges its existence, and then intentionally fuels it with harmonious energies generated in their own field.

*If you choose to share your light with this field, focus your attention on the image at the top of this document. Set your intent to connect with the field and do the **PROMOTING PEACE EXERCISE** that appears on the next page.*



PROMOTING PEACE EXERCISE

INTENTION:

I choose to align with my highest degree of inner harmony and radiate that energy from the depths of my sacred heart.

AFFIRMATION:

I am aligned with divine harmony, and I radiate energies of peace, compassion, and unity from the depths of my sacred heart.

VISUALIZATION:

See yourself standing with others in a giant circle around the globe. Take the hand of the person to your left and the hand the person to your right and imagine that all others in the circle are doing the same. Visualize this circle of peace emanating energy waves of love to and through the whole world.

Take a minute to feel the energy of love radiate from your sacred heart and push it out to the circle.

Amplify the energies which promote inner harmony and ultimately world peace by tapping the following sequence...

PEACE TAPPING SEQUENCE:

Heart Chakra, Thymus, Sacral, Hairline, Bridge of Nose, Thymus, Solar Plexus, Chin, Hairline, Forehead



IHS

Tapping Points

