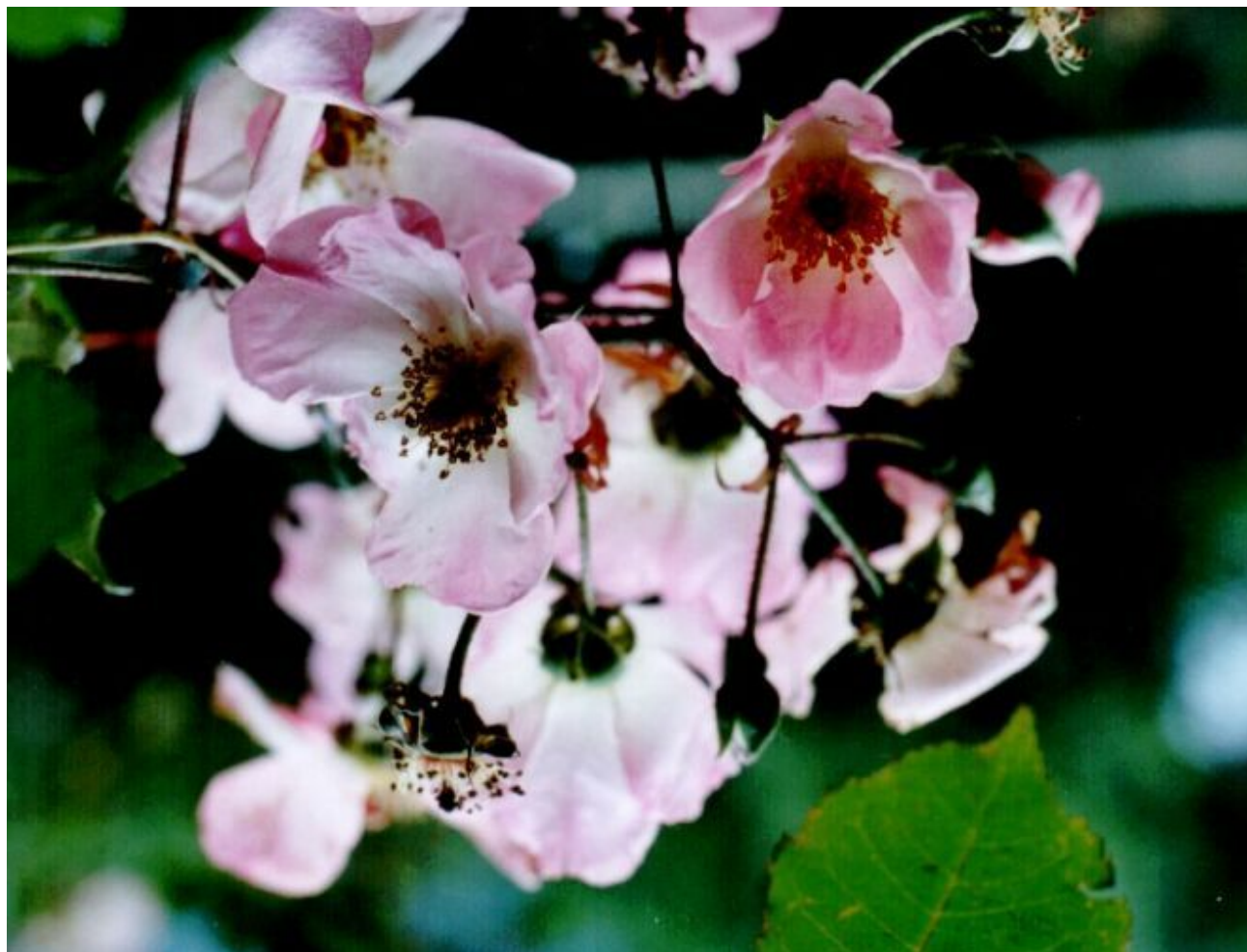


Energy of the Past



Rosy Cushion Rose

To help process, integrate and dissolve an energy state in the body that originates from past experience

It is like our bodies are weighed down and clogged up with this energy that originates from past events that we have judged to be hurtful or “bad”.

One consequence of being constantly in this energy state is a heightened level of self-doubt.

Affirmation: “My body gladly releases this energy from the past, allowing me to be more firmly in the present.”

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