



Living in the Light, Living as the Heart: A Handbook for Awakening Through Energetic Expansion (Living in the Light Vibration) (Volume 1)

Milena Powell

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We all would like to live as loving, heart-centered beings, but when it comes down to experiencing this in our daily lives, it's never as simple as it sounds – or is it? Through the step-by-step approach to spiritual awakening spelled out through the tales, examples and energy-based exercises in Living in the Light, Living as the Heart, we can uncover our limitless potential as awakening, conscious, heart-centered beings. A simple fact is that our body-mind already holds channels of access to our complete, complex, multidimensional nature, of which we can infinitely grow and deepen. In actuality we are the living embodiment of almost anything we can imagine. With more understanding and a little self-work, we can expand our awareness and allow our multidimensionality to flow through. Each one of us is made of infinite Consciousness and Love, concurrently having an experience of ourselves in a 3rd dimensional existence. Once we understand that our body-mind and the world around us are interactive, vibrating and rotating vortexes of energy, we can use many simple techniques to clear, grow and enhance our experience of life. By doing this we not only integrate our energetic heart and find true, unconditional and causeless Love, we also gain access to infinite knowledge, understanding, awareness, and peace. We begin to recognize that perhaps Love is our sixth sense, and our relentless quest for it guides us home to our true, conscious nature. This is Ascension! Living in the Light, Living as the Heart is a story of the awakening process to live through our heart, as much as it is a workbook that will take the reader through a multitude of discussions and exercises for opening the body-mind to its natural, multidimensional state where the heart becomes unbound and deeply integrated.

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