



HELLO JANUARY!

Happy New Year Everyone!

Do you feel like we do? Refreshed and ready to embrace this new year, with new beginnings, and the anticipation for ongoing changes. Maybe? Yes! Join us! It's JANUARY- "the first month of the year derived from Janus, the Roman god of doorways, beginnings, and the rising and setting of the sun." There's a universal focus for renewal, hopefulness, and trust that is quietly brewing. And we are encouraging you to EMBRACE the positive shift emerging. EMBRACE nature's wisdom for stoking inward warmth and the need for quiet that feeds growth, deepens our grounding roots, and generates awareness. EMBRACE the negative chatter, condemnation, should haves', and judgments with a gentle envelopment of compassion for the daily thoughtless slips and slides as we practice walking the walk. And then, let's EMBRACE those we encounter daily with our warm smile and shining heart light. Wrap that LIGHT EMBRACE around folks in a huge hug of kindness. EMBRACE faith in your knowingness and wisdom with self-trust that your heart light does make a difference. Feel the strength of your faith in the big picture; everything is always in perfect order and always moving toward wellness and healing with new beginnings, new changes, new risings, and settings of the sun. EMBRACE it all!

Embrace – A Meditation

Give yourself a few moments to ground, align, and center yourself. To start just focus on your breath following each inhale and exhale allowing you to dim the mental chatter and be present with your body.

Bring your attention to your heart center. . . just breathe and stay with that focus and breathing until you feel a sense of inner quiet and calm.

Now take a breath, and as you exhale feel your energy flow out from your heart center. You may experience this as rays of light shining out, or as a color, or a sensation of warmth, or something else. Just be with the experience.

As you observe that flow, think about your people - family, friends, neighbors, work colleagues, and any others, and envelope each one with your Heart Light EMBRACE, hugging them with your energy of connection, love, and compassion . . . take your time, breathe, and experience.

Then think about the wide reach of their locations, and visualize everyone sitting together in a big virtual Heart EMBRACE sharing each other's light wherever they are. Just be with that connection and feeling. Know that you are never alone. You are a part of all the connections this lifetime and beyond. Experience the gentle flow of giving and receiving from that connection.

Now share that energy with the Earth and then the Universe. Visualize light EMBRACING the planet and beyond. Be with the expanded experience.

When you are ready, take some deep breathes, bring yourself back to your own space. Anchor the feeling and know you can feel this connection again and again. Accept the feeling of openness and feeling alive from this Heart Felt EMBRACE with thanks and gratitude to all.

We are here to support you as you embrace your 2023 path of consciousness by phone call, email, or text:

****Personal energy healing sessions or series of sessions, hands-on, or via phone***

PH:972-400-0807 to schedule

****[YouTube self-paced meditations, energy exercises, yoga, breath-work and more . . .](#)***

****[Live Zoom Guided Meditations and Doodle Workshop](#)***

Big Energy Embrace to each and every one of you . . . ***Thank you Sharon for the great Doodle art work for the Newsletter!***

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Integrative Energy Healing Center

