

# DIVINE FLOW 12 WEEK JOURNEY

**During each session, you will creatively journey into a different part of your body. You will explore the sacredness of your body and your embodied union with God. Your individual needs and preferences for exploration will always be honored and respected within this 1:1 healing partnership.**

**Session 1** - Faith Relationship with Jesus - Feel seen, safe, soothed and secure on your spiritual journey - A face-to-face encounter with God

**Session 2** - Sense your Body Boundary - You are a beautiful container for the light of Christ

**Session 3** - Spine - Embody the cross - Bath your nervous system with Divine support - Awaken to God's mercy & grace flowing through you

**Session 4** - Heart - Sacred heart of "WE" - You are a love light - Awaken to God's love and compassion living within your heart

**Session 5** - Belly - Breath of God - Inflow & outflow - Awaken to receiving and surrendering to God through your breath

**Session 6** - Pelvis - Stability - Christ as the ground of my being - Awaken to God supporting you and meeting all of your needs in abundance

**Session 7** - Legs & feet - Grounding - Reflect on the feet of Jesus - Step into God

**Session 8** - Hands & arms - Give and receive - Reflect on the hands of Jesus - Release Divine flow through your healing hands

**Session 9** - Throat & jaw - Hear and claim your voice - Release Divine flow through your voice and express your truth

**Session 10** - Eyes - Reflect on the eyes of Jesus - How we are seen reflects how we see - Explore participating in Divine flow through seeing the holy in yourself, everyone, and everything - You will gaze at Jesus until you see the world through his kind, loving eyes

**Session 11** - Forehead - Deeply sense your inner wisdom - Release Divine flow through your third eye and believe all wisdom, knowledge, and truth are available through God

**Session 12** - Whole-body - Experience your entire Christ-soaked body and feel your oneness with God - Sense that you are NEVER alone.